

Insomnia and TMD Relief Using Essential Oils

Ingredients

Serving Size: 15 oz

Container: 15 oz Amber Bottle

Essential Oils:

10 drops – Sweet Orange Essential Oil (*Citrus sinensis*)

7 drops – Lavender Essential Oil (*Lavandula angustifolia*)

7 drops – Vetiver Essential Oil (*Vitiveria zizaniodes*)

4 drops – Roman Chamomile Essential Oil (*Chamaemelum nobile*)

Base Oil:

10 ml – Sweet Almond Oil (*Prunus amygdalis var. Dulcis*) or any Base oil

4 ml – Aloe Vera or any Base oil

Instructions:

Add a very light coat of oil onto your finger tips and apply to the temporalis and masseter muscles and posterior base of skull. Use 3x per day

* I've modified the recipe from the case study listed above. Adjust the oils to suit your personal needs.

Abstract

Female client has experienced insomnia for 18 years and has been diagnosed with temporomandibular disorder (TMD) for 4 years. The client has not found relief for either issue and is willing to try aromatherapy. She was given an essential oil blend consisting of Sweet Orange, Lavender, Vetiver, and

Roman Chamomile. The client noticed immediate results. She gets a more restful night of sleep and her jaw feels more relaxed upon waking.

Case Description

Subject (L.S) is a 37 year old Caucasian female who has insomnia and temporomandibular disorder (TMD). She would like an oil that will help with her sleep and jaw issues.

L.S. doesn't have a problem falling asleep; however, she will wake up in the middle of the night and can't fall back asleep. Client has had insomnia issues since she was 18 years old and TMD for the past 4 years. She notices when awaking that her tongue is pressed firmly to the roof of her mouth and that her jaw is very tight in the morning. She has been diagnosed with TMD from her dentist and currently sleeps with a night guard to reduce the amount of teeth grinding. L.S. does not notice any clenching of her jaw or grinding of her teeth during the day.

L.S. has an active lifestyle, runs 2-3 times a week and eats nutritious food. L.S. contributes her sleeping jaw issues to an overactive mind. She has a difficult time relaxing. She used to take over the counter melatonin or nighttime cough medicine to help her sleep. Melatonin made her very tired in the morning.

Literature Review

Sweet Orange *Citrus sinensis* is produced in the United States, New Guinea, Brazil, Italy, West Indies, Spain, Palestine, Israel, Cyprus, and Japan. (American College of Healthcare Sciences, 2011) The outer peel of the orange is distilled to make the essential oil. The oil has an antidepressant, sedative, and calming quality. (Lehrner, Eckersberger, Walla, Potsch, & Deecke, 2000)

Lavender *Lavandula angustifolia* (also known as *Lavandula*

officinalis) essential oil is distilled from the flower stalks and flowers. Nervine and sedative qualities are attributed to this oil.

Vetiver *Vetiveria zizaniodes* comes from Haiti and is steam distilled from the plant's root. It is known for its anti-inflammatory, antispasmodic, and relaxant qualities. (Essential Science Publishing, 2009)

Roman Chamomile *Chamaemelum nobile* essential oil is distilled from the chamomile flower and is grown for oil extraction in Europe, Britain, Italy, France and the United States." (American College of Healthcare Sciences, 2011) It contains high levels of esters which are known antispasmodics. Roman Chamomile also contain anti-inflammatory, antibacterial, antidepressant and sedative qualities.

Treatment Protocols/Methods

L.S. was given a 15 ml bottle with the following essential oil blend: Sweet Orange *Citrus sinensis* Lavender *Lavandula angustifolia*, Vetiver *Vetiveria zizanioides*, Chamomile (Roman) *Chamaemelum nobile*. Aloe Vera oil was used as the base oil. The client was instructed to administer a very light coat of oil using her finger tips, three times daily, before bedtime, to the temporalis and masseter muscles and posterior base of skull.

The client was informed to not use this product if she is trying to get pregnant because vetiver (orally) is used as a uterine stimulant to promote menses and to cause abortion. (Therapeutic Research Faculty, 2011)

Client Response

CL.S. stated that initially the oil felt oily but absorbed into the skin. Within the first 10 minutes her skin felt pleasant and cool. Her initial impression was that she felt

more relaxed and her jaw felt less tight in the morning. After 3-4 days, L.S. has noticed a significant change in her sleeping pattern. Her jaw feels less tight upon waking and she falls quickly back to sleep if awoken during the night. Two weeks after her taking the blend, L.S. feels the quality of her sleep has improved and she feels clearheaded upon waking.

Evaluation

The overall effectiveness of the essential oil blend was positive. The client is still wearing a night guard for teeth grinding; however, her sleep is deep and restful and her jaw feels more relaxed upon waking thus the blend has met and exceeded the client's expectations.

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Diarrhea Relief Using Essential Oils

Abstract

Female client has experienced diarrhea for three days. Pepto-Bismol and Ammodium AD did not help relieve her bowel problems and was willing to try aromatherapy. She was instructed to mix Black pepper, Cinnamon, and Vetiver essential oils into water and drink. The client experienced relief within fifteen minutes and had normal bowel movements after second dosage,

fifteen hours later.

Case Study Description

Client (C.S) is a 38 year old Caucasian woman, who has had diarrhea for three days and frequented the bathroom around seven to eight times per day. She has tried Pepto-Bismol and Ammodium AD. Nothing helped relieve her symptoms. She would like an oil blend to help relieve her symptoms. She is not sure of the diarrhea's cause. C.S. maintains a healthy lifestyle. She swims and bicycle riding twice per week and running three times per week. She eats nutritious food, drinks one to two 8 oz. cups of coffee per day, one to two 8 oz. glasses of wine as well as 64 oz. of water daily.

She has not consulted her primary medical doctor but is willing to contact her if things don't change.

Literature Review

Black pepper *Piper nigrum* essential oil is harvested and distilled mainly from India, Indonesia, Malaysia, Sumatra, China, and Madagascar. The United States and Europe import the fruit for distillation (American College of Healthcare Sciences, 2012, p. 41). The essential oil is distilled from the plant's dried, whole unripe fruit. *Piper nigrum's* therapeutic action relevant to this case study: antibacterial, antimicrobial, antispasmodic, antiviral, digestant, stomachic, tonic. Mehmood & Gilania (2010) conducted an original study finding a "possible explanation for the medicinal use of pepper and piperine in gastrointestinal motility disorders."

Cinnamon *Cinnamomum zeylanicum* essential oil is harvested from Ceylon, Seychelles, Madagascar, Martinique, Jamaica, Brazil, and Sri Lanka (American College of Healthcare Sciences, 2012, p. 59). The essential oil is steamed distilled from the bark and leaves. *Cinnamomum zeylanicum's* therapeutic action relevant to this case study: anthelmintic, antibacterial, anti-inflammatory, antimicrobial, antispasmodic, antiviral,

digestant, germicide, sedative, stomachic. Reported in *Planta Medica* (1989) cinnamon may improve circulatory disorders and gastric cytoprotection.

Vetiver *Vitiveria zizaniodes* essential oil is water and steam distilled from vetiver grass's roots. Vetiver is widely cultivated in the tropical and subtropical regions. *Vitiveria zizaniodes*' therapeutic action relevant to this case study: antibacterial, antiscatarrhal, anti-inflammatory, antimicrobial, antiviral, depurative, immune system stimulant, sedative, tonic (American College of Healthcare Sciences, 2012, p. 200-201).

Treatment Protocol/Methods

C.S. was instructed add the following formula to an 8 oz glass of temperate water and drink up to three times daily: 1 drop of Black pepper *Piper nigrum*, 1 drop of Cinnamon *Cinnamomum zeylanicum*, 1 drop of Vetiver *Vitiveria zizaniodes*.

C.S. was informed of the essential oils cautions and possible contraindications:

- This blend contains oils with toxic rating I and II. A skin patch test is required.
- Recommended Daily Dose: 1 drop three times daily.
- Don't exceed RDD, may cause liver problems. Contraindicated if client has liver disease.
- Do not use during pregnancy, lactation or suffering from stomach or intestinal ulcers.

Client Response

C.S. experienced relief within fifteen minutes of drinking the blend and did not need a second dose until fifteen hours later. After the second dose her stools were back to normal.

Evaluation

The overall effectiveness of the essential oil blend was

positive. C.S. has not had any signs of diarrhea since taking the blend. She is very happy with her results and would recommend this blend to others.

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