

## **Primary Essential Oils for after Pole Shift**

The following essential oils are beneficial for all of the conditions listed. Bold type indicates that the essential oil is especially powerful for this condition.

Baume de Tolu – used as a stimulant, for aches and pains due to PMS, frostbite, congestion, colds, croup, anti-septic, anti-bacterial, anti-fungal, anti-inflammatory, chills, sores, wounds, aches and pains caused by rheumatism or fever, skin healing and to avoid tetanus (used on injuries). Note: Liberty does not currently sell this oil – we are looking into other sources and will let you know.

Sweet Basil FCC – used for nervous fatigue, anxiety, migraine, digestion, to increase appetite, adrenal stimulant, menstrual cramps, menopause, colds, protection against colds and flu, to reduce fever, to increase sweating, snake bites, hay fever and viral infections.

Black Pepper – used for nerve pain, constipation, diarrhea, loss of appetite, flatulence, nausea, impotence, low blood pressure, poor circulation, chill, anemia, anti-septic, colds, flu, to increase sweating, fever, infections and viruses, aches and pains, spasms, immune system, sprains, arthritis and toxins.

Chamomile (German and Roman) – used for nerve pain, insomnia, nervous tension, migraine, stress-related complaints, as a sedative, to strengthen the nervous system, headache, nausea, vomiting, digestive spasms, colic, thrush, painful menstruation, lack of menses, premenstrual syndrome, menopausal problems, earache, dry cough, whooping cough (spasms), urinary tract infections, wounds, vaginal infections, infected wounds, cuts and sores, arthritis, inflamed joints, muscle pain, rheumatism, sprains, strains and promotes sweating and eliminating toxins.

Clary Sage – used for depression, nervous tension and stress-related disorders, digestive cramps, flatulence, lack of menstruation, painful menstruation, labor pain, childbirth aid, excessive menstruation, uterine tonic, impotence, action on hormones is via the anterior pituitary (it stimulates the organs to function rather than substituting their function with a hormone-like substance) high blood pressure, asthma, whooping cough, inflammation of the skin, muscular aches and pains and throat infection.

Clove bud – used as a sedative and minor anesthetic for teeth/gums, nausea, vomiting, asthma, bronchitis, pneumonia, as an antiseptic, to stimulate the immune system, for colds, fever, sore throats, mouth and tooth infections, protection against colds and flu, to kill parasites, bacteria and viruses, for athlete's foot, burns, wounds, as an insect repellent, for rheumatic pains, arthritis and sprains.

Cypress – used for nervous tension, stress-related conditions, painful menstruation, menopausal problems, circulatory disharmonies, as a vasoconstrictor (useful for a hemorrhage), for hemorrhoids, inflammation, varicose veins, for edema, asthma, bronchitis, spasmodic coughing, wounds and rheumatism.

Elemi – used for nervous exhaustion and stress-related conditions, bronchitis, unproductive coughs, infected cuts and wounds, skin inflammations and to apply to fractures.

Blue Gum Eucalyptus – used for debility, headaches, nerve pain, poor circulation, low blood pressure, bronchitis, sinusitis, asthma, immune system, fever, colds, flu, throat infections, chicken pox, to kill parasites, viruses and bacteria – useful in epidemics, to reduce fever, wounds, burns, blisters, cuts, skin infections, as an insect repellent, for aches and pains, arthritis, rheumatism and measles.

Sweet Fennel – nausea, vomiting, lack of nursing milk, lack of menses, acts as a mild estrogen in the body, edema, mouth and tooth infections, accumulation of toxins and a lymphatic system stimulant.

Frankincense – used for anxiety, nervous tension and stress-related conditions, lack of menstruation, as a uterine tonic and regulator, excess menstruation, asthma, bronchitis, colds and flu and infections, urinary tract infections and healing wounds and burns.

Geranium – used for **anxiety**, nervous tension, nerve pain, stress-related disorders, **adrenal disharmonies (is an adrenal stimulant)**, **menopausal problems**, premenstrual syndrome, broken capillaries, poor circulation, edema, helps **heal cuts, bruises, burns, frostbite, skin infections, hemorrhoids, kills parasites**, ringworm, lice, sore throat, lice, wounds and as an **insect repellent**.

Spike Lavender – used for **nerve pain, headache, shock, fatigue**, to increase the **flow of bile** (aids in digestion), **painful menstruation, labor pains, high blood pressure, to increase circulation, asthma, coughs, whooping cough, infections, earache, for cuts and sores, abscesses, healing wounds, infected wounds, burns, fungal infections, frostbite, ringworm, lice, scabies, as an insect repellent, for inflammation, sprains and strains, aches and pains and rheumatism,**

True Lavender – used for nervous tension and stress-related conditions, fatigue, **headache, anxiety, depression, insomnia**, acts as a **sedative** and is **strengthening** to the **nervous system**, for sciatic nerve pain, shock, nausea, to increase the **flow of bile** (aids in digestion), flu, **painful menstruation, labor pain, aid in childbirth, pre-menstrual syndrome, high blood pressure, asthma, whooping cough, coughs, stimulates the immune system, for protection against colds and flus, earache, chicken pox, anti-bacterial, anti-viral, anti-septic, anti-fungal, cuts and sores, wounds, infected wounds, frostbite, abscesses, burns, infections, skin inflammation, for aches and pains, rheumatism, sprains and strains,**

Lemonbalm – **shock, nervous tension, stress, insomnia, anxiety, digestive spasm, uterine spasm, pregnancy and excess menstruation**

Niaouli – used for **regulating menses, action on hormones is via the anterior pituitary (it stimulates the organs to function rather than substituting their function with a hormone-like substance)**, respiratory disharmonies, **whooping cough, poor circulation, bacterial infections, viral infections, immune system, colds and flu, fever, urinary tract infections, cuts and wounds, as an antiseptic and topically prevents radiation burns.**

Nutmeg – used for **labor pains, an aid in childbirth, bacterial infections and gout**.

Oregano – used for **shingles and nerve pains, sciatica, lumbago, reduces pain**, as a **gall bladder stimulant** (aids in digestion), **fungal infections and parasites and is protective against toxins**.

Rosemary - **strengthens the nervous system**, helps with nervous exhaustion, **liver congestion, jaundice, colitis, is an adrenal stimulant, used for poor circulation, arteriosclerosis, whooping cough, viral infections, bacterial infections, strengthens the immune system, for lice, scabies, to promote sweating and to eliminate toxins.**

White Camphor – used for **bronchitis, chills, cough, flu, infectious diseases, arthritis and sprains**.

Ylang Ylang – used for **anxiety, depression, nervous tension and stress, impotence, convalescence, high blood pressure, tachycardia (rapid heart beat) and palpitations**.

## **General Guidelines for application of essential oils:**

**Note regarding the use of essential oils during pregnancy:** many aromatherapy texts will state that no essential oils should be used during pregnancy, or that many specific oils should be avoided, especially internally. In our research, we have found that American aromatherapy generally applies essential oils as beauty care and to smell good, not as medicine. In this frame of reference, with untrained people using essential oils they bought at a grocery store, the advice to avoid essential oils during pregnancy is understandable. However, the roots of traditional aromatherapy, as well as its practice in France today, are that of aromatherapy as a medicine. As such, it is utilized externally and internally, for all people, including those who are pregnant. Whenever possible, it would be far preferable for a Traditional Medicine person to be consulted, especially in the case of a pregnant woman. This is the case for any medicine. Where that is impossible, common sense and guidance (intuition, guides) can be a powerful source – if they are approached with sacredness, the herbs will tell you if they are appropriate for use. As an additional guide, essential oils that through time have been found to be best avoided internally during pregnancy are mentioned in the section below on internal use.

**To massage into skin and muscles** (in general, essential oils may be applied to the skin and over an affected area to act internally on the affected area. Examples of specific applications: for skin conditions, pain, sore muscles, broken bones, to increase circulation to an area, over the digestive tract to improve digestion, over the lungs for lung conditions): 3 to 5 drops of essential oil per 1 teaspoon of base oil.

**Base oils** are sweet almond oil, grape seed oil, vegetable oil, olive oil, hazelnut oil, corn oil, jojoba oil, peanut oil, safflower oil, sesame oil, sunflower oil and wheat germ oil.

**Hot and cold compresses** (in general, compresses can be used over any affected area. The body will absorb a significant amount through the skin – and a dramatic increase absorption is seen when the area is covered, as in the case of a compress as compared to the application of an essential oil topically with no covering. Examples of specific applications of, hot compresses are: for backaches, rheumatisms, abscess, earache and toothache. Examples of specific applications for cold compresses are: headaches, sprains, strains and other hot, swollen conditions): For a hot compress: fill a bowl with very hot water. Add 4-5 drops of essential oil. Dip a cotton cloth into the water. Squeeze out excess water and apply to affected area. Leave on the affected area until it is cooled to skin temperature. For a cold compress, use the same procedure but use ice-cold water rather than hot water. Leave on the affected area until it is warmed to skin temperature.

**For Parasites of the Head and Hair:** 1 teaspoon of essential oil to 3 ½ fluid ounces of vodka. Apply to head and hair.

**Baths:** (in general baths can be used for irritating skin conditions, muscular aches and pains, rheumatism and arthritis and stress-related conditions. The body will also absorb a significant amount of the oil through the skin) Put 5 to 10 drops in a full bath tub of water. Soak.

**Local baths:** (in general, local baths can be used to apply to the skin and over an affected area to act internally on the affected area. The body will absorb a significant amount of essential oil through the skin. Examples of specific applications: see massage applications, to prevent or treat infection, burns) Fill container with water (use cold water to cool an area or warm water to warm an area of the body). Add 5 drops of essential oil. Bathe affected area.

**Vaporization/Inhalation:** (in general, inhalations can be used for infections such as colds and flu, breathing difficulties, any lung conditions, sinusitis and to purify the air during an epidemic). Place a few drops of oil into a bowl. Add boiling water. Breathe. To intensify treatment, lean over the bowl and place a towel covering your head and the bowl. Breathe. Additional boiling water may be added once steam has dissipated. Additional oil may be added once oils have dissipated. To infuse air, the bowl of water may be placed on top of a wood stove or other heat source. (be cautious with the use of inhalations as they can be irritating to the lungs)

**Douche:** (for Genito-urinary infections). 5 to 10 drops of essential oil to 1 liter of warm water. Can be used as a sitz bath or as an enema or douche.

**Undiluted application to skin:** (In general, most essential oils can irritate the skin if applied undiluted. Be cautious in their use and apply to a small area to test sensitivity. For oils such as Clove bud and Oregano, use 1 part mixed with 9 parts of True Lavender or other non-irritating essential oil). Apply to skin over affected area.

**Internal use:**

When used appropriately, essential oils can be highly affective internally. Due to their strength, their internal use must be with extreme caution. All essential oils that are sold with the initials "Fcc" are certified food grade, meaning they are approved to be taken internally. However, many oils whose source is out of the US are unable to be certified, though they may be as pure. The most important pre-requisite for an oil to be taken internally is to ensure that it has been steam-distilled, rather than extracted via a solvent, etc. All of Liberty's oils are steam distilled. Many sources indicate that essential oils are not to be taken internally due to their high concentration. However, traditional practitioners have always used essential oils internally and this practice has continued to today in France. Sources for recommended internal doses are very hard to come by. As stated above, the best circumstance is one in which a Traditional Medicine person can be consulted, especially when considering the use of essential oils internally – this is a powerful and highly concentrated form of medicine. However, in post-pole shift circumstances, this may not be possible. Our philosophy is that traditional medicines will not do harm – though they may cause diarrhea or vomiting etc. if inappropriately prescribed. As a very general guideline (for post-PS circumstances) essential oils can be taken internally with a dosage of 2 to 4 drops in 8 ounces of warm water once per day. Observe the response of the patient (you may need to play with the dosage – if they have diarrhea, a headache, etc. then reduce the dosage). Gauge their tolerance and repeat if it seems appropriate. Specific dosages for some essential oils are:

Clove bud: 4 to 6 drops in 4 ounces warm water 3 to 4 times per day (for parasites, yeasts and other infections)

Sweet Fennel: 1 to 10 drops per day, do not use for more than 3 weeks consecutively

Frankincense: do not use internally during pregnancy

Spike Lavender: 1 to 2 drops per day

True Lavender: 1 to 4 drops per day

Oregano: 4 to 6 drops in 4 ounces warm water 3 to 4 times per day (for parasites, yeasts and other infections)

From Native American Tribal Knowledge.