

Diabetes, Diabetic Neuropathy & Essential Oil Use

Diabetes is a disorder of the body's blood vessels due to prolonged high levels of sugar in the blood. Much of the food we eat is broken down to sugars by our digestive system. These sugars go into our blood which carries it to cells throughout our body so our cells can function properly. Unfortunately though, if this sugar remains at a high level and especially for a long time, it begins to cause damage to the blood vessels. The vessels most at risk and which are first affected are the tiny peripheral capillaries in the fingers and especially the feet. You see, the further the vessels are from the heart the smaller they are and the easier it is for them to become clogged and damaged which leads to poor circulation. If these damaged vessels can no longer deliver oxygen and nutrients to muscles and nerves, these starved muscles and nerves also begin to deteriorate and eventually die. When nerves are damaged due to prolonged high blood sugar, this is called **Diabetic Neuropathy (DN)** which can cause tingling, burning, freezing, sharp jabbing pain, loss of sensation (usually in the feet first) then eventually numbness or pain in the legs. Also High Blood Pressure puts a lot of pressure on damaged vessels causing further damage.

Although keeping your **Blood Sugar (BS)** as low as possible is the best way to prevent Diabetic Neuropathy, you also need to keep **Blood Pressure (BP)** normal, get some daily exercise, avoid alcohol and tobacco, and take care of your legs and feet. Also although prescription medication is often used to reduce blood sugar and the effects of diabetes, high quality **Essential Oils (EO's)** from plants can be used in several ways to help diabetics. See below how **EO's** can help your body improve circulation and your immune system, reduce and normalize blood sugar levels, and reduce inflammation and pain. EO's are not prescription meds which often have side effects, but use caution since they can still have side effects too, as skin rash and stomach irritation. Visit my.doterra.com/BrooksHarris to learn more about Essential Oils and to try them yourself. A great way to begin trying EO's is to order the "Introductory Kit" with the popular oils: Lavender, Peppermint and Lemon. You do not need all the oils listed below; just pick a few to try which address your disorders and symptoms as: Reduce Blood Sugar, Reduce Weight & Inflammation, Improve Circulation, Pain Relief, & Nerve Repair. Research the internet or talk to your doctor on how to use. Most EO's may be diffused in air, applied to skin (with or without a carrier oil), and some may be taken internally.

Basil – reduces abdominal cramps, fatigue, migraines, muscle spasms, restless leg syndrome.

Bergamot – inhibits sharp, stabbing pain (may use with Ylang Ylang).

Black & Cayenne Pepper – increase circulation of blood and nerves, help control BS & BP, normalize BS levels and slow down absorption of glucose.

Cinnamon – Reduces BS, BP, LDL & Total cholesterol, triglycerides, insulin sensitivity, inflammation and body weight. Balances BS levels, fights infection – antifungal, antiviral, antimicrobial & immune booster.

Citrus Oil mixture – Supports pancreas, liver and visual system.

Clove – blocks nerve signals to the brain for pain relief; balances insulin levels; reduces inflammation and glucose and cholesterol levels.

Clary Sage – prevents renal (kidney) disorders.

Coriander – may increase pancreas activity to release more insulin into blood stream (Insulin removes sugar from blood and pushes it into our tissue where it is needed), has insulin-like activity for lowering blood sugar and increases insulin naturally. Reduces LDL & Total cholesterol and triglycerides and increases HDL (good) cholesterol.

Cypress – regularizes blood circulation & reduces varicose veins, hemorrhoids, Restless Leg Syndrome, leg cramps, pain & inflammation to help repair damaged nerves. Antiseptic for wounds. Helps bladder control.

Eucalyptus – anti-inflammatory, antispasmodic and analgesic (for pain).

Frankincense - relaxes muscles, improves limbic system (brain to nerve communication). Anti-inflammatory

Geranium – a sedative which greatly reduces neuropathic pain.

Grapefruit – breaks down fat and cellulite to help lose weight.

Helichrysum – is a Nervine - a fast pain reliever & antispasmodic, reduces varicose veins, hemorrhoids, aneurysms, inflammation and soothes damaged nerves, calms & strengthens them. Helps circulation.

Lavender – anticonvulsant, antispasmodic, anti-inflammatory – relieves pain and improves sleep. Reduces diabetic symptoms, BS levels and oxidative stress. Balances blood sugar.

Lemon Balm or Melissa EO – consumes sugar to lower BS levels.

Lemongrass – for bladder & urinary tract infection, gastritis, & tissue regeneration; reduces cholesterol, muscle spasms, pain, inflammation & varicose veins.

Marjoram – tonic and stimulant, excellent pain reliever. Strengthens nerves.

Myrrh – antioxidant supporting immune system, antiseptic with powerful healing properties. One of the best EO's for diabetics.

Peppermint – analgesic and anti-inflammatory – excellent pain reliever for neuropathy. Also relaxes muscles, controls muscle spasms, and relieves IBS and indigestion.

Roman Chamomile – reduce inflammation and oxidative stress; soothes painful muscles.

Rosemary – to heal damaged nerves, aid nerve growth, regenerate nerve tissue, excellent analgesic for pain (use with Peppermint for better results).

Ylang Ylang – calms down irritation of nerves and boosts the repair of damaged nerves; strengthens and nourishes peripheral nerves. Lowers BP too.

DoTERRA Essential Oil Blends

Balance – Spruce, HoWood, Frankincense, Blue Tansy & Blue Chamomile.

Citrus Bliss - Wild Orange, Grapefruit, Lemon, Mandarin, Bergamot, Tangerine, Clementine, Vanilla Absolute

Immortelle – Frankincense, Myrrh, Hawaiian Sandalwood, Lavender, Rose, Helichrysum.

OnGuard – Wild Orange, Clove Bud, Cinnamon, Eucalyptus, Rosemary.

PastTense – Wintergreen, Peppermint, Frankincense, Lavender, Cilantro, Basil, Marjoram, Rosemary, Roman Chamomile.

Serenity – Lavender, Sweet Marjoram, Roman Chamomile, Ylang Ylang, Hawaiian Sandalwood.

Slim & Sassy – Grapefruit, Lemon, Peppermint, Ginger, Cinnamon.

Some Suggested Uses

Cinnamon, Cypress and Balance – Rub on bottom of feet every morning and night for neuropathy & balance BS – may also help with weight loss, but cinnamon may keep you awake at night if taken too late.

Serenity and Balance – Rub on wrist at bedtime to help sleep and thin blood to improve circulation.

Slim & Sassy (2 drops) and **Coriander** (4 drops) – Put in a capsule and swallow once per day to reduce BS within 30 min. **Slim & Sassy** – Add 3-4 drops to water and drink at breakfast and lunch as a stimulant for energy and to increase metabolism and reduce hunger and cravings.

Cinnamon, Coriander & Lemongrass - Mix 3-5 drops of each in 12oz of water and drink 2-3 times per day.

Basil, Bergamot, Helichrysum & Peppermint – mix or rub alone on skin which hurts with neuropathy.

Wild Orange in water and **TerraZyme** capsules (Drink 1-2 capsules with each meal) for digestion.

OnGuard (24 drops), **Geranium** (8 drops), **Ylang Ylang** (8 drops), **Fractionated Coconut Oil** (2 oz) – Mix together and rub on bottom of feet and over pancreas – a Diabetic Blend.

NOTE: If you are taking medication for BS control, do not stop taking it abruptly if you start EO's – watch your blood sugar closely and if okay with your doctor, wean off your meds if BS starts dropping.

FDA Disclaimer: These statements have not been evaluated by the FDA. The products described above are not intended to diagnose, treat, cure, or prevent any disease.

Also see several articles on nutrition and exercise under the [Wellness](http://www.BiblicalReliability.com) tab at www.BiblicalReliability.com.