

BURSITIS

Bursitis is an inflammation of the bursa, which are small, fluid-filled sacs located near the joints. Bursa act as shock absorbers when muscles or tendons come into contact with bone. As the bursa become swollen, they result in pain, particularly when the affected joint is used.

Bursitis can be caused by injury, infection, or arthritis, and usually involves the joints of the knees, elbows, shoulders, and Achilles tendon. Occasionally bursitis can occur in the base of the big toe. Bursitis may signal the beginning of arthritis.

Single Oils:

Idaho balsam fir, marjoram, basil, lavender, black pepper, peppermint, wintergreen/birch, Idaho tansy, elemi, oregano

Blends:

Relieve It, Sacred Mountain, PanAway.

EO Applications:

TOPICAL:

NEAT or DILUTE 50-50, 2-4 drops on affected area/joint 3-5 times daily, or as needed to soothe pain

COMPRESS, cold, around affected join, 1-3 times daily

Dietary Supplementation:

Essential Omegas, Sulfurzyme, ArthroTune, Alka-Lime, Super Cal, Coral Sea, Mega Cal, BLM

Topical Treatment:

Ortho Ease, Ortho Sport Massage Oil, Sacred Mountain Bar Soap, and Peppermint-Cedarwood Bar Soap.

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