

# HEADACHES

(See also [STRESS](#), [HYPOGLYCEMIA](#))

Headaches are usually caused by hormone imbalances, circulatory problems, stress, sugar imbalance (hypoglycemia), structural (spinal) misalignments, and blood pressure concerns

Placebo-controlled double-blind crossover studies at the Christian-Albrechts University in Kiel, Germany, found that essential oils were just as effective in blocking pain from tension-type headaches as acetaminophen (ie., Tylenol).<sup>25, 26</sup>

Essential oils also promote circulation, reduce muscle spasms, and decrease inflammatory response.

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## Headache from Diffusing

(Clarity and Brain Power)

People who get an instant headache from diffusing usually have a blockage related to heavy metals or synthetic chemicals from cosmetics and other topical chemicals.

**Single Oils:** Helichrysum, rosemary

**Blends:** Aroma Life, M-Grain, and Clarity.

*Apply helichrysum, rosemary, Aroma Life, and M-Grain to the arteries in the neck or along upper parts of wrists or on other pulse points where arteries are closest to the surface of the skin.*

*Continue to diffuse Clarity or the offending oil, for short periods of time, until headaches cease.*

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## Single Oils:

Peppermint, Idaho balsam fir, Roman chamomile, German chamomile, lavender, basil, spearmint, valerian, clove, rosemary, *Eucalyptus globulus*

## Blends:

M-Grain, Brain Power, Clarity, Relieve It, PanAway, Thieves

Headache blend #1:

- 4 drops Idaho tansy
- 5 drops Roman chamomile
- 2 drops peppermint
- 2 drops lavender
- 1 drop basil
- 3 drops rosemary

Headache blend #2:

- 2 drops Idaho tansy
- 1 drop Roman chamomile
- 3 drops spearmint
- 7 drops lavender

### **EO Applications:**

#### **INHALATION:**

DIFFUSION, 15 minutes 3-5 times daily

DIRECT, 3-8 times daily as needed

#### **TOPICAL:**

DILUTE 50-50, apply 1-3 drops on back of neck, behind ears, on temples, on forehead, and under nose. Be careful to keep away from eyes and eyelids.

#### **ORAL:**

TONGUE, place a drop on the tongue then push against the roof of the mouth

#### **Dietary Supplementation:**

VitaGreen, Essential Omegas, Power Meal, BodyGize, Essentialzyme

#### **Topical Treatment:**

Prenolone, Prenolone+, Progessence

#### ***Children's Headache***

#### **Single Oils:**

German chamomile, grapefruit, peppermint, lavender, rosemary

**Blends:**

Peace & Calming, PanAway

Children's Headache blend:

- 1 drop German chamomile
- 10 drops grapefruit
- 5 drops peppermint
- 3 drops rosemary

**EO Applications:**

**TOPICAL:**

DILUTE 50-50, apply 2-4 drops on temples, forehead, and  
brainstem. Also massage on thumbs and big toes.

***Hormone Imbalance Headache***

(See [MENSTRUAL CONDITIONS](#))

***Migraines (Vascular-type Headache)***

The vast majority of migraine headaches may be due to colon congestion or poor digestion. The Cleansing Trio is most important for cleansing the colon. Eye strain and decreased vision can accompany migraine headaches. AD&E contains large amounts of lutein, which is vital for healthy vision.

**Single Oils:**

Helichrysum, sandalwood, basil, rosemary, peppermint, lavender, marjoram, melissa, German chamomile, *Eucalyptus radiata*

**Blends:**

M-Grain, Clarity

M-Grain is specially formulated for migraine headaches.

**EO Applications:**

**TOPICAL:**

NEAT, Apply 1-2 drops to temples, at base of neck, in center of

forehead, and at nostril openings. Also massage on thumbs and big toes

**INHALATION:**

DIRECT, as needed

**Dietary Supplementation:**

AD&E, Polyzyme, Cleansing Trio, Essentialzyme

***Sinus Headache***

(See also [SINUS INFECTION](#))

**Single Oils:**

Rosemary, tea tree, Eucalyptus radiata, lavender, lemon, geranium

**Blends:**

Melrose, R.C., Purification

Sinus headache blend:

- 5 drops Melaleuca ericifolia
- 9 drops rosemary
- 2 drops bergamot
- 7 drops lavender
- 3 drops lemon
- 4 drops geranium

**EO Applications:**

**INHALATION:**

DIFFUSION, 10 min. 2-5 times daily and at night

DIRECT, 2-5 times daily as needed

**Dietary Supplementation:**

Super C Chewable, AD&E, Essential Omegas, Master Formula Vitamins, ImmuPro

***Tension Headache***

(See also [STRESS](#))

**Single Oils:**

Idaho balsam fir, peppermint, lavender, marjoram, lemongrass, rosemary, valerian, cardamom

**Blends:**

Valor, Aroma Siez, M-Grain

**EO Applications:**

**TOPICAL:**

DILUTE 50-50, apply 1-2 drops around the hairline, on the back of the neck, and across the forehead. Be careful not to use too much, as it will burn if any oil drips near eyes. If this should occur, dilute with a pure vegetable oil. Never with water.

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25. Gobel H, et al., Effectiveness of Oleum menthae piperitae and paracetamol in therapy of headache of the tension type. *Nervenarzt*. 1996 Aug; 67(8): 672-81.
  26. Gobel H, Schmidt G, Soyka D. Effect of peppermint and eucalyptus oil preparations on neurophysiological and experimental algesimetric headache parameters. *Cephalalgia*. 1994 Jun; 14(3): 228-34; discussion 182.

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