

Studies Show Essential Oils Highly Beneficial Against Inflammation

Posted on August 28, 2012 by Rebecca Park Totilo



Sue Chao, Research Scientist, told the Convention audience at the 2005 Young Living Grand Convention that inflammation is a signal that something is wrong in the body. The 19th century definition of inflammation as exhibiting redness, swelling, pain and heat is still used by clinicians today. Inflammation is even more of a problem because the “miracle drugs” called COX-2 inhibitors (like Vioxx) were withdrawn from the market because of life-threatening side effects, such as heart attacks.

Problems with bacterial and viral infections still exist, however. The search is on for new materials that possess anti-inflammatory properties. Sue decided to study the possibility of essential oils as effective anti-inflammatory agents. In designing her study, she looked at how nitric oxide is released in the inflammatory process,

inflaming tissue and causing tissue damage. If a substance can inhibit nitric oxide, an anti-inflammatory agent will have been found. Seventy-seven therapeutic grade essential oils were tested in a rigorous scientific process. Through a complicated regimen, she found that the oils with a high rate of inhibiting nitric oxide were:

Oregano (most important)

Melaleuca Ericafolia

Dill

Nutmeg

Lemongrass

Peppermint

Other Essential oils that were shown to have intermediate nitric oxide inhibition were:

Lemon

Frankincense

Tangerine

Myrtle

Lavender

Patchouli

Eucalyptus polybractea

Juniper

Clove

Orange

Eucalyptus radiata

Initial testing has identified a number of essential oils with potential anti-inflammatory properties!

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