

# How I Replaced Medications With Essential Oils

I was diagnosed with multiple sclerosis (MS) in March 2014. Today, 11 months later, my symptoms are virtually gone. Not only are my MS symptoms gone, I am no longer taking medication for the other disease symptoms that I suffered with for more than 30 years, like asthma and migraines. I'm 98% well. I can't credit essential oils with getting me well, I owe my renewed health to the changes I made in my diet first and foremost. But while getting well, and every now and then once wellness has been achieved, it's nice to have access to an all natural, side-effect free type, chemical free treatment.

## When I Experience Symptoms

I still occasionally experience breakthrough symptoms, especially if I eat something I shouldn't. Symptoms can also reappear due to stress, environmental triggers, or exposure to toxins. When I do experience symptoms, I have found essential oils work well for me, whether I am experiencing wheezing, muscle cramps, or something else. It's important to note here that every person is different and the source of his or her symptoms will vary. Oils can only do so much to treat disease. The foundation of health must start with a clean, plant based diet.

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Trial and error is necessary to discover which oils work for you. Sometimes it takes a while to find the right oil or combination of oils that will do the trick. It's crucial to start with quality, therapeutic grade oils. Be sure your essential oils do not contain filler oils, like olive oil, which will dilute the strength and effectiveness of your essential oil. If the oil requires you to dilute it in another

oil, you want that option to control the strength and the choice of the carrier oil. If you don't find relief with an essential oil, try a different oil, a different combination of oils, or another brand.

## The Oils That Helped Me

The MS symptom that was the most severe for me (other than the paralysis) was the muscle spasms. They prevented me from sleeping, and we all know how tough life can be when you haven't sleep for a few days in a row. It's life altering.

Basil oil first provided me some relief from my leg spasms. Sandlewood and frankincense oil helped as well. After awhile, I found Shillington's Deep Tissue Repair Oil (a blend of wintergreen, menthol and cayenne oils). I have used this oil for spasms ever since.

I've been an asthmatic for as long as I can remember. Now, when I feel my chest get tight or sense a slight wheeze, I no longer reach for my "Puffer" (Proventil rescue inhaler). Now I grab an oil blend called "Breathe". I put a drop or two into my hands, rub them together (like Mr. Miyagi did in Karate Kid), and place them in front of my face. I take 5 slow, deep breaths and every symptom of asthma immediately goes away. If I feel any allergy symptoms, I put a five drops of lavender, lemon, and peppermint oil in a vegetable capsule and swallow it. I haven't used my puffer for more than 6 months.

For migraines, I use lavender oil and then add peppermint oil. I also use a blend of frankincense, sandlewood, ylang ylang, and peppermint. This amazing blend is known for cell regeneration and specifically neuron (brain cell) repair. It helps both my MS symptoms (weakness and imbalance) and migraines.

# How to Apply Essential Oils Topically

The symptom will determine how you apply the oils. Essential oils can be diffused into the air or otherwise inhaled, applied directly to the skin (topically) as well as taken internally. When you apply oils topically, you can either apply them straight (directly to the skin from the bottle) or use a carrier oil. A good rule to follow is if you are trying to apply the oils to a large surface area (back, legs, etc) use a carrier oil first. When I am treating my muscle spasms, I apply organic coconut oil to my leg first. This helps the essential oil spread evenly, and not soak into one spot. Then I drop the essential oil into my hands and spread it on top of the coconut oil. You can “stack” oils, too. Rub one into your skin and then place another one on top of it.

When I feel a migraine coming on I use the oils (lavender and peppermint) straight, and stack them. I place them directly on the pressure points at the base of my neck. I also place them on my temples, and the skin behind my ears down to my jaw line.

The soles of the feet, wrists, and the space behind the ears down to the jaw line are all great places to put any oil for fast absorption. The skin in these areas is thin, so the therapeutic benefit of the oil can quickly absorb into the bloodstream and go to work.

## Other Oils I Use

In addition to the oils I've already mentioned, I also use oils like melaleuca (tea tree), lemon, oregano, and grapefruit oils daily. Most oils have amazing antiviral, antimicrobial, antibacterial and anti-inflammatory properties.

I've used melaleuca to treat everything from a bacterial

vaginal infection to a sore throat to foot odor. Just make sure to dilute this oil well with a carrier oil (coconut or olive oil) if you are applying it topically. Melaluca, like cayenne oil, needs to be diluted well before being placed on the skin (especially in the nether regions). It won't physically damage your skin, but it can cause a strong burning sensation.

I also use melaluca or lemon oil to clean my house. Put 5 drops in a spray bottle, fill it with water and go to work. Just a note: the oils can clog the spray nozzle. To prevent this just dissolve the oils into some grain alcohol and add the mixture to the water and you are ready to clean. Lemon oil works great for cleaning mirrors.

Oregano oil helps with toothaches and skin infections; grapefruit oil helps reduce the appearance of cellulite (due to its diuretic properties) and it has strong antidepressant properties.

I mix a few drops of grapefruit oil with coconut oil and use this to moisturize my whole body every morning. After I moisturize, I feel uplifted and am ready to face the day. These are some of my favorite uses for essential oils. What are yours?

## **Shillington's Deep Tissue Repair Oil – recipe (or [click here to buy](#))**

This formula is awesome, and I have found it to be beneficial for arthritis patients, torn ligaments, pulled muscles, and maladjusted vertebrae. Surprisingly, it will sometimes get rid of a headache almost instantly if you put a drop on both of your temples and rub it in. Used in conjunction with the BF&C (below), and you can create miracles of healing in the damaged area.

32 oz. Wintergreen Oil

16 oz. Cold Pressed Organic Virgin Olive Oil  
12 oz. Menthol Crystals  
8 oz. DMSO  
2 cups Arnica Flowers (Dry)  
2 cups Calendula (Marigold Flowers)  
1 cup Ginger Root  
1/2 cup Cayenne (Hottest you can find = Habanero)

Blend on high for 2 minutes and store for two weeks. Add the DMSO after you have pressed the tincture. Do not get this formula near water in any shape or form or your mixture will mold. Also see, *How to Make A Tincture*.

## **Shillington's Bone Flesh and Cartilage – recipe (or [click here to buy](#))**

It's called BF&C (Bone, Flesh and Cartilage) and I recommend using it with my Deep Tissue Repair Oil (above). It is the Dynamic Duo for Broken Bones, Torn Cartilage, and Bruises ETC.

- 6 parts Comfrey Root
- 6 parts Oak Bark
- 3 parts Gravel Root
- 3 parts Mullein
- 1 part Lobelia
- 2 parts Wormwood
- 3 parts Marshmallow Root
- 1 parts Skullcap
- 2 parts Walnut Bark

Remember, when I discuss a “part”, I am always talking about “volume”. If I use another measurement such as cups ETC., I always say so.

### **Further Reading:**

- *Naturally Treat Multiple Sclerosis – Therapies, Diet, Pain Management, Alternative Medicine*
- *Being Diagnosed with Multiple Sclerosis and Refusing To*

*Live With It*

- *80% Raw Food Diet*
- *Cheap and Easy Detox Diet Plan*
- *How to Make A Tincture*

## **Recommended Supplements:**

- Shillington Deep Tissue Repair Oil
- Shillington's Bone, Flesh, and Cartilage Formula
- Essential Oils – Green Lifestyle Market