Total Wellness with Essential Oils: An Introduction for RD’s

Essential Oils
Training for RD’s
Marie Ruggles MS, RD, CN, CDE

www.EssentialOils4RDs.com

- WHAT/HISTORY
- 3 WAYS TO USE
- SCIENCE/RESEARCH
- FAVORITE USES
- NUTRITION TIE-INS
- EVERYDAY SELF-CARE
- IDEAS FOR USING OIL IN YOUR WORK
“...interprofessional education ....necessary to ensure that RDN’s are competent health care providers. Integrative medicine....addresses biological, psychological, social, and spiritual aspects of health and illness.....consider the whole person, not just an isolated set of symptoms.”

New Model of Education - What’s in Your Toolbox?

• “............essential oils”

• “....nutrition educators must integrate integrative medicine into curricula so future RDNs are adequately positioned to be leaders in the is practice area”
into the ocean, it would be as much the better for mankind and so much the worse for the fishes.

The lay practitioners were undoubtedly safer and more effective than the "regulars." They preferred mild herbal medications, dietary changes and hand-holding to heroic interventions. Maybe they didn't know any more than the "regulars," but at least they were less likely to do the patient harm. Left alone, they might well have displaced the "regular" doctors with even middle class consumers in time. But they didn't know the right people. The "regulars," with their close ties to the upper class, had legislative clout. By 1830, 13 states had passed medical licensing laws outlawing "irregular" practice and establishing the "regulars" as the only legal healers.

It was a premature move. There was no popular support for the idea of medical professionalism, much less for the particular set of healers who claimed it. And there was no way to enforce the new laws: The trusted healers of the common people could not be just legislated out of practice. Worse still—for the "regulars"—this early grab for medical monopoly inspired mass indignation in the form of a radical, popular health movement which came close to smashing medical elitism in America once and for all.

The Popular Health Movement

The Popular Health Movement of the 1830's and 40's is usually dismissed in conventional medical histories as the high-tide of quackery and medical cultism. In reality it was the medical front of a general social upheaval stirred up by feminist and working class movements. Women were the backbone of the Popular Health
A Healer in Every Home

Essential Oils 4 RD’s
Flowers, Bark, Roots, Leaves
Up to 500 Compounds per drop (immune)
Over 400 Mentions in Scripture

Healing Oils of the Bible
by David Stewart
Ph.D.
Fruit trees of all kinds will grow on both banks of the river.....Their fruit will serve for food and their leaves for healing.

Ezekiel 47:12
Accomplish More + Essential Oils = Better Health
Super Foods

Plants with potent compounds that protect, heal, nourish & balance cell function
Soil Fertility

Farming on the Edge
High Quality Farmland in the Path of Development

- High Quality Farmland & High Development
- High Quality Farmland & Low Development
- Federal & Indian Lands
- Urban Areas
- Other
Super-Foods contain compounds that can repair gene mutations that would otherwise lead to cell damage.

Limonene - Peel anti-cancer & detox
The following presentation is for informational purposes only & reflects my personal experiences with essential oils. The statements have not been evaluated by the FDA & are not intended to diagnose, treat of cure any disease. See your healthcare practitioner for personalized health advice. This presentation content is separate from my scope of practice as a RD.
Stress resistance is a hallmark of vitality in the plant kingdom
Shifting: Cell Storage of Emotions
Focus Cognitive Support

Moss M, Oliver L. Plasma 1,8-cineole correlates with cognitive performance following exposure to rosemary essential oil aroma. Ther Adv Psychopharmacol. 2012 Jun; 2 (3):103-13
Healthy Fats

60% FAT
Brain Food
Blood Sugar Support

Cinnamon (cinnamaldehyde)

ocotea (trans-cinnamaldehyde)


**cinnamon oregano fenugreek cumin myrtle**

Support:
Joint Function
Cartilage Function
Alleviate Minor Aches

Increased Exercise Tolerance

Wintergreen / Peppermint
Help Alleviate Nausea,
Occasional Gas, Antispasmodic

PEPPERMINT  DILL
GINGER      FENNEL


Support Healthy Gut Motility

Protect Beneficial Bacteria


Peppermint

Help with Hot Flashes
PEPPERMINT, then
LAVENDER
Temples or
Around Entire Hairline

or

2 drops WINTERGREEN in capsule

****

Sinus Head Tension
6 drops LAVENDER in capsule

......seconds to soothing head tension
Peppermint
Ravinsara  Cedarwood
Frankincense & Lemon
Research: 20,000 studies
Research Publications

DIABETES OBES METAB
AM J DIGESTIVE DISEASE
AM J CLINICAL NUTR
BEHAV BRAIN RESEARCH
NUTR NEUROSCIENCE
BR J NUTRITION MOL PHARMACOL
J COSMETIC DERMATOLOGY
LEUKEMIA RES J
Evidence-Based Application Resources
Phenolics  Sesquiterpenes  Monoterpene
Core Wellnes vs Symptom Management


Tantrums  Oversensitivity  Anger

**ROMAN CHAMOMILE**

**LAVENDER**

**VETIVER**

**CEDARWOOD**
Seasonal Support: Lavender Lemon Peppermint
Healthy Breast Support - Frankincense
Supporting a Healthy Inflammatory Response

- Cytokine production
- Improved T-cell interactions

1 Teaspoon = 4 g
Win…..Win – Prevent & Reset
Immune Support  (air, sinus & lungs)


CINNAMON  ROSEMARY
CLOVE       LEMON
BASIL
CAFO vs Free Range Organic
(antibiotic resistance)
Use What Works in the Moment
DIY Support: Adults

Recipe
3 drops Lemongrass
3 drops Tea Tree
3 drops Eucalyptus
Respiratory Support & HFCS

Lavender  Frankincense
Reset & Repair= Lavender
### Inventory of Wellness Solution

<table>
<thead>
<tr>
<th>Family - Care</th>
<th>Self - Care</th>
</tr>
</thead>
<tbody>
<tr>
<td>Healthy Ear support</td>
<td>![Image of woman]</td>
</tr>
<tr>
<td>Lavender or Melrose 1 drop to 10 drops carrier oil (olive, coconut)</td>
<td>![Image of child]</td>
</tr>
<tr>
<td>Around ear &amp; down neck</td>
<td></td>
</tr>
</tbody>
</table>
Flavor Therapy
2 Drops Lemon  1 Drop Basil
1-2 Drops  Ginger or Peppermint
Diffuser: bedroom bathroom office
Roll On
**Oral Hygiene**

**Thorough Cleansing**

**Kids: ? Brushing**

*Can also put EO drop on top of toothpaste*

<table>
<thead>
<tr>
<th>Clove</th>
<th>Cinnamon</th>
<th>Lemon</th>
</tr>
</thead>
</table>
New Tools & Unexpected Results
Nausea Support

3 Days Prior to Flying

½ Hour Before Boarding
Help Alleviate Nausea

LaneB, Cannella K, Bowen c, it al. Examination of the effectiveness of peppermint aromatherapy on nausea in women post C-section. J Holist Nurs. 2012 : 30 (2):90-104
Raindrop
Nutrition Must-Reads & Super Foods List

www.EssentialOils4RDs.com
Total Wellness.......it’s a Natural Lifestyle Choice
Thank you!

MARIE RUGGLES MS, RD, CN, CDE

ESSENTIALOILS4RDS.COM