Benefits of Spearmint Essential Oil

Benefits of spearmint essential oil include relief of nausea, indigestion, gas, bloating and cramps. It’s natural antioxidants reduce oxidative stress. Antimicrobial properties help control internal and external infections and prevent infections in wounds.

The spearmint plant (*Mentha spicata*) is a perennial that originates in the Mediterranean area. It is now grown around the world. A mature spearmint plant can reach about 2 feet in width and height. Another hybrid (*Mentha gracilis*) is often known as Scotch spearmint.

Spearmint essential oil is made using steam distillation from the green, spear-shaped leaves as well as the flowering tops of the plant. The oil has a pale yellow color and has a warm and pleasant herbaceous scent. It is often used as a flavoring in foods, mouthwash, toothpaste, breath mints, chewing gum and candy.

Benefits of Spearmint Essential Oil Come from Chemical Components

The properties of spearmint essential oil come from the chemical compounds that make up the oil. From the journal “Journal of High Resolution Chromatography”, an article *Application of Comprehensive Two-Dimensional Gas Chromatography (GC×GC) to the Qualitative Analysis of Essential Oils* lists 38 different compounds. The major compounds with at least 1% presence in the oil are:

- Carvone (37.7%)
- Limonene (15.0%)
- Menthol (16.19%)
- Menthone (9.7%)
Some people favor spearmint oil over peppermint oil because spearmint oil is milder. One of the main differences is that spearmint oil contains less menthol.

Spearmint essential oil has a long history of use. It’s use is recorded in the records of ancient Greece, Rome, China, and is a component of Ayurvedic medicine.

Spearmint oil is used in several ways:
1. Inhalation for fatigue and stress
2. Topically for skin conditions and muscle pain
3. Internally for digestive upsets

The following video shows the many benefits of spearmint essential oil and how it is used.

Benefits of Spearmint Essential Oil

Hi and welcome to our video on spearmint essential oil. I’m Holly Draper. I’m a certified aroma therapist.

This is our ten part video series. So let’s jump into awesome spearmint essential oil and tell and learn about all the amazing things you can use spearmint essential oil for.

The ancient Greeks used spearmint in their lavish bathing activities. In medieval times it was popular to use spearmint essential oil in oral hygiene. Anciently, spearmint was used to heal sore gums and to whiten the teeth.

Benefits of Spearmint Essential Oil for Digestion

Spearmint has been used in eastern and western civilizations and found to be beneficial for all sorts of digestive
disorders. So spearmint is a fantastic digestive essential oil. It stimulates healthy digestion and it may help ease occasional constipation and occasional digestive issues.

**Benefits of Spearmint Essential Oil for Mood and Mental Strain**

Spearmint oil is uplifting. It reduces mental strain and fatigue. It calms tension and it’s a great essential oil to use for stress. It’s also a very energizing essential oil. Being in the mint family, it’s very very energizing and yet good and balancing and calming for stress and tension. It’s also helpful with sadness and depressed type feelings because it’s so uplifting.

It’s a great breath freshener. And it also stimulates your appetite. Spearmint is a great bug repellent oil. This is fantastic to use and you can also use it with bug bites.

Spearmint is a fantastic oil. When you inhale it, it can help with morning sickness, even inhaling the scent of spearmint essential oil. And it can also help bring down inflammation in the body.

**Spearmint Essential Oil Safe for Youngsters**

If you haven’t seen our video on peppermint essential oil, please check that out too. Spearmint essential oil generally has all the same uses as peppermint essential oil. So you can use it in all the same ways. Except to remember how in our peppermint video we said that peppermint is not safe for kids ages 3 and under. Well spearmint essential oil is safe and so you can use it for kit on kids ages 3 and and younger. So spearmint essential oil is a great children’s oil.

**Benefits of Spearmint Essential Oil for Mood**

I love spearmint essential oil. I use it because it’s an amazing emotional oil. Now spearmint essential oil, specifically, targets the inner child. And it can actually
support, strengthen, and it comforts our inner child. And it can actually help your inner child let go of low frequency emotional stuff like anger and rage and fear. That kind of thing sermon helps the body. Like I said, let go of that emotional baggage.

For young kids, for your inner child, and for adults. So it’s a great essential oil. Smells so yummy. Makes you feel good and energized. And it helps you release low frequency energy emotional baggage. It also can help release emotional blocks. So it’s a great. And it’s one of my very favorite emotionally releasing essential oils. It’s a great one for stress. If you ever get stressed out, just breathe in some spearmint. Or, you know, you’re really tense or stressed, it’s a really great oil for that. You can also inhale spearmint off of a cotton ball right before you go to bed. You want to breathe it for a couple minutes off the cotton ball then set the cotton ball aside. Then lay down and go to sleep. It can actually help you sleep better.

**Importance of Organic Essential Oil**

Let’s talk about why it’s so important that your spearmint and all other essential oils are organic. The number one reason people want to use organic products is to avoid exposure to toxic chemicals like pesticides and insecticides, larvicides, herbicides, chemical fertilizers, and sewage sludge. And, of course, we want to avoid those things when we’re putting products in and on our body. Once these chemicals are sprayed on conventional crops, when they’re conventionally grown, it’s impossible to remove them and have a pure essential oil.

**Benefits of Spearmint Essential Oil Phytochemicals**

The phytochemicals in essential oil, the good, beneficial chemicals that come from the plant, are seventy to a hundred times more concentrated in the essential oil than they are in the plant. And this is because when they distilled into an essential oil, it concentrates those chemicals in a really
powerful way. So you can see here, organic essential oils are always going to be cleaner and purer than non-organic essential oils, which actually can contain the residue of the pesticides, herbicides, insecticides, and chemical fertilizers that were sprayed on most crops. Those poison toxic residues can actually be in your non-organic essential oils.

When you choose organic products you also choose non-GMO so not genetically modified plants. You also choose to protect our land, our soil, and our water. You also choose to preserve our ecosystem and the precious organisms that are a part of our ecosystem. And you also say no to animal cruelty because these are not tested on on animals. Cleaner, healthier plants like certified organic plants, produce cleaner healthier essential oils. And organic oils are always higher quality than non-organic essential oils.

**How to Tell if Your Essential Oil is Organic**

So how can I be sure that my essential oils that I’m using are organic? It’s actually super simple. You want to see the word “organic” right on the front label of the of the of the bottle. You also want to see on the back label in the ingredient list. It should say “certified organic oil”. And you want to see the USDA certified organic seal right on the label of every bottle. Then you’re going to be assured that you’re using organic essential oils. If the words “organic” or “wild crafted” are not right on your label, then what you’re using is a non-organic essential oil. And there we’ll be traces of those toxic chemicals in that oil. And so you are not experiencing the greater benefits of certified organic essential oils.

Purify Skin Therapy is proud to bring you USDA certified organic and wild crafted essential oils. The quality of oils we have is superior. And we believe if you’ll just try one or two of our essential oils you too will see the difference.
So that is our video on spearmint essential oil. This is a ten part video series. And if you want to get all ten of these videos with an email that goes along with it, packed with great information, just text the word “peppermint” to 72000 or check out our website for more information at Purify Skin Therapy com.

Thank you so much for joining us to learn about the benefits of spearmint essential oil.

Presented by a Certified Aromatherapist, this quick video on Spearmint essential oil will show you all the amazing uses for Spearmint Essential Oil. This is the ninth video in a 10 part video series. To get all 10 of the emails packed with information ~ including the videos ~ sent right to your inbox: text PEPPERMINT to 72000. It’s FREE! For more information go to https://www.purifyskintherapy.com/

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**Medicinal Effects of Menthol**

Medicinal effects of menthol, a natural plant-based compound, have been used for millennia for common health conditions. Today it is used in many antiseptic and analgesic compounds. Menthol’s cooling effect helps relieve sore throat pain and other mouth irritation as well as respiratory ailments. It is helpful in relieving itching and has a cooling effect on the skin. Menthol also helps gastrointestinal problems such as gas and bloating.

Menthol is an important component of a number of essential oils. It is present in significant amounts in the following oils:

- **Peppermint** 33–60%
• Spearmint 16%

Here are a few research studies that confirm the medicinal effects of menthol.

**Effects of Menthol on Coughing**

This is one of the medicinal effects of menthol which is important to cigarette manufacturers. One of the important selling points for a cigarette is to reduce the amount of coughing a smoker does. This makes the cigarette seem more “healthful.”

A study ([Effect of inhaled menthol on citric acid induced cough in, normal subjects](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2941311/)) reported in the medical journal *Thorax* described a study in which twenty healthy people inhaled a spray intended to induce coughing. Five minutes before inhaling the cough inducing spray, the subjects were given an inhaler spray with wicks of either 75% menthol in eucalyptus oil or one of two placebos. Those receiving the
menthol spay had a highly significant (p<0.0005) reduction in cough frequency.

**Effects of Menthol on Itching**

An article in the *Singapore Medical Journal* ([Phenol and menthol in the treatment of chronic skin lesions following mustard gas exposure](https://www.ncbi.nlm.nih.gov/pubmed/29484457)) reported on how menthol helped Iranian soldiers affected by mustard gas.

About 10% of sulfur mustard or mustard gas is absorbed into the skin. This sulfur mustard is very difficult to remove. The most common complaint by those exposed to sulfur mustard is itching (pruritus).

Eighty subjects were selected for the study. Forty received an ointment with 1% phenol and 1% menthol while the others received a placebo ointment. The group receiving the phenol/menthol ointment experienced a significant (p=0.02) reduction in itching while the placebo group did not see a statistically significant reduction.


Pruritus gravidarum (generalized itchiness of late pregnancy) is present in 1-8% of women during the late second through third trimester of pregnancy. Itching starts in the abdomen and often expands to the chest and upper extremities.

A total of 96 women completed this study. 47 of the women received a 60mL bottle of sesame oil base with 0.5% peppermint oil. 49 women received a 60mL bottle of sesame oil (placebo). All patients applied the ointment twice a day to affected areas. Researchers evaluated the severity of itching before and after the two week study period.
Both groups experienced a very significant (p<0.001) reduction in the severity of itchiness. However, after treatment the severity of itchiness was significantly lower (p=0.02) for the peppermint group.

**Effects of Menthol on Sufferers of Chemotherapy Induced Nerve Injury**

Then journal *Supportive Care in Cancer* published an article (*Cancer treatment-related neuropathic pain: proof of concept study with menthol—a TRPM8 agonist*) showing how menthol reduced pain in patients suffering from chemotherapy-induced peripheral neuropathy (nerve injury).

Neuropathic pain resulting from cancer treatment is increasing because more people are getting cancer and survival rates are increasing. Certain chemotherapy drugs cause chemotherapy-induced peripheral neuropathy in up to 96% of patients. This study tested the pain relieving properties of menthol for neuropathic pain.

Researchers were able to evaluate pain levels in 38 patients after a 4-6 week trial. The patients treated the painful areas twice a day with a topical 1% menthol cream. Researchers interviewed patients to determine the level of pain before the trial, after at two weeks, and again at 4 to 6 weeks.

In this study 31 out of 38 patients had improvements in the pain scores. The pain level improved from an average of 47 to 34 (out of 70 pain points). This represented a highly significant (p>0.001) reduction in pain. In addition to improvements in pain, there were improvements in walking velocity and cadence, mood, sensation, as well as overall increased functionality.

**Effects of Menthol on Diaper Rash**

An article (*Role of menthol in treatment of candidial napkin rash*).

In this report 70 patients completed the study. 35 received a common treatment (topical clotrimazole) plus mental drops. 35 received the common treatment plus placebo drops. The menthol drops consists of 5% menthol in an ethanol and polyethylene glycol base. The placebo did not contain menthol. The menthol or placebo drops were applied twice daily and after 10 minutes the clotrimazole was applied.

The rash in patients using the menthol drops decreased significantly more rapidly and complete healing was shorter in the menthol group (p=0.0001).

**Medicinal Effects of Menthol Summary**

Menthol has been studied extensively and the medicinal effects of menthol have positive, scientifically verified results. New studies of its medicinal effects are ongoing. At the time of this writing some upcoming studies include:

- Topical Menthol +/- Mannitol for Painful Diabetic Peripheral Neuropathy
- L-Menthol Infusion as a Novel Technique During Colonoscopy (MINT-C)
- Effects of Flavors on Nicotine Reinforcement in Smokers
- Menthol for PDT Pain (MentholPDT)

It’s clear that menthol as contained in some essential oils has clear medicinal effects. Because it’s a natural substance, it may be better for you than some pharmaceutical drugs that have negative side effects.
Benefits of Orange Essential Oil

Benefits of orange essential oil include calming emotions, lowering blood pressure, uplifting your mood, boosting your immune system, as well as acting against cancer, repelling insects, and improving your libido. It has anti-fungal, antibacterial, anti-inflammatory properties that help fight germs and reduce painful swelling.

Orange essential oil has been used for thousands of years. People in China, India, the Mediterranean and the Middle East have used it to fight coughs and colds and for religious purification ceremonies. It is well known for improving digestion and helping to heal skin problems.

Orange essential oil comes from the *Citrus sinensis* plant which includes sweet and navel oranges. The rind or peel of the orange is the primary source of this essential oil. You must harvest the oranges and remove the peel at just the right level of ripeness to produce the best oil.

An article ([Ionic liquids and fragrances – direct isolation of orange essential oil](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7797998/)) in the journal *Green Chemistry* examined the phytochemical compounds in orange essential oil.

While there are over 200 phytochemicals in orange essential oil, only a very few are present in any significant quantity. The authors found the following range of major components from their samples:

- **Limonene** 98.08 – 98.78%
- Myrcene 0.95 – 1.30%
- α-Pinene 0.12 – 0.68%
- β-Pinene 0.13 – 0.49%
- Linalol 0.11 – 0.26%
- Octanal 0.06 – 0.222%
It’s clear that the most prominent compound in orange essential oil is limonene. It is primarily responsible for most of orange essential oil’s properties.

**Cautions**

Orange essential oil may be photo-toxic for some people. You should avoid direct sunlight after a topical application. Also, do not take orange essential oil internally.

**Benefits of Orange Essential Oil**

Watch this video for more information about the medicinal benefits of orange essential oil.

Orange essential-oil is extracted from the fruit peels of sweet orange that goes by the name Citrus sinensis. In the case of orange-oil, limonene, D-limonene in particular, forms the major bulk of the oil. This monoterpane compound with proven antitumor function is responsible for most of the beneficial properties of orange essential oil.

Sweet orange oil is widely used in aromatherapy and herbal medicine for the following Reasons.

**Benefits of Orange Essential Oil as an Antidepressant**

The very action of peeling an orange is so uplifting, thanks to the release of the orange-oil in the peel. Not surprisingly, the essential-oil of orange is often used in aromatherapy to bring one out of a depressed or pensive mood.

A mere whiff of the oil can make you feel alert and relaxed at the same time. It induces a sense of happiness and well-being. Along with the reduction in cortisol secretion and lifting of mental anxiety, physical changes such as lowering of pulse rate are observed.
Benefits of Orange Essential Oil as an Anti-inflammatory

Inflammation is part of body’s healing mechanism, but uncontrolled and chronic inflammation has many negative effects, apart from causing swelling and pain.

Orange oil can regulate the inflammatory response of the body to allergens, injuries, infections and other irritants. You can observe perceptible changes such as reduction in redness and swelling at the site of injury. In case of respiratory allergens, the anti-inflammatory action can help relieve a runny nose and cough.

Medicinal Benefits of Orange Essential Oil as a Diuretic

Orange has a mild diuretic action that results in increased production of urine. This facilitates the removal of undesirable substances from the body, including toxic substances, excess salts, and by-products of protein digestion such as uric-acid.

By removing excess fluids from the body, diuretics like orange oil reduce edema caused by water retention in tissues. It also reduces blood pressure and excessive load on the heart.

Medicinal Benefits of Orange Essential Oil to Relieve Fatigue

Orange essential oil can help relieve physical and mental fatigue. Mix it with the essential oil of lavender to enhance the effect.

Mix 5-drops each of sweet orange oil and lavender oil and use the mixture in a diffuser. Apply a drop of the mixture to your pulse points for faster absorption into the body.

Adding essential oils to your bath would give you maximum benefits, but it should be avoided for the reason mentioned
Benefits of Orange Essential Oil to Control Acne

Orange oil has a drying and grease-cutting effect on the skin that can help reduce acne in people with oily skin. Add 2-3 drops of orange oil to a cup of water and wash the face with it before going to bed.

Orange oil acts as a deep cleanser when used with a light carrier oil like olive-oil or sweet almond-oil. Mix 3-4 drops of orange oil to a tablespoon of carrier oil and apply on the face with a cotton ball. Allow to remain for 5-minutes and wipe off. This is an excellent way to remove makeup in the evening.

For a spot treatment for acne, dip a cotton swab in sweet orange-oil and touch the acne. The antiseptic effect of orange oil helps reduce bacteria that worsen acne.

Defusing orange essential oil in a diffuser is the best way to receive the above mentioned benefits however you can also apply it directly on to skin, such as neck area, as and when you need it.

See more videos on the Natural solution channel.

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Benefits of Grapefruit Essential Oil

Benefits of grapefruit essential oil include reducing appetite and sugar cravings, mobilizing fat, as well as boosting your mood and fighting viral infections. It’s an all-around super essential oil.

What Causes the Benefits of Grapefruit Essential Oil?

What’s in grapefruit essential oil that gives it its healthful properties? A journal article in the International Journal of Phytotherapy Research, PHARMACOLOGICAL POTENTIALS OF CITRUS PARADISI - AN OVERVIEW indicates that the main chemical components of grapefruit essential oil are:

- **limonene** (81.6%),
- linalyl acetate (5.20%),
- **p**-cymene (3.6%),
- **β**-pinene (2.51%),
- sabinene (1.02%),

as well as a number of other compounds with less than 1% presence.

The benefits of grapefruit essential oil mainly come from its most abundant natural phytochemical, limonene. Limonene if found in the peals of many citrus fruits. It gets its name from the lemon. It is typically present in the grapefruit peal oil at between 88 to 95%. Limonene has been investigated since the 1970s. It is used to make medicines which can help prevent and treat cancer. Limonene is also used to treat bronchitis and other viral infections. It is a great solvent for cleaning. Grapefruit essential oil has a fragrant aroma and is used as a flavoring.
Grapefruit oil is rich in antioxidants, including vitamin C. It helps boost the immune system and fights against free radicals. It helps protect the body from premature aging, tissue degeneration, and vision loss. It helps mental clarity. The antiviral and antimicrobial characteristics make it a good disinfectant.

Grapefruit oil is commonly used in aromatherapy where it tangy aroma helps boost your mood. Taken internally it can treat infections in the stomach, intestines and colon. It can help fight throat and respiratory infections, as well as muscle aches.

Another of the benefits of grapefruit essential oil is it helps the function of the lymphatic system. This helps clear the body of toxins and helps remove cellulite.

It can also help increasing energy levels, boosting your metabolism. It also help reduce your appetite and sugar cravings. And it seems to help mobilize fat. So, is often used by those trying to lose weight.

**Cautions**

Grapefruit essential oil may cause skin irritation and causes skin to be sensitive to light. Test grapefruit essential oil on a small patch of skin before applying it generally over large areas. Avoid exposure to direct sunlight after applying to your skin.

**Benefits of Grapefruit Essential Oil**

Curbing cravings can be difficult. Did you know that research has shown that just smelling grapefruit oil can help reduce feelings of hunger?

Try diffusing Grapefruit essential oil when you feel hungry but don’t want to consume unnecessary calories. Additionally
like most citrus essential oils, Grapefruit has an uplifting aroma. Keeping a positive mood makes weight management efforts more fun and purposeful.

**Diffuse or Take Internally**

Diffuse Grapefruit oil in the morning to set the mood for the rest of your day or periodically put two drops in your palms, rub them together and breathe in deeply.

When taken internally, Grapefruit essential oil supports a healthy metabolism. Add two drops to a glass of water, refill throughout the day, and with meals for metabolic support and healthy alternative to sugary beverages.


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**Benefits of Limonene**

Benefits of limonene include fighting cancer, preventing heart attacks, lowering cholesterol, controlling weight, reduces stress, anxiety and depression, dissolves gallstones, and helps relieve heartburn.

Limonene comes in two forms D-limonene and L-limonene. While these have the same chemical formula, they differ in their structure. D-limonene (1-methyl-4-(1-methylethenyl) cyclohexane), which we simply call limonene, is a major compound in several essential oils made from citrus fruit peels. These oils are:

- **Orange**
- **Lemon**
- **Mandarin**
Lime
Grapefruit

Because of its lemony aroma it is widely used in foods, perfumes, soaps, juices, ice cream, candy and chewing gum. The US government recognized it as a generally recognized as sage (GRAS) flavoring agent.

Some medicinal benefits of limonene include:

- As a solvent of cholesterol it helps dissolve cholesterol-containing gallstones.
- It neutralized gastric acid and so helps relieve heartburn and gastroesophageal reflux disorder (GERD).
- It supports healthy peristalsis to help keep your bowel movements regular.
- It has a chemopreventive activity against various cancers.

**Limonone Has Well Researched Health Benefits**

Many studies have been done to determine the health effects of limonene. Here are a few studies and their findings.

**Benefits of Limonene in the Remission of Cancer Tumors**

Researchers perform three experiments on rats. In the first experiment they induced cancer tumors in rats in two different ways (with either DMBA or NMU). The rats were handled every two weeks to detect any tumor growth. When a tumor was felt, the rats were assigned to either a normal diet or a normal diet with 10% limonene. The rats with a DMBA-induce tumor who were on the limonene diet had a 68% remission rate while normal-diet rats had only a 23% remission rate. The limonene-fed rats with an NMU-induced tumor experienced a 96% remission rate while normal diet rats had a 58% remission rate. Both
differences in remission rates were highly significant (p<0.001).

The second experiment was designed to determine the minimum does required for a significant remission rate. In this experiment 200 rats were given DMBA. When a tumor was felt the rats were assigned to a variable dose diet ranging from 0%, 2.5%, 5.0%, 7.5% or 10% limonene. The results showed that a highly significant remission rate (p<0.001) required the 7.5% or 10% concentration of limonene.

In the third experiment was a large tumor study. While small tumors often have a good spontaneous remission rate, large tumors have a much lower spontaneous remission rate. Here, the rats were given either DMBA or NMU to induce tumors. When the tumors grew large (at least 10 mm) the rats were randomly assigned to either a normal or a 10% limonene diet. The results for the limonene-diet rats showed a complete remission of tumors in 53% of the DMBA tumor rats and a 79% remission rate in the NMU-tumor rats. None of the normal diet rats showed spontaneous remission of tumors.

These experiments show the benefits of limonene for reducing some cancer tumors. Limonene at levels which are not toxic had significant effects on these mammary carcinomas. And, limonene caused the remission of large tumors for which spontaneous remission did not occur. While the limonene-diets caused faster remission of small tumors than was seen with spontaneous remission, when limonene was withdrawn some of the tumors reappeared.

**Benefits of Limonene in Hypertension**

Researchers wanted to determine the effects of various diets (including supplementation with limonene) on blood pressure, triglycerides, cholesterol and other blood components. To do this, they prepared six diet plans to be fed to rats:

- **Standard**: Standard rat pellet diet for 8 weeks
• **Standard+Limonene**: Standard rat pellet diet for 4 weeks then rat pellets supplemented with limonene for 4 weeks
• **HFD**: High fat diet for 8 weeks
• **HFD+L-NAME**: High fat diet supplemented with L-NAME (Nω-nitro-L-arginine methyl ester) for 8 weeks
• **HFD+Limonene**: High fat diet for 9 weeks, then supplemented with limonene for the last 4 weeks
• **HFD+L-NAME+Limonene**: High fat diet supplemented with L-NAME for 8 weeks supplemented with limonene for the last 4 weeks.

The major results allow us to reach a number of statistically significant conclusions.

• **Weight Gain**. While all rats continued to grow and gain weight, the rats on the HFD gained significantly more weight than the rats on a standard diet. In addition, the rats on the HFD not supplemented with limonene gained significantly more weight than the rats on the HFD supplemented with limonene.

• **Blood Pressure**. The rats with the lowest blood pressure were those on the standard diet supplemented with limonene. Just a bit higher were the rats on the standard diet alone. Only slightly higher were the rats on the HFD supplemented with limonene. All these rats had blood pressures significantly lower than the rats fed the HFD alone. The rats with the highest blood pressures were those fed the HFD+L-NAME diet.

• **Heart Rate**. The heart rates of rats fed the HFD and the HFD+L-NAME were significantly higher than the other rats.

• **Triglycerides**. As would be expected, rats fed the HFD and the HFD+L-NAME diets had the highest level of triglycerides. But rats consuming these diets supplemented with limonene were significantly lower and very near that of the control group.

These results indicate that limonene has significant effects
on weight, blood pressure, heart rate and triglycerides.

**Research on the Benefits of Limonene**

Various studies has taken place or are planned to investigate limonene. Here are just a few:

- **Behavioral Pharmacology of THC and D-limonene.** Subjects will test THC alone, limonene alone, THC and limonene together, or placebo.
- **Human Breast Tissue Bioavailability of Topically Applied Limonene.** The purpose is to determine the safety and breast tissue bioavailability of limonene following massage application of limonene containing massage oil to the breast.
- **AV2 Antiviral Spray Versus Placebo in Human Papillomavirus Cervix Infections.** The study will try to show that, by a one-time topical spray on the cervix, AV2-DM (90% olive oil and 10% d-limonene) is an effective antiviral in reducing on short term (3 months) the human papillomavirus (HPV) infection.

**References**

- **D-Limonene: Safety and Clinical Applications** in Alternative Medicine Review
- **Limonene-induced Regression of Mammary Carcinomas** in the journal Cancer Research
- **d-limonene attenuates blood pressure and improves the lipid and antioxidant status in high fat diet and L-NAME treated rats** as reported in the Journal of Pharmaceutical Sciences and Research
Benefits of Rosemary Essential Oil

Benefits of Rosemary Essential Oil include boosting mental focus and concentration, stimulates hair growth, relieves pain, manages stress, improves circulation, boosts immune system, reduces joint inflammation and relieves congestion and stuffiness.

Rosemary (*Rosmarinus officinalis*) is an evergreen related to the mint family (*Labiatae*) which includes peppermint, spearmint, lavender, basil, thyme, and catnip. Rosemary is found originally in the Mediterranean, especially in Morocco and Algeria in northern Africa.

Rosemary is used in the food industry as a seasoning, the cosmetic industry, and in the pharmaceutical industry. It is one of the most popular plants for its aromatic and medical uses.

Rosemary essential oil is typically extracted by steam distillation from the sharp leaves and flowering tops of the shrub. The benefits of rosemary essential oil come from over 30 organic compounds which are responsible for its properties.

In an article (*Extraction of rosemary essential oil by steam distillation and hydrodistillation*) in *Flavour and Fragrance Journal* describes the making of rosemary essential oil and the analysis of the organic compounds present in the oil. The major compounds (with greater than 1% presence) found in the steam-distilled oil include:

- **1,8-Cineol (eucalyptol)** (52.4%)
- Camphor (12.6%)
- β-Pinene (5.7%)
- α-Pinene (5.2%)
- β-Caryophyllene (4.2%)
- Borneo (3.4%)
- Camphene (3.0%)
- p-Cymene (2.2%)
- α-Terpineol (2.1%)
- Myrcene (1.7%)
- Bornyl acetate (1.1%)
- Linalol (1.1%)

Cautions

People with epilepsy, hypertension, and women who are pregnant should avoid rosemary essential oil. Because it is stimulating, do not use before going to bed.

Benefits of Rosemary Essential Oil

The following video describes many of the health benefits of rosemary essential oil.

What is Rosemary Good For? Rosemary health benefits

“There’s rosemary, that’s for remembrance: pray, love, remember.”

This line from Hamlet shows that Shakespeare, the famous writer, knew the great uses of rosemary.

Long after Shakespeare's time, different studies have also shown many ways rosemary is good for your health, whether it is used fresh, dried, or as an oil.

Rosemary has strong antioxidants, can kill germs, block cancer, bring down swelling, and fight infections.

It also has some vitamins and minerals, like vitamins A and C, thiamin, riboflavin, folate, iron, magnesium, phosphorus, zinc and copper. The woodsy, citrus-like smell of rosemary essential oil is also found in beauty products and used in aromatherapy.
Besides its health and beauty uses, rosemary is also used as a cooking herb by many people. Fresh or dried rosemary can be added to soups, sandwiches, salads, dips, and even be used for making infused oil. Also, rosemary tea is a well-liked drink.

Here are some ways rosemary can be good for your health.

**Benefits of Rosemary Essential Oil for the Brain and Mental Health**

1. **Boosts Memory**

Rosemary works as a cognitive stimulant, helpful for boosting memory and mental focus. It is even good at raising brain-wave activities and guarding against neurodegenerative conditions like Alzheimer’s disease.

2. **Fights Stress and Anxiety**

The sweet smell of rosemary is helpful for clearing your mind and easing stress. Its calming nature even helps soothe tense muscles.

3. **Alleviates Headaches**

Rosemary dulls pain and brings down swelling, so it can soothe headaches. It can even help ease the pain and strength of migraines.

**Benefits of Rosemary Essential Oil for Hair**

4. **Stimulates Hair Growth**

This wonderful herb also helps hair growth. It boosts blood circulation to the scalp, which lets more nutrients reach the hair follicles.

**Benefits of Rosemary Essential Oil as an Anti-inflammatory**

5. **Reduces Inflammation**
Rosemary is helpful for easing pain and swelling. It helps soothe arthritis pain, sciatic nerve pain, gout pain, back pain, and stiff neck. Because it stops spasms, this herb also helps ease menstrual pains.

**Benefits of Rosemary Essential Oil for the Immune System**

6. Strengthens the Immune System

Rosemary gives you a powerful shield against different diseases and germs that may harm your immune system.

7. Treats Respiratory Problems

You can also use this herb to treat respiratory infections like cold and flu, sinus infection, and bronchial asthma. This is because rosemary is soothing, kills bacteria, and stops spasms. It also helps lessen bad breath.

**Benefits of Rosemary Essential Oil for Digestion**

8. Improves Digestion

Rosemary is great for your stomach because it controls how much bile is let out, and fights germs from food. It also boosts the appetite, treats indigestion, and eases gas buildups, bloating, and constipation.

**Benefits of Rosemary Essential Oil to Manage Blood Sugar**

9. Prevents High Blood Sugar

Diabetic people can use rosemary oil to control their blood sugar levels. Rosemary extracts can lower glucose and cholesterol levels, which helps control Type 2 diabetes and other metabolic conditions.

When taking this herb to help with diabetes, make sure you
keep checking your blood sugar levels. Also, keep taking your regular medicines as your doctor tells you.

Extra tips:

Don’t use rosemary essential oil during pregnancy, or if you have epilepsy, hypertension, or bleeding disorders.

Before using rosemary oil on the skin, test it on a little part of the skin to make sure you’re not allergic to it.

Do not eat a lot of rosemary.

Source(s):

16 Proven Benefits of Rosemary Oil

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Benefits of Cinnamon Essential Oil

Benefits of Cinnamon Essential Oil include boosting brain function, helping blood circulation, controlling blood sugar, reduces joint stiffness, reduces symptoms of colds and flu, and provides pain relief.

The benefits of cinnamon essential oil are due to chemical compounds found in a group of plants of the genus *Cinnamomum*. The most popular plant species producing cinnamon essential oil include:

- *Cinnamomum cassia* (Chinese cinnamon)
- *Cinnamomum burmannii* (Indonesian cinnamon)
- *Cinnamomum verum* [Also know as *Cinnamomum zeylanicum*] (Sri Lanka cinnamon or Ceylon cinnamon)
- *Cinnamomum loureiroi* (Saigon cinnamon or Vietnamese cinnamon)
- *Cinnamomum tamale* (Indian cinnamon)

Some consider cinnamon from the plant *Cinnamomum zeylanicum* to be “true” cinnamon. But, Indonesian and Chinese cinnamon account for three-quarters of all the cinnamon use commercially. Adding in Sri Lankan and Vietnamese cinnamon we account for 99% of all commercial cinnamon.

Photo by [CINNAMON VOGUE](#)
There are two types of cinnamon essential oils. The most popular is reddish-brown and is produced from the bark of the cinnamon shrub.

Another type is more yellow and is produced from the leaves of the cinnamon shrub.

Almost all cinnamon essential oil is the reddish-brown type produced from the bark.

**Benefits of Cinnamon Essential Oil**

Cinnamon essential oil is now used worldwide as an herbal treatment for various health conditions. Among these conditions are:

- Reduce stiffness of muscles and joints by reducing inflammation
- Improves cognitive functions
- Thins blood to improve blood circulation
- Antiseptic properties help wounds heal
- Antioxidant activity helps remedy skin conditions like acne
- Decongestant properties helps alleviate symptoms of cold, flu, and sore throat
- Regulates blood sugar to support insulin activity
- Reduces intestinal gas helping with stomach problems like indigestion
- Helps reduce irregular menstruation

**Compounds Providing the Benefits of Cinnamon Essential Oil**

Cinnamon essential oils contain around 80 aromatic compounds, but only a few are important. One analysis from the article *Antimicrobial activity of cinnamon (Cinnamomum zeylanicum) essential oil and its main components against Paenibacillus Larvae from Argentine* in the journal *Bulletin of Insectology*
showed the major compounds to be:

- cinnamaldehyde (79.3% w/w)
- eugenol (11.9% w/w)

Another analysis from the article Composition, antimicrobial activity and in vitro cytotoxicity of essential oil from Cinnamomum zeylanicum Blume (Lauraceae) in the journal Food and Chemical Toxicology show the major compounds to be:

- (E)-Cinnamaldehyde 68.95%
- Benzaldehyde 9.94%
- (E)-Cinnamyl acetate 7.44%
- Limonene 4.42%
- Eugenol 2.77%

As with most essential oils, differences in the environment (including nutrients in the soil) and the methods of extraction will produce differing levels of these compounds.

Cautions

Cinnamon helps blood circulation by thinning the blood, so it should not be used by those with hemophilia or those on anticoagulants. Keep the oil away from mucus membranes. Do not use if you have kidney disease, liver disease, prostrate cancer, or are pregnant. Can cause skin irritation, so test on a small area to see if you are allergic. Should not be used by children under 6 years of age.

Benefits of Cinnamon Essential Oil

In this video, Dr. Axe talks about the history and benefits of cinnamon essential oil:

Hey guys. Dr. Axe here, founder of draxe.com and doctor of natural medicine.

In this video I’m going to talk to you about all of the many
uses and benefits of cinnamon essential oil. And cinnamon oil has been used for thousands of years. I think you’re going to learn some surprising facts you didn’t know about cinnamon oil in this video and some great ways to use it for the benefit of your health.

First off, cinnamon essential oil has been used since the times of the Bible. In fact, it’s one of the most referenced essential oils in the Bible because it was part of the holy anointing oil. During Biblical times they made something called the holy anointing oil, which included cinnamon oil, cassia oil, calamus, myrrh, and olive oil. And when somebody was sick, what they would do is they would pour this oil over their heads. So you may have heard it anoint their head with oil. That was the holy anointing oil that was used during religious ceremonies, but also used for when they needed healing. They would go to the priest, have them pray for them for healing, and then they were anointed with oil.

So we know cinnamon oil has been used for probably over 5,000 years. It’s also referenced in Egyptian medicine, Chinese medicine, Greek medicine. Cinnamon oil, one of those truly unique essential oils for those benefits.

Now cinnamon oil contains a compound called cinnamaldehyde, which makes up about 60-70% of cinnamon oil. And this compound has been shown to be beneficial for so many things, but I want to also give you the equivalent of it in powder form.

Typically one drop of cinnamon oil is the equivalent to one-third of a teaspoon of cinnamon powder. So keep that in mind.

And there are five main uses and benefits I want to talk about, how you should start using cinnamon oil.

**Benefits of Cinnamon Essential Oil 1: Balance Blood Sugar**

Number one is to help balance your blood sugar. Medical
studies have shown that cinnamon oil helps with something called GTF, Glucose Tolerance Factor, in balancing out your insulin levels. So whether you’re a type-1 or type-2 diabetic or have syndrome X, or any of those issues, or hypoglycemia, cinnamon oil is something you want to add into your daily regime.

Now with cinnamon oil, you can simply defuse it around your home. That’s one of the great ways to get the benefits. Or you can carry it in your purse if you’re a female, or male and just keep it in your car. And just smell it every so often. You can gain benefits that way.

Now, under the care of a natural health provider you can do it internally. Now, again, you don’t want to go overboard with this. More isn’t better.

But one single drop of a pure, high-quality, therapeutic graded, organic cinnamon oil can have benefits. And if you use cinnamon oil, always use it with food. But you’ll just do one single drop. That’s the equivalent of one-third a teaspoon of cinnamon powder. You don’t need more than that. One single drop in a smoothie or one single drop in some apple sauce.

But that’s how you would use it if you’re going to use it internally, but also you can gain many of the benefits of cinnamon oil by just defusing it and smelling it in that way.

But again, it is incredible for your blood sugar levels and for insulin levels.

Benefits of Cinnamon Essential Oil 2: Antimicrobial Properties

The number two reason to use cinnamon oil is because of its antimicrobial properties. Now my wife and I, Chelsea, we use it when we clean our house. We do a mixture of cinnamon oil with wild orange oil, and we defuse that in our house. We actually put it in a spray bottle with water and we use it to
spray down our stainless steel appliances, our granite countertops. The smell is just amazing. Again, that cinnamon with that wild orange oil mixture together has such a clean smell and it’s great, especially around the holidays because of the great smell. But again, it’s antimicrobial in nature. A great thing to use around the house for cleaning, as well.

**Benefits of Cinnamon Essential Oil 3: Antioxidant Properties**

The third reason you should be using it it’s one of the most antioxidant rich oils on the planet. It falls in line number two, only behind clove oil. But cinnamon oil is very high in antioxidants, and for that reason can protect your body against free radical damage. And in that way, again, just defusing it around your house is a great way to use it on a regular basis.

Also, you can use it in a toothpaste because of its antimicrobial properties, jumping back a little bit, but I’ll do a mixture of just a little bit of cinnamon oil with other types of oil, such as sometimes a peppermint oil. Mix it with baking soda, coconut oil, and use it as a toothpaste. It’s great for cleaning your teeth and for the health of your gums.

**Benefits of Cinnamon Essential Oil 4: Supports Weight Loss**

The number four reason to use cinnamon oil is because it may support weight loss. We know that cinnamon itself, because of its ability to balance out insulin and prevent blood sugar spikes, is good for that reason. So again, cinnamon can also reduce sugar cravings and has a little bit of sweetness to it. So if you struggle with cravings for sweets and sugar, adding cinnamon to some recipes . . . in fact I did a little cinnamon oil, just a drop, in a carrot soup I did. A lot of times I’ll do it when I do cinnamon pancakes for breakfast and even in a smoothie if I do a
cinnamon apple smoothie. But cinnamon oil is great for supporting weight loss.

Again, just one single drop once to twice daily is all you need.

**Benefits of Cinnamon Essential Oil 5: Improves Energy Levels**

And then last, but not least, cinnamon is fantastic for your energy levels. I’ll do that with some peppermint oil. I’ll defuse that if I’m getting ready for a workout. Also, you might be this person to where sometimes your energy level is up and down during the day. Cinnamon helps with that glucose tolerance factor and those insulin levels to keep your energy going strong all day long. So again, using cinnamon oil, whether it’s defusing it or, again, a single drop internally is important.

**Therapeutic Grade, Organic Cinnamon Essential Oil**

And by the way, when you’re buying essential oils, make sure you’re buying therapeutic oils. Ideally that are organic in terms of their standard, but again getting a good quality essential oil is important because there’s a lot of junk out there. You want to buy it from a reputable company, and there are several out there, but again making sure you’re getting a high quality essential oil there, as well. And by the way, you can get something called CO2 cinnamon oil, which is a CO2 extract which is found in actually many brands today, of supplements, have that type of cinnamon oil in their supplement.

So again, cinnamon oil CO2 extract is probably the best if you’re going to do it internally, and CO2 essential oil probably the best essential oil to use if you’re going to be defusing it in your home or using it as a spray cleaner for those types of things. So again, cinnamon oil has so many benefits and uses.
I recommend to add it into your essential oil medicine cabinet on a regular basis.

And by the way, I have a free guide on how to use many essential oils, including frankincense and peppermint and lavender and cinnamon, on my website. If you go to draxe.com, that’s D-R-A-X-E.com. Just look up essential oils or look up Dr. Axe Essential Oils Guide, and I have a free guide that’s a downloadable PDF that goes through all of these benefits and much, much more on the many uses and benefits of essential oils.

Hey guys, I hope you’ve enjoyed this video. This has been me, Dr. Axe, talking about cinnamon oil.

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**Medicinal Benefits of Linalool**

Medicinal Benefits of Linalool include being an anti-inflammatory to reduce swelling and pain, a sedative to relax the central nervous system and relieve stress and anxiety, it is anti-epileptic, and is an insect repellent.
Over 200 different plants contain linalool including lavender, cinnamon, citrus fruits and some strains of cannabis. Linalool comes in two forms: R-linalool (known as licareol) and S-linalool (known as coriandrol). R-linalool and S-linalool have slightly different properties including different aromas. The more common form, R-linalool, is the one found in lavender. S-linalool is predominant in coriander which gives it the name coriandrol.

In lavender essential oil, linalool comprises linaloolls between 23.03 to 57.48% of the essential oil.

**Linalool Overview**

**Medicinal Benefits of Linalool as an Anti-inflammatory Agent**

An article ([Anti-inflammatory activity of linalool and linalyl acetate constituents of essential oils](#)) in the journal *Phytomedicine* reports on tests of the anti-inflammatory activity of linalool.

The experimenters injected and irritant (carrageenin) into the hind paw of rats. They administered linalool at doses of 25, 50 and 75 mg/kg body weight. They monitored swelling after 1, 3, and 5 hours after carrageenin injection. The results indicated very significant reduction in swelling (P = 0.008 or better).

The authors conclude that their results “support the hypothesis that linalool and linalyl acetate play a major role in the anti-inflammatory activity displayed by some essential oils containing them. The present data suggest that all plant species producing a relevant amount of these monoterpenic compounds are potential anti-inflammatory agents.”

**Medicinal Benefits of Linalool for Sedation**

An article ([Inhaled linalool-induced sedation in mice](#)) in the
The experimenters used vaporizers to distribute vapors in the inhalation chamber. Experimental mice were exposed to various concentrations of linalool. Controls were exposed to Tween 80 or no vapor. Mice were placed in the inhalation chamber for 60 minutes, then placed in observation cages. Locomotion, body temperature and sleep time were observed.

The results show that linalool caused significant reductions in locomotion, reductions in body temperature and increased sleep time. The experiment demonstrated that linalool was able to induce sedation without impairment of motor abilities.

**Medicinal Benefits of Linalool for Antimicrobial Effectiveness**

An article (Antimicrobial effect of linalool and α-terpineol against periodontopathic and cariogenic bacteria) in the journal Anaerobe describes an investigation of linalool and α-terpineol as agents to fight bacteria that cause tooth decay.

Both linalool and α-terpineol exhibit strong antimicrobial activity. In this experiment researchers cultured 15 strains of bacteria related to dental caries (tooth decay). They added varying concentrations of linalool and α-terpineol to the cultures to determine the concentrations needed to stop the growth of bacteria (Minimum Inhibitory Concentration or MIC) and the concentration needed to kill the bacteria (Minimum Bactericidal Concentration or MBC).

The results indicated that the “MIC and MBC values of linalool or α-terpineol against mutans streptococci of the bacterial model system ranged from 0.1 to 3.2 mg/ml and 0.1-1.6 mg/ml, respectively.” This study shows that both linalool or α-terpineol are very effective in fighting bacteria.
Continuing Research on the Medicinal Benefits of Linalool

Several studies are planned to study linalool for its varied properties. A couple of these studies are:

- **Efficacy of Natural Seawater Based Throat Spray in Acute Sore Throat Relief (FLASH)** Here a throat spray (20 ml) containing hypertonic seawater, vegetable glycerin, natural mint, acacia honey, propolis extract, essential oils of thyme linalool, ravintsara and wintergreen, natural lemon flavor will be used.

- **A Study of the Effects of Lavender Aromatherapy on Preoperative Anxiety in Breast Surgery Patients** This study will look at changes in pulse rate and anxiety core using Spielberger State-Trait Anxiety Index questionnaires and on postoperative pain medicine usage.

The medicinal benefits of linalool are well researched and well documented. Additional clinical trials continue to verify the benefits of linalool.

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Benefits of Eucalyptol

Benefits of eucalyptol include preventing and healing ulcers, increases cerebral blood flow, reduces inflammation, inhibits tumor necrosis, helps treat bronchitis and sinusitis, and is antimicrobial and insecticidal.

Eucalyptol, also known by a chemical name of 1,8-cineole or 1,8-cineol, is found in a variety of essential oils, including:

- **Eucalyptus**
Melaleuca
- Basil
- Rosemary
- Sage
- Peppermint

Eucalyptol is a colorless liquid with a mint-like aroma often found in mouthwashes and cough suppressants. It inhibits cytokines from causing inflammation which helps to reduce cold, flu and asthma symptoms.

Benefits of Eucalyptol

Scientists have performed many studies to verify the medicinal benefits of eucalyptol. Here are a few of studies that help show the effectiveness of eucalyptol.

Benefits of Eucalyptol in Asthma

An article (Anti-inflammatory activity of 1.8-cineol (eucalyptol) in bronchial asthma: a double-blind placebo-controlled trial) in the journal Respiratory Medicine describes a study to determine the effectiveness of eucalyptol (1.8-cineol) in helping to alleviate asthma symptoms.

Thrity-two bronchial asthma patients participated in a randomized, placebo controlled study to determine the usefulness of cineol therapy. The patients were taking between 5 and 24 mg prednisolone daily as a maintenance dose. These patients were randomly assigned to take 200 mg capsules of cineol three times a day, or placebo capsules.

All participants were monitored for their use of their maintenance prednisolone inhalers and short-acting bronchodilators. They were asked to reduce their prednisolone maintenance dose in small steps to determine a level of tolerance.

The results of the study showed clear benefits of those taking
- **Dose reduction.** Cineol users reduced their dose by an average of 3.75 mg per day compared to the placebo group of 0.91 mg per day.
- **Reduction steps.** The number of dose reduction steps among cineol users was 27 while placebo users only reduced their doses by 5 steps.
- **Days stable.** The average number of days cineol users were stable on their reduced dose was 36.6 while the placebo group was stable for only 8.3 days.

These differences were all highly significant (p<0.006). The author concludes that the "clinically relevant anti-inflammatory activity of the terpenoid oxide 1.8 -cineol and offers new perspectives for its long-term therapeutic use in airway diseases, such as asthma."

**Benefits of Eucalyptol in Gastric Ulcer Prevention and Healing**

An article ([Gastroprotective Mechanisms of the Monoterpene 1,8-Cineole (Eucalyptol)](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6591605/)) in the journal *PLOS|One* reported on a series of experiments to investigate the ulcer healing properties of 1,8-cineole (eucalyptol).

The researchers induced ulcers in male and female Wistar rats. They orally gave the rats ulcer inducing substances such as:

- Ethanol
- HCl/ethanol
- Nonsteroidal anti-inflammatory drug (NSAID)

In an experiment with HCl/ethanol, the rats fasted for 24 hours. Then the researchers gave the rats one of the following treatments:

- The placebo control group received a 1% Tween-80 aqueous solution.
They gave another group pantoprazole (a standard medicine that helps prevent ulcers) at 40 mg/kg (i.e., 40 mg of pantoprazole per kg of body weight).

The researchers gave three experimental groups varying doses of eucalyptol (50, 100 and 200 mg/kg).

An hour after these treatments, the researchers gave all the rats the HCl/etanol solution (1 mL/150 g) to induce gastric lesions. Then after one hour the rats were humanely sacrificed and their stomachs were examined for ulcer lesions.

The results of this experiment showed that eucalyptol produced a significant level of gastroprotection. The area of the lesions in the control group averaged $245.5 \pm 43.0 \, \text{mm}^2$. The area of the lesions in the eucalyptol groups depended on the dose level. In the group receiving 50 mg/kg, the area was $28.2 \pm 12.8 \, \text{mm}^2$. In the group receiving 100 mg/kg, the area was $11.8 \pm 5.4 \, \text{mm}^2$. And in the group receiving 200 mg/kg, the area was $1.3 \pm 0.8 \, \text{mm}^2$.

Eucalyptol resulted in a 88.5%, 95.2% and 99.4% reduction in lesion area, depending on the dose. The standard ulcer protective medicine, pantoprazole, resulted in a 91.5% protection.

The authors conclude that “pretreatment with CIN [eucalyptol] protected the rats’ gastric mucosa against ethanol- and acidified ethanol-induced ulcer.” In other experiments the results demonstrated that eucalyptol not only protected against developing ulcers, it also had a regenerative effect that helped speed healing of chronic ulcers. The authors describe 1,8-cineole as an important healing agent.

**Benefits of Eucalyptol in Colorectal Cancer**

An article ([Antitumor effect of 1, 8-cineole against colon cancer](https://link.to/article)) in the journal *Oncology Reports* describes a series of
experiments on colon cancer. In this series of experiments the researchers used human colorectal cancer cell lines HCT116 and RKO.

**Cell viability assay:** In one of the experiments using cultured cells, the researchers placed cells on 96 plates and incubated the cells overnight. Then 1, 8-cineole or oxaliplatin (a chemotherapy drug) were added at various concentrations. After 24 hours the cells were examined for viability. The results showed that for both cancer cell lines the growth was significantly (p<0.01) inhibited in a dose dependent manner by 1, 8-cineole.

**Animal study:** The experimenters separated mice into a control group and a 1, 8-cineole group. They injected all mice with RKO cells in the right flank. One week after the RKO injection the 1, 8-cineole group started receiving 1, 8-cineole at a rate of 50 mg/kg every three days. While tumors grew in both groups, the tumors in the 1, 8-cineole group were significantly (p<0.01) smaller.

The authors conclude that “by triggering apoptosis in human colorectal cancer cells in vitro and in vivo, 1, 8-cineole shows promise as a strong and safe chemotherapeutic agent for colorectal cancer.”

**Further Research**

Research into the benefits of eucalyptol continues. A few of the ongoing studies include:

- **Clinical and Microbiological Effects of an Essential Oils Solution Used as an Adjunct to Daily Oral Hygiene Practices in Chronic Periodontitis Patients in Supportive Care (Listerine)** This study’s goal is to thoroughly document the clinical and microbiological effects of an essential oils solution used on a daily basis for 3 months as an adjunct to mechanical plaque
control measures in a large number of chronic periodontitis patients in supportive care.

- **Clinical Evaluation of Some Local Antimicrobial Agents’ Adjunctive Effects On Periodontal Parameters and Halitosis** This study is to establish the clinical efficacy of Listerine and chlorhexidine (CHX) when used as a cooling agent with ultrasonic instrumentation, on periodontal parameters and halitosis.

- **Chemotherapy-Induced Peripheral Neuropathy-Essential Oil Intervention (CIPN-EOI)** This study will evaluate an oil blend with active ingredients [including cineole] for the reduction in chemotherapy-induced peripheral neuropathy in people with breast cancer.

Scientific research has shown and continues to show the benefits of eucalyptol for a variety of medical conditions. This component of various essential oils has proven its usefulness.

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**Medicinal Effects of Eugenol**

Medicinal effects of eugenol are wide ranging and include being a powerful antioxidant with antiseptic, antibacterial, analgesic and disinfectant properties. Eugenol is used in dental and oral hygiene preparations including mouthwashes. It has a pleasant scent and spicy taste and is used in perfumes and cooking.

Eugenol has been shown to moderate blood sugar and lower triglyceride and cholesterol levels. As a vasodilator it helps reduce blood pressure.

Eugenol is found in plants, especially those of the clove family. Nearly 50% of clove essential oil is comprised of
Eugenol.

Eugenol is found in several essential oils including:

- Clove
- Nutmeg
- Cinnamon
- Basil
- Bay leaf

**Scientific Research on the Medicinal Effects of Eugenol**

Eugenol has been studied extensively and has many beneficial properties. Here are a small sampling of the medical research that has been done on eugenol.

**Antimicrobial Medicinal Effects of Eugenol**

An article (Activity of thymol, carvacrol, cinnamaldehyde and eugenol on oral bacteria) in the European journal of pharmaceutical sciences, Pharmaceutica Acta Helvetiae, reported on the antimicrobial activity of several natural compounds including eugenol (alone and in combination). These compounds were tested against bacteria associated with dental caries.

The results showed that “eugenol shows the best antimicrobial properties when combined with thymol or carvacrol.” The authors concluded that these combinations would be appropriate to fight oral infectious diseases.

**Analgesic Medicinal Effects of Eugenol**

A article (The Analgesic Effects and Mechanisms of Orally Administered Eugenol) in the Archives of Pharmacal Research reported on the antinociceptive (pain blocking) properties of eugenol. The investigators looked at both models of nerve pain and pain caused by inflammation.
The results showed that “eugenol administered orally produces antinociception [pain blockage] in various pain models.”

Antioxidant Medicinal Effects of Eugenol

An article (Identification of volatile components in basil (Ocimum basilicum L.) and thyme leaves (Thymus vulgaris L.) and their antioxidant properties) in the journal Food Chemistry describes tests of antioxidant activity in several compounds. The study determined the concentrations of the chemical components of thyme were required to suppress organic oxidation.

The results show that Eugenol suppressed more than twice as much organic oxidation as Thymol, Carvacrol or 4-Allylphenol at a concentration of 1 µg/mL. And, at 5 µg/mL the suppression rates for Eugenol, Thymol, Carvacrol and 4-Allylphenol were nearly identical. In fact, eugenol showed superior suppression over vitamin E (α-tocopherol) at all analyzed concentrations. The authors concluded that “Major aroma compounds found in volatile extracts of basil and thyme exhibited varying amounts of anti-oxidative activity. In particular, eugenol, thymol, carvacrol and 4-allylphenol, found in basil and thyme, exhibited potent antioxidant activity, comparable to the known antioxidants, BHT and α-tocopherol.”

Ongoing Studies of the Medicinal Effects of Eugenol

Most current studies center around dental research. As of this writing, here are several proposed studies.

- **Endodontic Medications for Irreversible Pulpitis: Articaine or Eugenol?** [Pulpitis is an inflammation of dental pulp tissue.]
- **Root Canal Treatment in Primary Molars With Necrotic Pulp Using Two Different Pulp Therapies** [In this study eugenol is a component of both pulp therapies.]
Influence of the Composition of Temporary Restorative Material in Vital Teeth

The medicinal effects of eugenol are well documented and further research will show additional medical benefits.