

You've Struck Oil!

BY AMY CAVALIER

Peppermint oil



Adrienne Stiteler
Educational Consultant, ARIN IU

Pollen's got nothing on Adrienne Stiteler, an educational consultant for the training and consultation team at ARIN Intermediate Unit 28. Living on a farm, seasonal allergies come into play for Stiteler's family; but instead of heading to the medicine cabinet when her son starts experiencing a stuffy nose, itchy eyes and cold-like allergy symptoms, she reaches for essential oils.

"Since I don't like to see my son on prescription medicine or a daily over-the-counter medicine for his allergies, I decided to try the recommended combination for seasonal allergies: lavender, peppermint and lemon," Stiteler says. "It is amazing how these three oils have such a huge impact on his symptoms."

As a wellness advocate and director for doTERRA Essential Oils, Stiteler has experienced success using essential oils to relieve everything from sore muscles and cuts and abrasions to repelling mosquitoes.

HOW THEY WORK

Isolated from certain plants using steam or pressure, according to the National Institute of Health's National Cancer Institute, essential oils contain the natural chemicals that give a plant its aroma and flavor. Essential oils are used in perfumes, food flavorings, medicines and aromatherapy, the latter which is the practice of using natural oils to enhance psychological and physical well-being. They can be administered

As an alternative to the medicine cabinet, essential oils offer natural healing properties

Essential Oils for Summer

Cuts, burns and abrasions

Lavender

Flavoring drinking water and supporting healthy metabolism

Add some lemon and grapefruit

Cleaning/stain removal

Lemon, wild orange, doTERRA's On Guard Protective Blend

Bug bite relief

Melaleuca, frankincense, lavender and witch hazel

After-sun relief

Peppermint, lavender and frankincense

Dry shampoo for camping

Arrowroot, lavender, rosemary and peppermint

Tick removal

Use peppermint to remove tick, then melaleuca, followed by oregano and doTERRA's OnGuard Protective Blend.

Upset stomach

Ginger, Peppermint or doTERRA's DigestZen

Lavender

into the air using a diffuser; diluted with a carrier such as coconut or olive oil and applied directly to the skin; or, in some cases, can be consumed.

"The chemical constituents of an essential oil are analogous to the macronutrients in food," says Dr. David K. Hill D.C., founding executive, chief medical officer and chairman of doTERRA's Scientific Advisory Committee. "Just as the fructose in a banana provides instant energy and has specific metabolic effects, essential oils rich in limonene can provide a powerful boost to your immune system. The chemical constituents in an oil determine its potential benefits, what metabolites it will produce and best practices for application."

Stiteler stresses the importance of using pure oils to ensure there are no synthetic ingredients. Not all essential oil brands list ingredients on the bottle, and labels like "organic" or "therapeutic" can be misleading, she cautions.

"For me, safety is of utmost concern," Stiteler says. "I do not want my family using oils topically, aromatically or internally that are comprised of fillers and additives. For people who are new to the oils, and find that they can find oils at a cheap price, I give caution: A label can say organic, pure or therapeutic and that really doesn't hold much value."

Some oils might need to be avoided or used with caution if you own pets including cats and birds. However, pets can also reap many benefits from essential oils,



Frankincense oil

including lavender for its calming properties, and eucalyptus and lemongrass for ticks and fleas. Stiteler recommends consulting with an essential oils distributor on how to use and dilute oils safely and effectively.

"Your wellness advocate will assist you in proper dilutions for children and infants, as well as provide important information on the oils you are interested in," she says. "For example, due to the photo-sensitivity in citrus oils, sunlight should be avoided after application. If you have concerns about sensitivities or interactions with other treatment plans, please consult your physician or health care professional for additional guidance."

ALLERGY RELIEF AND BEYOND

Essential oils can help relieve more than just allergies. Peppermint can help repel spiders, ants, flies and other bugs, as well as reduce inflammation and relieve headaches, upset stomachs, fevers and overheating.

"My son had a temperature and peppermint brought it down to normal," Stiteler says. "My mom has been able to put off getting a knee replacement by using peppermint on her knee."

After a day of gardening or exercise, Stiteler reaches for lemongrass or doTERRA's Deep Blue blend to ease sore muscles.

Great bug-repelling oils include citronella, lemongrass, eucalyptus, melaleuca, cedarwood, sandalwood and geranium. Stiteler uses peppermint, lavender and rosemary to keep flies away from her farmhouse.

"I am really excited to continue learning about the benefits of these oils and to share my knowledge with anyone who is interested in learning more," she says. "When I think of summer approaching, I already have things in mind to use that have proven successful for my family. From first aid to keeping mosquitos away, I am ready."



Melaleuca

Lemon oil

For tips on how to use essential oils this summer, visit [Doterra.com/US/en/summer-time-damian-rodriguez](https://www.Doterra.com/US/en/summer-time-damian-rodriguez) or [MyDoterra.com/AdrienneStiteler](https://www.MyDoterra.com/AdrienneStiteler). And for a deeper dive, visit [EssentialOils.org](https://www.EssentialOils.org), the largest chemical reference database for essential oils created by the founder of Essential Oils University, Dr. Robert Pappas.