

Essential oils in primary care

Judith Boice

Holistic Medical Clinic in Fairbanks, USA

In the past decade essential oils have received tremendous attention from the general population as well as medical researchers. Essential oils have a role in treating specific conditions including poorly healing post-surgical wounds, nausea, anxiety hot flashes, low libido, and poor memory. With the passing of the age of antibiotic “wonder drugs,” essential oils offer a viable option for treating antibiotic-resistant infections and also can potentiate the effects of certain chemotherapy drugs. Although there are limited human trials, *in vitro* and animal model studies suggest certain essential oils may have anti-cancer activity for specific cancer types. Essential oils are extremely concentrated (one drop is roughly equivalent to 30 cups of tea) and misuse, particularly ingestion, of

essential oils can elevate liver enzymes and bilirubin levels. These potent botanical medicines require special knowledge on the health care provider’s part to ensure the patient’s health and safety. The Learning Objectives of the presentation are: 1. Identify the safest, most effective methods of dosing essential oils; 2. Learn how essential oils influence liver detoxification pathways; 3. Differentiate classes of essential oils (commercial, medicinal, “therapeutic,” brokered, authentic); 4. Discover essential oils that are effective in treating bacterial and fungal infections; 5. Recognize essential oils that potentiate chemotherapy drugs; and 6. Apply knowledge in treating common conditions like Nausea and vomiting, Anxiety, Malodorous wounds, Radiation burns, Poor memory, Hot flashes and night sweats, Low libido. 7. Discuss current research on anti-cancer effects of specific essential oils; 8. Recommended proper usage of essential oils.

drjudith@drjudithboice.com