

# Essential Oils for your long term emergency preparedness first aid kit

When Mother Nature created diseases, she also created the cure.

(Note: This list of the essential oils we suggest for your emergency preparedness first aid kit are listed in alphabetical order not the order of importance)

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## Clove (*Syzygium aromaticum*)

**Medical Properties:** Antiaging, antitumor, antimicrobial, antifungal, antiviral, analgesic/anesthetic, antioxidant, anticoagulant, anti-inflammatory, stomach protectant (ulcers), antiparasitical (worms) anticonvulsant, bone preserving

**Uses:** Clove can be added to your tooth paste to help with toothaches. Apply directly on effected area to help reduce the pain of canker sores (cold sores) or gum irritation. Can be added to your household cleaning inventory as a disinfectant on hard surfaces and utensils. Put in a spray bottle mixed with water to help freshen foul or stale air or smelly shoes. Recommended use of wounds, cuts, scabies, athlete's foot, fungal infections, bruises, prickly heat, insect bites and stings. Used for antiaging, cardiovascular disease, diabetes, arthritis/rheumatism, hepatitis, intestinal parasites/infections, for numbing all types of pain, throat/sinus/lung infections, cataracts, ulcers, lice, toothache, acne.

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## DiGize blended oil (**Digestion**)

**Ingredients:** Tarragon, Ginger, Peppermint, Juniper, Fennel, Anise, Patchouli, Lemoglass

**Uses:** This blend of essential oils relieves digestive problems, including indigestion, heartburn, gas and bloating. It helps fight Candida as it kills and digests parasite infestation. For internal use, dilute 1 part essential oil to 4 parts carrier oil. Then take 1 capsule before each meal.

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## Frankincense (*Boswellia carterii*)

**Medical Properties:** Antidiabetic, anti-inflammatory, antitumor, estrogen-like, digestive aid, antiparasitical (worms), antiseptic, antispasmodic, analgesic, increases metabolism.

**Uses:** Helps promote reduction of inflammation and pain . Promotes healing of wounds from cuts, scrapes, and burns. Aids in relief from depression and feelings of helplessness. Increases the effectiveness of other essential oils when used together.

Used for diabetes, cancer, obesity, arthritis, rheumatism, urinary tract infection, fluid retention, intestinal parasites, menstrual problems/ PMS, digestive problems.

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**Helichrysum (Helichrysum italicum) (bleeding)**

**If I could only have one essential oil in my emergency preparedness kit, it likely would be Helichrysum because of its properties to help stop bleeding.**

**Medical Properties:** Has been known to help with tinnitus and aiding in regenerating hearing loss. Anticoagulant, anesthetic, antispasmodic, antiviral, liver protectant/ detoxifier/stimulant, chelates chemicals and toxins, regenerates nerves. **Uses:** Herpes virus, arteriosclerosis, atherosclerosis, hypertension, blood clotting, liver disorders, circulatory disorders, skin conditions (eczema, psoriasis scar tissue, varicose veins).

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**ImmuPower blended oil (immune system health)**

**Ingredients:** Hyssop, Mountain Savory, Cistus, Ravintsara, Frankincense, Oregano, Clove, Cumin, Idaho tansy.

**Uses:** This blend strengthens immunity and DNA repair in the cells. It is strongly antiseptic and anti-infectious.

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**Lavender (Lavandula angustifolia)**

**(Not to be confused with the cheaper less effective Lavandin sold by many companies as lavender)**

**Medical Properties:** Antiseptic, antifungal, analgesic, antitumoral, anticonvulsant, vasodilating, relaxant, anti-inflammatory, reduces blood fat/cholesterol, combats excess sebum on skin.

**Uses:** Can be used to treat cuts, burns and minor scrapes. It works to promote healing of the skin. Use to induce calm a person in stress or anxiety. Helps promote sleep. Can be used to lessen the sting of bug bites. Helps with pain or soreness caused by muscle aches and sprains. Also for respiratory infections, high blood pressure, arteriosclerosis, menstrual problems/ PMS, skin conditions (perineal repair, acne, eczema, psoriasis, scarring, stretch marks), burns, hair loss, insomnia, nervous tension.

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**Lemongrass (Cymbopogon flexuosus)**

**Medical Properties:** Antifungal, antibacterial, antiparasitical, anti-inflammatory, regenerates connective tissues and ligaments, dilates blood vessels, improves circulation, promotes lymph flow, anticancerous. Several research articles document strong antifungal and antibacterial properties of lemongrass.

**Uses:** Promotes psychi awareness and purification. If rubbed on the affected area can help with relief from cramps of tendons and muscles. Can promote wellness related to fevers. When applied topically can help eliminate body odor and other foul smells as well as helping to reduce bacterial around the home when added to cleaning products. Used for bladder infections, respiratory/sinus infection, digestive problems, parasites, torn ligaments/muscles, fluid retention, varicose veins, Salmonella, Candida Albicans.

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**Melaleuca -Tea Tree Oil (Melaleuca Alternifolia):**

**Medical Properties:** Powerful antibacterial, antifungal, antiviral, antiparasitical, anti-inflammatory action.

**Uses:** The health benefits of tree tea essential oil comes from its properties as an antibacterial, antimicrobial, antiseptic, antiviral, balsamic, cicatrisant, expectorant, fungicide, insecticide, stimulant and sudorific substance. This tree is native to Australia and its oil has been used and known among the original inhabitants of that continent as a cure-all medicine since ancient times. However, it is not meant to be ingested, and is poisonous. It is meant for topical application only! Tea tree oil mixed with lavender essential oil is the perfect ingredient in a homemade wound ointment. Tea tree oil has antimicrobial properties that destroy the bacteria on your skin that causes body odor. You can make homemade tea tree oil deodorant by mixing it with coconut oil and baking soda. Use as an antiseptic, antiviral, antibacterial and fungicide. Kills germs and prevents infection! Eliminate mold and mildew. Fungal infections (Candida, ringworm), sinus/lung infections, tooth/gum disease, water retention/hypertension, skin conditions (acne, sores.) Fights colds, sinus infections, respiratory ailments and bronchitis. Treats wounds.



**Melissa (Melissa officinalis)**

**Medical Properties:** Anti-inflammatory, antiviral, relaxant, hypotensive, anti-oxidative, antitumoral.

**Uses:** It is calming and uplifting and helps balance emotions when a person is under extreme stress. Brings out gentle characteristics within people. Also used for viral infections (herpes, etc.), depression, anxiety, insomnia. Anciently, Melissa was used for nervous disorders and many different ailments dealing with the heart of the emotions. Brings out gentle characteristics within people.



**Myrtle - (Myrtus communis)  
(Respiratory health)**

**Medical Properties:** Antimutagenic, liver stimulant, prostate and thyroid stimulant, sinus/lung decongestant, antispasmodic, antihyperglycemic, anti-inflammatory, antinociceptive.

**Uses:** Supports the respiratory system and helps treat chronic coughs and tuberculosis. It is suitable to use for coughs and chest complaints with children. It is a sinus decongestant and alleviates throat infections. When congested, place a few drops in palms of hands and then breath in for a few minutes. Normally your air passages will clear and you can breath normally again. Used to help Thyroid health, throat/lung/sinus infections, prostate problems, skin irritations (acne, blemishes, bruises, oily skin, psoriasis, etc.), muscle spasms.



### **PanAway (blended Oil)**

**Ingredients:** Wintergreen, Helichrysum, Clove, and Peppermint essential oils.

**Uses:** This very popular blend reduces pain and inflammation, increased circulation, and accelerates healing. It relieves swelling and discomfort from arthritis, sprains, muscle spasms, cramps, bumps and bruises.

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### **Peppermint (Mentha piperita)**

**Medical Properties:** Anti-inflammatory, adntitumoral, antiparasitical (worms), antibacterial, antiviral, antifungal, gallbladder/digestive stimulant, pain relieving, curbs appetite (weight loss).

**Uses:** Can assist with the relief of headache pain. Used as a topical treatment of allergies. Sprayed on, it will repel insects and rodents. Used to promote digestive health for such things as heartburn, indigestion, constipation or bloating. Used for rheumatism/arthritis, respiratory infections (pneumonia, tuberculosis, etc.), obesity, viral infections (herpes simplex, herpes zoster, cold sores, human papilloma virus, etc.) fungal infections Candida, digestive problems, headaches, nausea, skin conditions (itchy skin, varicose veins, eczema, psoriasis, dermatitis), scoliosis/lumbago/back problems.

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### **Oregano (Origanum vulgare)**

**Medical Properties:** Antiaging, powerful antiviral, antibacterial, antifungal, antiparasitical, anti-inflammatory, antioxidant, immune stimulant, antinociceptive, radioprotective, liver protectant.

**Uses:** Place directly on warts and skin tags to help remove them. Used to help fight infection by applying topically to gums, chest, or skin abrasions. Known to help prevent fungus and mold. Apply directly to feet for relief from athlete's foot and nail fungus. help in control itching from insect bites and rashes. Other uses include improvement of health for arthritis, rheumatism, respiratory infectious diseases, infections, tuberculosis, digestive problems.

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### **Pace & Calming (emotional trauma)**

**Ingredients:** Tangerine, Orange, Ylang Ylang, Patchouli, and Blue Tansy

**Uses:** This blend promotes relaxation and a deep sense of peace and emotional well-being to dampen tension and uplift spirits. It can be very useful for people who are traumatized in a disaster. Wen massaged on the bottoms of feet, it can be a wonderful prelude to a peaceful night rest. It may calm overactive and hard-to-manage children. It also reduces depression, anxiety, stress, and insomnia.

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## **Purification Blended Oil (cleaning wounds)**

**Ingredients:** Citronella, lemongrass, Rosemary, Melaleuca Alternifolia, Lavandin, and Myrtle.

**Use:** This purifying blend cleanses and disinfects the air and neutralizes mildew, cigarette smoke, and disagreeable odors. It disinfects and heals cuts, scrapes and bites from spiders, bees, hornets, and wasps.

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### **R.C. (respiratory health)**

**Ingredients:** Myrtle, Eucalyptus Globulus, Marjoram, Pine, Eucalyptus Citriodora, Lavender, Cypress, Eucalyptus Radiata, Spurge, and Peppermint.

**Uses:** R.C. gives relief from colds, bronchitis, sore throats, sinusitis, coughs, and respiratory congestion. It decongests sinus passages, combats lung infections, and relieves allergy symptoms. (See also Myrtle)

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### **Roman Chamomile (*Anthemis nobilis*)**

**Medical Properties:** Relaxant, antispasmodic, anti-inflammatory, antiparasitic, antibacterial, and anesthetic.

**Uses:** It is a strong anti-inflammatory with antispasmodic effects. It helps with insomnia, restlessness, tension, anxiety, ADHD, fearfulness, depression, skin conditions (acne, dermatitis, eczema). Promotes sound sleep. Can be used to treat nausea, vomiting, heartburn, and gas as well.

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### **Rosemary (*Rosmarinus officinalis* CT Cineole)**

**Medical Properties:** Liver-protecting, anti-inflammatory, antitumoral, antifungal, antibacterial, anticancer, antidepressant, hypertension moderator (high blood pressure), enhances mental clarity/concentration.

**Uses:** Can help improve concentration and memory and will provide increased mental and physical stimulation. It has been used to help relieve anxiety and stress. It does that helping to calm and relax nerves. Apply to affected skin disorders to soothe and heal by reduce itching, dryness and irritation. Also used to help treat respiratory problems and congestion through direct inhalation. Helpful in improving health for infectious disease, liver conditions/hepatitis, throat/lung infections, hair loss (alopecia areata), acne, impaired memory/ Alzheimer's, weight loss.

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## **Thieves Blended Oil (sanitation)**

**Ingredients:** Clove, Lemon, Cinnamon Bark, Eucalyptus Radiata, and Rosemary.

**Uses:** This is a most amazing blend of highly antiviral, antiseptic, antibacterial, and anti-infectious essential oils. It was created from research based on legends about a group of 15<sup>th</sup>-century thieves who were grae robbers. They rubbed oils on themselves to avoid contacting the plague while they robbed the bodies of the dead and dying. Studies conducted at Weber State University (Ogden, Utah) during 1977 demonstrated the killing power of these amazing oils against airborne microorganisms. The analysis showed that after 10 minutes of Thieves diffusion in the air, there was an 82% reduction in the gram positive *Micrococcus luteus* organism bioaerosol, a 96% reduction in gram negative *Pseudomonas aeruginosa* organism bioaerosol and a 44% reduction in *S. aureus* bioaerosol (Chao SC, et al. 1998)

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