

Anxiety disorders occur twice as often as depression, affecting 40 million Americans. And women are twice as likely as men to suffer from anxiety.

## Essential Oils Beneficial For Anxiety

**Lavender** Often called the “Swiss army knife” of essential oils, lavender has been studied for relieving anxiety more than any other oil. Peer-reviewed studies have shown that lavender is associated with “reduced mental stress,”<sup>10</sup> it also “induced a state of relaxation and regeneration,”<sup>11</sup> “alleviates anxiety,<sup>12</sup> and has a calming effect on the central nervous system while reducing blood pressure.<sup>13</sup>

**Orange** Two studies documented the anxiety-reducing effect of orange oil in one high-stress site: dental offices.<sup>14,15</sup> A Brazilian study also showed the anti-anxiety and sedative properties of orange essential oil.<sup>16</sup>

**Lemon** In addition to its significant antidepressant activity, lemon oil has impressive effects on the circuits in the brain that regulate anxiety.<sup>17</sup>

**Melissa/valerian** Flavonoids found in valerian oil were shown to have anti-anxiety properties.<sup>18</sup> A combination of melissa and valerian extracts clearly showed anti-anxiety relief in volunteers taking a laboratory-induced stress test.<sup>19</sup>

**Patchouli** A Japanese study discovered that inhaling patchouli essential

oil has a significant effect on the sympathetic nervous system.<sup>23</sup> This system operates without conscious thought, as in the “fight or flight” response to stress.

**Rose** Three studies documented the anti-anxiety and anti-conflict effect of rose essential oil.<sup>20,21,22</sup>

**Roman chamomile** When used in massage, Roman chamomile caused a significant reduction in anxiety in cancer patients in a British study.<sup>24</sup>

**Blue tansy & German chamomile** The beautiful blue hue of both of these essential oils comes from the constituent chamazulene, which has been shown to be a muscle relaxant in animal studies.<sup>25</sup> A USDA review of German chamomile discussed the flavonoids shown to have anti-anxiety effects.<sup>26</sup>

**Ylang ylang** No one with anxiety disorders should be without this essential oil. A *Planta Medica* study found that inhalation of ylang ylang was “harmonizing” as it caused decreases in blood pressure and pulse rate (creating a relaxing effect) while it increased attentiveness and alertness (stimulating).<sup>27</sup>

## Essential Oils Beneficial For Depression

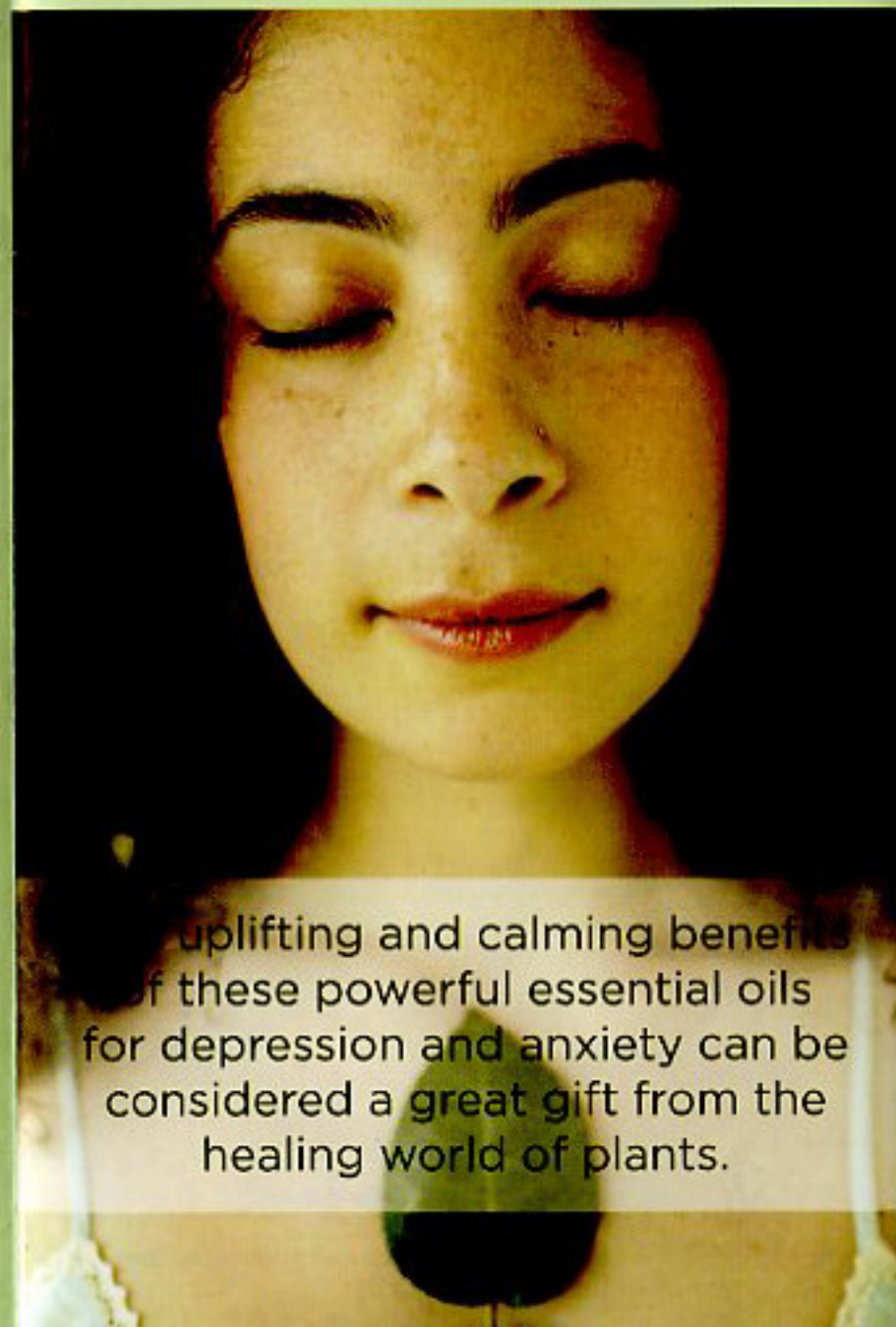
**Lavender** A Korean study explored the effects of lavender fragrance on sleep and depression in female college students. Lavender essential oil (in a carrier oil), “had a beneficial effect on insomnia and depression in women.”<sup>3</sup> Another study using a lavender, marjoram, eucalyptus, rosemary and peppermint blend (in proportions of 2:1:2:1:1) on arthritis patients, showed that “aromatherapy has major effects on decreasing pain and depression levels.”<sup>4</sup>

**Bergamot** Several studies (*Templeton, 2002; Vogley 2002*) have investigated the effectiveness of bergamot as an antidepressant. The Vogley study also discussed a woman who had been hospitalized for depression and wanted to discontinue taking an antidepressant drug. But she was experiencing anxiety that caused difficulty with sleep. After sleeping with a cotton ball in her pillow that had several drops of bergamot essential oil on it, she remarked it was the best night’s sleep she’d had since going off the antidepressant drug.<sup>8</sup>

**Ylang Ylang** A new study in *Phytotherapy Research* found that volunteers who applied ylang ylang essential oil to the skin were more calm and relaxed than those in the control group. Researchers said that the use of ylang ylang essential oil in aromatherapy caused “a relief of depression and stress in humans.”<sup>9</sup>

**Lemon** This fragrant citrus oil has been shown to restore balance following stressful incidents. A study conducted at the Mie

University School of Medicine in Japan concluded that treatment with citrus fragrance “was rather more effective than antidepressants.”<sup>5</sup> Another study found that lemon and its main constituent citral, had antidepressant effects.<sup>6</sup> Researchers at Yamaguchi University in Japan recently confirmed lemon’s value as documented in earlier studies, stating that “lemon oil possesses anxiolytic [anti-anxiety], antidepressant-like effects.”<sup>7</sup>



“Uplifting and calming benefits of these powerful essential oils for depression and anxiety can be considered a great gift from the healing world of plants.”

## Dr. Hill's Helpful Hints for Depression and Anxiety

The following are single oils that are helpful for depression and anxiety:

### Frankincense (Depression and Anxiety)

Topically — apply to the base of the skull or bottom of the feet.

Orally — encapsulate and take internally to produce a sense of well-being and support the body systems and cellular function.

### Lavender (Depression and Anxiety)

Topically — apply to the bottom of the feet or mix with bath water.

Orally — encapsulate and take internally as needed.

Diffusion — can be diffused for extended periods of time.

### Ylang ylang (Depression and Anxiety)

Diffusion — inhale Ylang ylang as needed. Doing this will balance the body.

Topically — apply to the bottom of the feet first thing in the morning.

### Bergamot (Depression)

Diffusion — diffuse at night for deeply relaxing sleep and access.

### Orange (Anxiety)

Orally — encapsulate and take internally as needed.

Diffusion — diffuse in your home or office for 10 to 15 minute intervals throughout the day.

### Valerian (Anxiety)

Orally — take internally. One capsule can have powerful results and it can be used as needed throughout the day or week.

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Along with single oils, the following oil blends are effective against depression and anxiety. Blends can be purchased as a pre-blended products formulated by a master aroma therapist using therapeutic grade essential oils.

### Courage and Self Confidence Blend (Depression)

(Frankincense, Blue tansy, Spruce, Rosewood)

Each of these oils singly is beneficial, but blending accentuates their beneficial affects and provides feelings of courage, strength and balance.

Topically — take time each morning to apply this blend of oils to the bottoms of the feet or the spine.

### Stress and Anxiety Blend (Anxiety)

(Tangerine, Orange, Ylang Ylang, Blue tansy, Patchouli)

Topically — apply to the bottom of the feet at night for a more restful sleep. Use this same application for restless and anxious children.

Diffusion — this blend creates a sense of well-being and soothes your entire household.

## Dr. Hill's Helpful Hints for Selecting Essential Oils

When looking for an essential oil, demand 100% pure therapeutic-grade oils, carefully grown and prepared to deliver the maximum bioactivity, energy and chemical profile of the living plant. These premium and potent oils are more costly than the synthetic and diluted oils used in most store brand cosmetic and health products but remember, for optimal safety, efficacy and results only 100% pure therapeutic-grade oils will do.

## Notes

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## ESSENTIAL OILS &

# Depression and Anxiety

David K. Hill, D.C.

*A dynamic leader in the fields of natural medicine and essential oils.*

**Depression** affects 18.8 million American adults in a given year (*National Institute of Mental Health*). According to the *Journal of Clinical Psychiatry*, anxiety disorders cost the U.S. more than \$42 billion a year, nearly one-third of the \$148 billion total mental health bill for the United States (*Anxiety Disorders Association of America*).

Unfortunately, only 30% of people who are depressed go into full remission after taking their first course of antidepressants (*2006 NIH study, as quoted by Michael W. Smith, WedMD*). Also, the side effects of antidepressants include suicide, violence, psychosis, abnormal bleeding, and brain tumors. With the exception of Prozac,

The rate of increase in diagnosis of children with depression is an astonishing 23%

## NATURAL TREATMENTS Aromatherapy

While essential oils have been known and used by man for thousands of years, it has only been since the 1930s that medical researchers have documented their effects. Essential oils have tremendous benefits when inhaled or applied topically.

One of the most promising uses of essential oils is in aromatherapy for depression and anxiety.

In a 2006 study, British researchers from the University of Newcastle and Northumbria wrote that **aromatherapy** is used worldwide for the management of "depression, anxiety,

antidepressants for children are banned in Britain because of the dangerous side effects.

In fact, the *British Medical Journal* reported recently that they found no scientific evidence that SSRI antidepressants (such as Prozac, Paxil, or Zoloft) work for anyone under the age of 18.<sup>1</sup> Summary points for the clinical review warned, "Adverse events have been downplayed," and "Antidepressant drugs cannot confidently be recommended as a treatment option for childhood depression."

With almost 60 million American adults facing depression and anxiety disorders, some scientists have looked to ancient remedies for help.

some cognitive disorders, insomnia, and stress-related disorders." The authors stated that aromatherapy "provides a potentially effective treatment for a range of psychiatric disorders" and "appears to be without the adverse effects of many conventional psychotropic drugs."<sup>2</sup>

As essential oils are inhaled or topically applied they enter the bloodstream quickly where they exert measurable psychological effects. Essential oils are made of many natural chemical constituents that have been documented to ease depression and calm anxiety in peer-reviewed studies.