

Stroke

A stroke is when a blood clot interrupts blood flowing to or within the brain.

Symptoms of Stroke

If you believe you or someone you know is experiencing any of these signs do not hesitate to call 911 for immediate treatment!

Suddenly feeling weak in an arm, hand or leg
Cannot feel one side of your face or body
Suddenly cannot see out of one eye
Suddenly have a hard time walking
Cannot understand what someone is saying
Feeling dizzy or losing your balance
Having the worst headache you have ever had

How to Recognize a Stroke

If you think someone is having a stroke, remember the 60 second test:

1. Ask the individual to smile.
2. Ask him or her to raise both arms.
3. Ask the person to repeat a simple sentence, like "It is sunny out today."

IF THE INDIVIDUAL HAS TROUBLE WITH ANY OF THESE TASKS, CALL 911 IMMEDIATELY!

(The above (Symptoms and Recognizing a Stroke) are taken from the American Stroke Foundation website.)

Just a quick note: regular use of any of the oils mentioned in this article or any of the supplements can also be considered for those of you who have not experienced a stroke and do not wish to have one. It is easier to prevent a stroke as opposed to dealing with recovering from one.

In referring to stroke patients, "Many patients need help to regain their strength and walk again. Ecas chief executive David Griffiths said aromatherapy was a good way to improve the quality of life for those with physical disabilities. A survey conducted by Ecas found that half the patients questioned after an aromatherapy treatment reported improvements in joint mobility. The charity also found that three quarters of patients reported a decrease in physical tension and more than half felt an increased sense of well-being." (<http://news.scotsman.com>)

Using essential oils will help not only the person who experienced the stroke, but also those assisting in their care. The essential oils will help with frayed nerves for all.

Since a stroke affects the blood flowing to or in the brain the best place to apply the oils is: on the base of the neck, temples, and the bottom of the feet, paying particular attention to the big toes of the feet. (Why big toes? In reflexology your big toe is your head.)

There are several oils that have been shown in laboratory tests to pass the blood brain barrier. The essential oil that is best known for this miraculous feat is Frankincense. You can place a drop of Frankincense under your tongue and within three seconds it will be affecting the brain (in a positive way if you have a good essential oil). It doesn't taste great, but have a drink of water to chase the taste away.

Speaking of water, your brain is 90% water. It is also over 65% oxygen. If you're not drinking water you are missing out on one of the easiest things you can do to help yourself stay healthy. By the way, water is water, not pop, juice, milk, or any other liquid. Why do we say that? Because only water can rehydrate the brain. No other liquid is capable of doing this vital task! So, if you have had a stroke, one of the things you need to be doing is drinking water to help the brain rehydrate. A brain that is dehydrated and lacking

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in oxygen will begin to display its distress with neuromuscular paralysis. This is a very common stroke side affect.

Essential oils recommended for dealing with a stroke and reasons why:

- **Basil:** Stimulates blood flow and decongests veins. Relaxes muscles and soothes nerves.
- **Bay Laurel:** Activates lymph flow and drainage. Carries energy throughout the body.
- **Cypress:** Decreases swollen scar tissue. Supports cardiovascular system and emotional well being during times of loss and stress. Increases circulation big time. Helps with anger, uncontrolled crying or talking, spiritual aid for transitions. Good oil for rehabilitation during convalescence when the system has been slowed down.
- **Frankincense:** Relaxing oil, powerful antidepressant. Used as an aid for people dealing with brain damage. Assists in controlling tremors. Able to cross the blood brain barrier and assist in brain repair and function. Reduces scar tissue.
- **Geranium:** Remedy for emotional and physical wounds. Aids circulation. Cellular regenerative. Taps into the power of the heart.
- **Gratitude Blend:** A blend of Spruce, Geranium, Orange, Lavender, Juniper, Cedarwood, Blue Tansy, Ylang Ylang, and Rose. This is an essential oil blend that I reach for whenever I'm dealing with any illness or health challenge that carries with it an element of fear. It has incredible healing properties for both the body and the soul.
- **Helichrysum:** Decongests, unblocks, and rejuvenates. Great for the nervous system. One of the best essential oils for traumas. Where the body has been wounded or the emotions assaulted, this oil provides relief. It has the capacity to mobilize emotional paralysis, work with neuralgia, and is a neurotonic. It also improves meridian flow. **If you are dealing with nerves this is the first oil to reach for.** Helps stimulate the myelin sheathe and helps migrate the nerves so they can jump over or around a damaged area (neurosynaptic repair). Nerve regrowth is a slow process; expect 2-3 months recovery for every year it's been damaged. First sign of regrowth will be tingling sensation, then burning, then pain. Can dissolve blood clots.
- **Lavender:** Comforts, revives the spirit and calms the mind. Balances the skin, body, and mind. Regenerates cells and thread veins. Reduces scarring. Relieves pain, heals wounds, and rejuvenates. Can dissolve blood clots.
- **Lemon:** Improves circulation, tones capillaries and veins. Addresses slackened muscle tissue and poor circulation.
- **Peppermint:** Energizes a sluggish body. Detoxifying, activates lymph flow and drainage.
- **Rosemary:** Excellent for regeneration. Assists with blood flow. Excellent to use following paralysis or where degeneration of muscular tissue has occurred in the body. Stimulates circulation, provides the body with energy and vitality. Combats physical and mental lethargy and strengthens arterial blood flow. Promotes circulation in the extremities of the body.
- **Sandalwood:** Renowned for treating the mind and body at the same time. Tissue regenerator, deprograms cellular misinformation and carries oxygen at the cellular level, increases capillary circulation.

If I might make two suggestions as to the preferred essential oils that have shown the fastest results in dealing with a stroke: Helichrysum and Frankincense.

Nutritional Supplements that are also worth looking at:

- A good liquid nutritional supplement (make sure it's not pasteurized).
- Nattokinase is a potent fibrinolytic enzyme extracted and highly purified from a traditional Japanese food called Natto. Nattokinase has been shown to support normal blood pressure, dissolve blood clots and prevent them from forming in the first place!
- 400-600 IU Vitamin E per day has been shown to reduce risk of heart attack by up to 40%.
- CoQ10 has been shown to strengthen a weak heart. In tests many people have been able to reduce heart and blood pressure medications by taking CoQ10 supplements.

A few miscellaneous suggestions:

- Do the Daily Energy Routine DAILY! This is a routine taught by Donna Eden. We teach a class in this procedure or you can learn it from her or from her DVD classes. It is something I would consider vital in this process as it helps the meridians (your energy life centers) continue running in the correct direction and areas.
- Liver Cleanse, Liver Cleanse, Liver Cleanse! (1 drop Peppermint essential oil, 1 drop Lemon essential oil, and 1 tsp – 1 Tbsp fresh lemon juice taken each morning upon rising. Remember, in order to be used internally essential oils must be EOBBB guaranteed. For more information on the Liver Cleanse see our website.)
- Avoid MSG and caffeine.

Please note that with the use of any of the products mentioned herein you may see some changes in blood pressure and medication needs. Please be sure that your blood pressure is monitored and always consult with your doctor before changing any medications.

Following is how one person who had had two strokes used the essential oils to improve her health:

A friend attended a Christian Women's Retreat last fall where I was present. While on a walk she mentioned to me that she had to return to the Lodge for something to ease an on-coming migraine headache. I learned that she, now 47 years old, had a lifetime history of migraines and that she'd had two migraine-related strokes at age 30.

She was semi-able to control these headaches by taking 800 mg. of Advil every six hours plus 2 to 4 Excedrin every 4 hours with the addition of coffee and coke as needed. Her workday as wife, mother, and professional child-care provider was from 4:30 a.m. to 10 p.m. Her physician had advised her to take whatever combination of "cocktail" necessary to control the pain.

I introduced her to using a combination of Be Young Essential Oils of Basil, Lavender, and Peppermint, which **eased the pain in minutes** much to her surprise and pleasure. She used these oils at the hairline on the back of her neck, since her eyes were very sensitive to Peppermint on the temples.

During the next two or three months she used this essential oil combination four to five times a day from 4:30 a.m. to 10 p.m. **Now** she says she has to use the oils only very occasionally as **she is almost totally free of headaches**. She laughingly adds, "We have two teenagers, you know."

She also uses this formula [Basil & Lavender 3 drops each plus 1 drop of Peppermint] to quiet sciatic pain.

She is one very appreciative woman, as she knew that her former method was negative to her health and besides provided only partial pain control. --Mary M.

To order, for class information, or if you have questions contact:

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