

What are the Advantages to using Essential oils for Health Care?

by Penny Keay

For those beginning using **essential oils** and others that have been using them for a while, I thought I'd just give you a few advantages for using these wonderful natural gifts.

In this day and age of rising health care costs and everything else costing more, employers discontinuing or lessening their benefits or requiring you to pay for your health insurance, you may want to consider using essential oils even more than you did before for your everyday health care needs. With new health care reforms continuing, you may find yourself relying on your own remedies to ease the burden put on your pocketbook.

When you have minor ailments such as **bronchitis, colds or other upper respiratory symptoms, headaches, sore muscles** and feel you can take care of yourself without consulting a physician you may choose to use one or more beneficial **essential oils**. They can be inhaled, massaged or just diffused into the room.

Many **essential oils** can provide a natural alternative to over the counter drugs. **Essential oils** work quickly and if needed can be used along with other medications. **Essential oils** enter the bodies respiratory and circulatory systems and can get 'right to work' on your affliction. Also, they can leave the body just as quickly after they have done their job!

The best part of **essential oils** when used for health care is they have very few, if any of those nasty side effects seen so often in over the counter or prescription drugs.

They help to balance your body. Not only do they help your physically, they help you mentally, emotionally, to help create a normal healthy balance throughout your body. For some folks the spiritual aspect of using natures' gifts gives them an even greater sense of peace and wellbeing.

Essential oils are inexpensive when compared to any over the counter or prescription medications. Remember you use a drop or two not a whole bottle of pills to get the same or better, quicker and safer results.

(For those of you on prescription medications – do not quit those without first consulting your physician for a weaning off program - never quit long term prescription medications 'cold turkey'.)

Carrying a **small bottle** or an **inhaler** filled with essential oils is easy and simple to use. You won't need to wait to use them after or before you eat, you don't need water to use them. You don't have to take them on a set schedule you can use them when you need them and when you want to use them.

They are so versatile you can use them in your home, garden, office and auto. You can share with friends, give as **gifts**, become creative – blend your own **bath blends, skin blends** and **natural perfumes**, just to name a few things you can do.

Now you tell me what over the counter medication can be used in such a variety of ways and be used all the time, giving you benefits to your health continually? And better yet, smell so wonderful?

Need I say more to the wonderful advantages to using essential oils? Probably not. I'm sure, if you haven't already, you will soon discover more ways that you can use essential oils in your life and for your health care.

The advantages list includes but is not necessarily limited to just these:

- +• Natural alternative to many over the counter medications
- +• Safer to use with little to no side effects.
- +• Enter the body quickly to give relief, leaves quickly too
- +• Works with the body, not against it.
- +• Inexpensive and compact to carry and use
- +• Can be used with other medications
- +• Have many benefits -physically, mentally, emotionally and spiritual.
- +• Can be used whenever, wherever and how ever long you choose.

Although you still need to use **essential oils** safely, the few disadvantages are far outweighed by the wonderful list of advantages they provide.

Enjoy the wonderful gift of essential oils nature has given us for use in our Health care.

Presented by Birch Hill Happenings Aromatherapy, LLC , 2013

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