



New Vitality Favorite Herbs & Oils for Pain Relief

Herb or Essential Oil	Action/ Use				
	Analgesic	Anti-inflammatory	Antispasmodic	Healing	Sedative
Boswellia serrata/ Frankincense) (resin or oil)-- good for asthma		X (incl. R.A.)		X (cancer)	
Clary Sage (oil)	X (esp. cramps)				
Elderflower (not berry)	X	X			
Eucalyptus (oil)	X	X	X	X	
Ginger (oil)-- my favorite treatment for ear infections, combined with Mercurius vivus)	X (cramps & headaches)	X			
Hops	X				X
Juniper (oil)	X (cramps, arthritis)		X	X (mouth sores)	
Lavender (oil)	X (burns)				X
Plantain	X			X	
Marjoram (oil)	X			X (esp. gums)	
Mullein (oil or herb)	X (ear & toothaches)			X	
Myrrh (oil)	X			X (esp. mouth & gums)	
Passionflower (herb)	X				X
Peppermint (oil)-- oxygenating	X (cramps, headaches)	X			
Roman Chamomile or Chamomile (oil)	X	X			
Rosemary (herb or oil)	X (headaches)			X (esp. mouth)	
St. John's Wort	X			X	
White Willow-- source for aspirin	X	X	X		
Wintergreen (oil)-- similar to aspirin	X	X			
Wood Betony (oil)	X (esp. face)				



Pain Relieving Mouthwash-- for tooth or gum issues

Find or make a combination or mouth rinse that has several of these items in it-- don't know of one offhand. You could maybe make a mouth rinse with few oils such as marjoram, rosemary, myrrh, and wood betony added to beer (hops), a 1:4 ratio of vodka to distilled water, aloe vera juice or distilled water with a little glycerin to keep the oils in suspension... swish it around, then spit it out since it is not good for liver to ingest essential oils. Then do that several times a day to promote healing and relieve the pain.



Pain Relief Oil-- for muscle aches, cramps, and arthritis

Cost Analysis: \$2.46 for 3 drops of each essential oil + 75 drops of carrier oil per bottle

Combine 1-3 drops of the following oils. Experiment to find the correct proportion for your needs.



- Clary Sage
- Eucalyptus
- Juniper
- Lavender (**Note:** Lavandula augustifolia is very important. Lavandula hybrida and Lavandula latifolia smell the same as lavandula augustifolia, but they do not contain the same properties.)
- Peppermint
- Roman Chamomile (or chamomile)
- Rosemary
- Wintergreen

Top off with a carrier oil such as almond, olive, coconut or jojoba at a ratio of 3:1 (carrier oil: essential oil).