

natural WEEKEND

OILS USED TO HELP ALLEVIATE PAIN, STRESS

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PAPERS
STILL NEEDING A BOOST
SPORTS



ESSENTIALLY natural

OILS USED TO HELP ALLEVIATE PAIN, STRESS



The sharp-sweet scent of lavender, jasmine and clary sage drifted through the women and children's center at Franciscan St. Francis Health. Blue bottles were lined up on a table in Joni Cutshaw's office. Patients could have a dab put on a cotton ball to inhale the scent, put it in a lotion and rub it on the skin or use an aerosol from a spray bottle. At a time of high stress or pressure, even a small amount of this essential oil can have great benefit. "If you can go in and give someone a back rub with a little lavender to help them sleep better at night, what a wonderful nursing measure," she said. "There is some real healing and real benefit from this."

Though essential oils and aromatherapy have been used to improve health for thousands of years, the substances are re-emerging into the popular culture to help with anxiety, sleeplessness and other health ailments. The oils are used in local hospitals to help calm and relax patients delivering a baby and to help encourage sleep once the baby is born. "We don't claim that we're treating, curing or preventing any kind of disease," said Jodi Scheve, who owns Greenwood's Twisted Wick Candle Co. and sells essential oils. "But there are a lot of benefits from using them and testimonials from people who have used them."

'LISTEN TO CUSTOMERS'
Twisted Wick Candle Co. launched its own essential oil line in early 2014. The Greenwood-based company, owned by Rich and Jodi Scheve, calls its brand inHALE. At trade shows and other events that the candle company traveled to, the Scheves saw an increasing demand from people looking for essential oils. "We saw a market of consumers who wanted therapeutic-grade essential oils and wanted to be able to purchase them at a reasonable price," Rich Scheve said. "The way society is going, they're embracing the thought process of using more natural products."
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ESSENTIAL OIL ESSENTIALS

Twisted Wick Candle Co., a Greenwood-based company, has started offering its line of inHALE essential oils. To help customers get started, they provide a rundown of what each type of oil does. The company does warn that these products are not intended to diagnose, treat, cure or prevent disease.

BASIL

Aroma: Mentally stimulating
Uses: Anti-inflammatory properties used for pain; natural muscle relaxer.
Cautions: Possible skin sensitivity, so always dilute for use. If pregnant or under doctor's care consult your physician. Not for small children and anyone with epilepsy.

PEPPERMINT

Aroma: Fresh and cool
Uses: For headaches and upset stomachs; repels rodents from the home.
Cautions: Possible skin sensitivity. If pregnant or under doctor's care consult your physician. Keep out of reach of children. Always dilute for skin. Not for small children.

EUCALYPTUS

Aroma: Calming
Uses: Helps respiratory infections and relieves sinus headaches.
Cautions: Do not ingest. Possible skin sensitivity. Always dilute for skin. If pregnant or under doctor's care consult your physician. Keep out of reach of children. Not ideal for people with high blood pressure or epilepsy.

FRANKINCENSE

Aroma: Uplifting and centering
Uses: Strengthens the immune system, and believed to stimulate the emotional centers of the brain.
Cautions: If pregnant or under doctor's care consult your physician. Keep out of reach of children. Always dilute for skin. Not for small children.

BLACK PEPPER

Aroma: Uplifting and empowering
Uses: Helps with heartburn and nausea; used to treat fungal and other infections.
Cautions: Possible skin sensitivity. If pregnant or under doctor's care consult your physician. Keep out of reach of children.

CLOVE

Aroma: Improves memory and healing
Uses: Relieves tooth pain and respiratory problems.
Cautions: Possible skin sensitivity. If pregnant or under doctor's care consult your physician. Keep out of reach of children. Always dilute for skin.



LEMON

Aroma: Uplifting to body and mind
Uses: Promotes immunity and fights infections; helps cold sores, blisters, nail fungus, corns and calluses.
Cautions: Possible skin sensitivity. If pregnant or under doctor's care consult your physician.

WILD ORANGE

Aroma: Uplifting to the body and mind
Uses: Helps maintain normal cellular regeneration; reduces anxiety in high-stress situations.
Cautions: Possible skin sensitivity. If pregnant or under doctor's care consult your physician.

LAVENDER

Aroma: Calming, relaxing and balancing
Uses: Helps with insomnia; calms reactions to bug bites and bee stings.
Cautions: If pregnant or under doctor's care consult your physician.

MELALEUCA

Aroma: Refreshing and calming
Uses: Heals wounds, insect bites and sores; relieves earache pain if massaged behind the ear.
Cautions: If pregnant or under doctor's care consult your physician.

ROSE

Aroma: Stimulating and stimulating to the mind
Uses: Useful for headache and tired eyes; restores moisture balance and diminishes broken capillaries in skin.
Cautions: Possible skin sensitivity. If pregnant or under doctor's care consult your physician.

ROSEMARY

Aroma: Keeps mind focused and alert
Uses: Analgesic and anti-inflammatory for arthritis pain; helps with memory recall.
Cautions: Possible skin sensitivity. If pregnant or under doctor's care consult your physician.

• Natural

(CONTINUED FROM PAGE B1)

They worked for three years to find the right suppliers and to learn everything they could about the use of essential oils.

"We try to research as much as we can, but then we also just listen to customers. When they come in with recommendations or things that have worked for them, and we hear it from quite a few customers, it validates it as a function," Rich Scheve said. Since Twisted Wick started offering the essential oils, the products now make up 30 percent of total sales.

"You can help things without taking medicine. If I can do something to help me sleep naturally or get an energy sickup, I'd rather do this than taking a drug or drinking an energy drink," she said. "People are getting more into it the more they know about it." The company offers 40 individual oils, from common fragrances such as lavender and peppermint, along with exotic types such as lang ylang and clary sage.

'EVIDENCE-BASED'

Therapeutic-grade essential oils are the most potent oils you can

buy, Jodi Scheve said. Many are distilled using steam, which uses heat and moisture to separate the oil and ensure it is pure.

It takes 60 roses to make one drop of essential oil, Jodi Scheve said.

The most common uses are topical, dabbing a bit of it on the skin on specific pressure points on the body. For example, people put a dab of marjoram on their big toe before they go to bed to help reduce snoring. Or to get rid of headaches, a drop of melissa — better known as lemon balm — can be diluted with coconut oil and dabbed on the wrists, neck and temples.

An aromatic mister, which mixes the oils and water to create a vapor, helps lift the scents into the air.

Aromas and scents can powerfully trigger memories and feelings, said Deb Barrett, a registered nurse and aromatherapist in the Community Hospital South maternity department.

Aromatherapy has become common in many hospital settings, particularly in the maternity wards. Community Hospital South started its program in 2008. Barrett went through specific training, with two days of intense classroom study and six months of case studies.

For patients who need to be relaxed, to help quell anxiety or to deal with nausea, Barrett can put drops of the oil on cotton balls to aromatically waft in their hospital room.

The oils can go into lotions to massage a woman's back, feet or hands. Small diffusers can fill the room with the scent of lavender, rose or geranium.

"The program is researched and evidence-based. This is the safest way to do this," Barrett said.

At Franciscan St. Francis Health, hospital officials have tried to make the maternity ward the epitome of relaxation. Expectant moms play the music they want, adjust their bed to be as comfortable as possible or relax in a calming bathtub.

'SINGS FOR THEM'

Aromatherapy is simply another effective tool in creating that atmosphere, Cutshaw said.

Women interested in the techniques meet with Cutshaw to create the blend of oils that is most appealing.

"They pick out their own blend and what works for them," she said. "They can use what really sings for them."

Cutshaw, who is training to be a certified clinical aromatherapy practitioner, started using essential oils after encountering them in another hospital she

used to work with. As she learned more about it, she discovered the science and chemistry behind it.

Research has been done in hospital settings indicating that a majority of patients see some decrease in pain, anxiety and other symptoms after using aromatherapy.

But even with the beneficial properties, essential oils need to be used carefully, Barrett said. People need to be educated about the effects these oils can have.

"Essential oils are still very concentrated chemicals, so you have to be very careful," she said. "Just because it is classified as a natural thing doesn't mean it can't hurt you."

Pregnant women should never use essential oils in the first trimester of pregnancy, Cutshaw said, and even up through the full nine months, only limited oils can be safely applied.

For example, mandarin is the only oil that she uses before labor, to help ease preterm labor pains.

"We're only treating symptoms. We're not making diagnoses. We're only treating anxiety, pain, grief, nausea," she said. "We're working with symptoms."

STORY AND PHOTOS BY RYAN TRARES @RTRARES@ DAILYJOURNAL.NET

Clockwise from top: Rich and Jodi Scheve, owners of the Greenwood-based Twisted Wick Candle Co., started their own line of essential oils called inHALE. The oils are intended to be used for a variety of purposes, from relaxation to relief from headaches and nausea. The oils can be diffused in the air, mixed into lotions or other carriers, or in some cases applied directly to the skin. Community Hospital South nurse Debra Barrett displays some of the essential oils she uses in the maternity department to help patients before, during and after labor. Scents such as lavender, mandarin and lemon have had a noticeable effect on patients' anxiety and pain levels. Joni Cutshaw, not pictured, a registered nurse and aromatherapist at Franciscan St. Francis Health, uses essential oils to relax patients in the maternity department at the hospital. Her blend of mandarin, frankincense and peppermint is intended to comfort patients. From left, Rich and Jodi Scheve are owners of the Greenwood-based Twisted Wick Candle Co. RYAN TRARES / DAILY JOURNAL