



Shed Some Light on It

ESSENTIAL OIL BASICS

Essential oils are an amazing healing tool. But to be honest, I was not always a believer. Before I started drinking the kool-aid, I went to a health fair in town. This lady peddling essential oils told me that she didn't use any prescription drugs anymore, that oils had replaced all her medicinal needs. I swear to God y'all, I could feel myself looking at her like she had lost her mind. But here I am sharing this same story with you all.

In about 4 years, I went from using oils recreationally (lol), to exclusively using them for most of my health care needs. I say "most" because let's face it, modern medicine does have its place (even though I bitch about it enough). I mean, if I broke my arm, I am PROBABLY not going to rub essential oils on it. Or would I? Yeah, I probably would at some point but perhaps, after I went to the ER.

Switching to essential oils as your medicine isn't something you should necessarily attempt to do overnight, but instead should be made a gradual process. Some major components of this transition are doing research, listening to your body, your intuition, and your inner knowing. As I used oils more and more, I was able to slowly ween off my medications and instead use my body's inner knowing of what I needed. It was pretty groovy to see how I found myself naturally resonating with different oils during different stages of my healing process. Each time I was drawn to an oil, it was helping me to heal some old emotional wound or pattern.

Our body is an innate healing machine. Sometimes we find ourselves off balance because of past emotional or physical wounds and our body just needs some natural substance to get it back on track. Essential oils are extracted from plants, which is all we used back in the day for ailments. If it's good enough for my grandma, it's good enough for me. So, at this point, you may be asking yourself how do we get these magical gems into our bodies? It's actually super easy. The two fastest ways to get oils into our system are through our olfactory system (nose) and our skin.

Diffuser or spray— Probably the easiest, fastest, and pain-free way to incorporate oils into your daily routine is by using a diffuser. And shit, it smells nice to have your house filled with your favorite scent. If you don't own a diffuser yet, you can also just smell your favorite oil from the bottle or put a dab on your wrist for a little perfume action.



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Another easy way to sniff that goodness all day long, is to make a simple spray to use in your house as an air freshener. Take a glass bottle and fill it with water, now put a few drops of your favorite oil. Spray away!

On your body or feet– When applying oils to our body, we can pinpoint a specific location for healing. Our bodies can better absorb them with the use of a carrier oil such as olive oil, fractionated coconut oil, or jojoba oil. Just take a small amount of carrier oil and then a few drops of essential oil in your hand. Rub the two together gently and apply to the body part that is ready to heal. You can also just use the oils at night before going to sleep. Mix up your favorite carrier oil and essential oil, and slap that shit on your feet with some socks. Good night! 😊

Intentions – A great way to pack that extra healing punch is to use a healing affirmation or intention with the use of the oils. You can pick your own or use one from the book, *You Can Heal Your Life* by Louis Hays. For instance, if I'm working on speaking my truth and my thyroid is acting up, I can pick an oil intuitively or by searching online for oils that work well for that ailment. Just so happens that Lemongrass (one of my faves) is good for thyroid function.

Picking which oils to use – How do you decide which oils to use when so many of them have similar suggested uses? Find a reference book or google that shit. But also, your intuition and your nose are amazing tools! If something smells great to you, use it. If your intuition keeps bringing a specific oil into your awareness, use it. Our bodies are amazing little things. The beauty is that they KNOW what they need. We just need to listen and then act on the guidance we are given. Voila! As I said, it may not be an immediate transition and you may still be on medication (always consult a doctor if you are unsure) but notice how you feel. See if anything shifts for you. Maybe keep a journal and track your progress. Observe and notate your symptoms and overall health. Do you feel more grounded and centered? Do you feel calmer and peaceful? How has your specific condition improved over time?

Side note: It's pretty funny that sometimes our body may need a certain oil, but we can react strongly in one of two ways: 1) we either love the oil and find ourselves sniffing it like it's going out of style OR 2) we hate the oil and feel completely repulsed by it. For a while I couldn't stand the smell of peppermint, now we cool. 🤔 We are funny little human beings. Just don't overcomplicate things. If you find online that peppermint is good for headaches but you hate the smell of it, find something else to use. A lot of the uses overlap.



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Here are a few of my favorites to get you started.

My top 10 oils and some of their uses:

1. Lavender – anxiety, headaches, improved sleep
2. Eucalyptus – asthma, congestion, arthritis
3. Peppermint – muscle pain, oral health, nausea
4. Lemongrass – stress reliever, anxiety, anti-inflammatory, thyroid support
5. Cedarwood – grounding, skin irritation, regulates menstruation
6. Rose – stimulate sex drive, heal feminine energy, open your heart, balance hormones
7. Geranium – pain management, wrinkles, insect repellent
8. Tea tree – hand sanitizer, variety of skin issues, cuts and burns
9. Ginger – stomach pain, immune health, reduce risk of diabetes
10. Frankincense – alleviate stress, pain relief, kills some types of bacteria and fungi

Start simple – If you feel overwhelmed when getting started, use the KISS method. Keep it simple, sweetie. Pick one oil and just use a simple affirmation like, “I am happy and healthy”. Make an experiment of it and try it for a predetermined amount of time. Just notice any changes.

Other random notes:

- Do your research before you ingest essential oils. There are polarized schools of thought on whether this is safe to do.
- Talk to your doctor if you're unsure of tapering off or stopping your medication. But please also be firm in your truth. Unfortunately, some doctors do not see the value in alternative methods.
- Some oils are photosensitive and should not be worn in the sun. Typically citrus oils are in this group but I've never personally had any issues so I recommend researching if you're concerned.
- Keep an open mind!
- Use your intuition.
- This is by no means an extensive explanation of oils, but simply a little guide to get you started. Do your due diligence and read up on anything you need further clarification.

Which brand of oil to use – I know there are diehard fans of the big two pyramid companies that sell essential oils. Honestly, this was one of my barriers to using them initially. I consider myself to be fairly practical and just couldn't see myself spending \$300-400 dollars on a few oils I had no idea would actually work for me. If this is where you are, let me ease your frugal soul too. There are plenty of high-quality oils that can be found online, in local



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health food stores, and the like. Start small if you're not sure of this whole thing. I mean, I'm not selling you anything here, so I really don't have a dog in the fight, but I know how using oils has changed my life. I want that for you too. Start small and see for yourself. I mean, I am also a total skeptic, so I get it. Don't 100% believe me or anyone else. Trust your heart, your body, and the Big Guy.

Real life success story – My whole life I had pretty bad asthma. Pretty much anytime I got sick, it turned into bronchitis, knocking me on my ass. And, I was a sickly kid, so it was pretty often. The doctors gave me tons of steroids over the years on top of the inhaler and other medications. So much so, that I found out when I was 20-something I needed a hip replacement. My body had developed avascular necrosis on one side and left me with arthritis and some massive amounts of pain. The doctors guessed one possibility for the necrosis was all the 'roids I was getting jacked up on as a little one.

As an adult, over a period of time, I weened myself off the medication and worked through the emotional gunk that was causing the asthma. During this time, I was also seeing a healer who combined cupping and essential oils with massage. I used eucalyptus when I would have flare-ups but slowly over time, my breathing improved dramatically. Now I am inhaler, and drug free. And I guess that's probably the reason I am now a card-carrying almost hippy. Natural treatments actually HEAL our ailments. Prescription drugs are just a band-aid covering up our shit and giving us other symptoms that then need healed.

If you're reading this, you found it for a reason. Our souls are always trying to lead us towards health and prosperity. Is there an oil on the list you've been drawn towards lately? Buy that damn thing and try it out! I would love to hear how these magical substances work for you! Drop me a DM on Instagram @shedsomelightnit and let me know how your little experiment goes.

Happy healing!

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