



Crow River  
Animal Hospital  
& Dental Clinic

Friday Fun Facts – Number 10:2010  
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## Great Cases II - Human

*Disclaimer: All of the information provided here is intended for educational purposes. The information is not intended to diagnose, treat, or prescribe for any illness. Please seek the advice of a qualified health care professional in your area of concern if you or your pets have a health challenge.*

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### **Here are some great cases of the two-legged (human) kind.**

Case 1: A friend of mine came to our clinic for an examination of her dog. As we are talking about essential oils for her dog, we discussed that she is often congested and has to take Mucinex every night before bed. She snores and does not sleep well through the night due to this congestion. I had her try some peppermint essential oil to clear her sinuses. She applied some onto her forehead and sinus areas, and sure enough, her nasal passages cleared right up. Once at home with some peppermint oil, she decided not to take her Mucinex, and to try the peppermint oil instead. The next morning, her significant other asked her how she had slept that night. She wondered why. He said she was sleeping soundly without snoring, all night long. An even better night than with the Mucinex!

Case 2: A woman, who attended one of my animal lectures, contacted me by email about 1 week after the class. She had purchased some essential oils at the lecture – but her question was not necessarily about the oils at first. She had stayed overnight at a hospital when her daughter needed surgery, and caught Scabies while there. Scabies are little mites that burrow under the skin. They create horrible itching and rashes that can last for 6 weeks. Her doctors wanted her to apply Permethrin Cream and to spray her house with the toxic insecticide. She was concerned for her pets with this regimen (and herself). She wondered if I knew of anything else she could do. Luckily, the kit of essential oils she had purchased contained Purification Blend. This is the perfect oil for killing mites and soothing insect bites. I had her apply it topically and also spritz her furniture and house with it. Not only did it take away the itching and red bumps – but her animals would be 100% safe!! She only wishes it was sold by the gallon!

Case 3: A friend of ours had just gotten over a migraine a few hours before arriving at our house. She was still having somewhat of a headache, with sensitivity to light. We had her place a drop of peppermint into her hand, dip her thumb into it, and then apply her thumb to the roof of her mouth. Her

headache and light sensitivity went away. She also tried some of my husband's favorite drink – which is an old Ningxia Red bottle, filled with water and one drop of Melissa Oil. She loved it, and actually felt quite good and almost euphoric every time she took a sip. Who needs an energy drink?!

Case 4: My daughter had a large skin scrape (caused by her trouble-making brother scratching her with his finger nails), right by the inside corner of her eye. It was very inflamed and looked horrible. We did nothing to it for 24 hours, as it was so close to the eye. It continued to look quite awful, and I felt so bad that we didn't have anything to treat it with. Then I remembered the Rose Ointment from Young Living. I had heard of someone using it INSIDE an eye for a corneal abrasion on a horse, and then had used it myself inside the eye of a cat in our clinic. Both cases had responded beautifully to the ointment, and I also knew that if it got into her eye, she would be okay. We rubbed the ointment onto her scratch, and the next day, it looked like a scratch that was scabbed up and about 7 days old!! I couldn't believe it. Within 3 days, the scab was already starting to fall off, and she has no scar or any sign of the injury. I would say healing was about 80% faster than normal.

Case 5: My son had gotten a cut on his head (yes, the same broken elbow, face scratching, accident prone son ☺). Head wounds bleed like crazy – so I grabbed Helichrysum oil, and placed a drop directly on the cut. Not only did the bleeding stop instantly, the next day it had a full scab. The day after that, it looked like a wound that would have been about 7 days old. I only applied that one drop of Helichrysum!

Case 6: We have talked about our babysitter before, but this story is one of my favorites. Our kids had picked up a nasty bug from school, and we could tell that the adults were next. This was before we learned how to PREVENT getting sick, instead of treating it after we got sick. So, we were busily trying to prevent everyone from getting ill, and started applying oils to the bottoms of our feet twice a day. Of course, we needed the babysitter to stay well too. So, she got a lesson in applying oils! We had her apply Thieves oil blend and Eucalyptus blue, for their combined antibacterial and antiviral properties, to the bottoms of her feet. Then we followed this application with Copaiba – an oil that is known as a magnifier. Anytime you add Copaiba to another oil, it will magnify its action and power. After the application, she got up and started to do “squats” up and down with her legs. She bent her legs over and over again. We instantly wondered if the oils were too “hot” and were burning her feet. We asked her if she needed a diluting oil applied onto her feet. But, she ignored us, and went over to the stairs and started going up and down the stairs. We joke about this all the time – but this time – I was fairly certain – WE BROKE THE BABYSITTER!! She finally answered us and said, “My knees don't hurt anymore!” Copaiba is one of the strongest natural anti-inflammatory agents known. Her knees didn't hurt from that one application for about 3 days!

Case 7: A great veterinary client of ours stays and watches her dogs get their teeth cleaned in our clinic. Of course, this gives us plenty of time to talk about all of the fun things I am learning in natural medicine. She had bone on bone

contact in one knee, and a total knee replacement in the other. After our Babysitter's great response with Copaiba, I was excited for her to try it too. Of course, I was not expecting it to be helpful at all for her bone on bone contact, but I hoped the anti-inflammatory action would be helpful to the strain her body experienced by shifting her weight away from the pain. She tried a couple of drops under her tongue, and could feel a difference within about 20 minutes. She took home a bottle and continued to use it under her tongue multiple times a day. Not only was her pain greatly diminished but she noted that food cravings were also down. I look forward to her latest update when I see her later this month!

As always, I hope you enjoy these tidbits! I certainly enjoy putting them together – and hope you can all start to appreciate my weird sense of humor. I have really enjoying emailing back and forth with everyone – and LOVE learning from all of you as well – keep it coming!!

*"Nature gave us the gift of healing. Providing our bodies the nutrients and care required to heal, lies in our own actions."*

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