



Crow River  
Animal Hospital  
& Dental Clinic

Friday Fun Facts – Number 22:2010

## Melissa Shelton DVM – Modified Raindrop Technique

*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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So, you like the Raindrop Technique. You've figured out (from past Friday Fun Facts) how to apply one to a cat, a dog, or even in 5 minutes when you are short of time. Now, let's talk about modifying it to fit a specific problem.

The wonderful part about a Raindrop Technique is its wonderful flexibility. I'll give you a few examples of ways we modify our Raindrop Techniques – and hopefully you will gain some bravery and try some variations of your own.

For our first example – I will tell you about our kids. One night – boom – here we go...aggressive colds and yucky's are on their way. Lots of runny noses, slight fevers, cough beginning, and just feeling poorly. So, naturally – we are dealing with a respiratory virus of some sort. Picking through our essential oils that would be indicated for a virus, cold, or cough (by looking it up in the Essential Oil Desk Reference) – I decide to give them a "Respiratory Raindrop". I picked Eucalyptus blue for its anti-viral and respiratory clearing properties. RC Essential Oil Blend (made especially for 'Respiratory Conditions'), Copaiba for its magnifying properties of other oils and its anti-inflammatory properties (similar to giving Children's Tylenol or something similar), Idaho Balsam Fir for its activity on coughs and all around great benefits. In this situation, I applied an Abbreviated Raindrop on their backs right before bed.

There are many other oils you could pick and use – but these were a few that I had on hand and readily available. I dripped the oils on, applying them just as I would with a traditional Raindrop Technique. You could apply them in full Raindrop fashion as well (see the DVD contained within the Raindrop Technique Kit). I chose to end with the Copaiba Oil as it is a magnifier of other oils. If my kids were more accepting of it, I would have actually ended with Peppermint (after the Copaiba) as a driving oil – to drive all of the other oils "in". However, my kids don't really appreciate the cooling affect of the Peppermint, and often complain about it. So in this instance it was left out. But, Peppermint is also indicated for taking away a fever, so if it was needed for this purpose I would use it as well – not only as a driving oil.

There can be other situations where we will give a Raindrop Technique, but add a few oils to the traditional set of oils. Generally, oils are added before

Wintergreen in the sequence. Copaiba is the one oil that I would consider applying after Wintergreen – as it will magnify the other oils. Occasionally people will “delete” an oil or two, and add a few oils. Or, you can keep all of the oils within the traditional Raindrop Technique – and just add one or more.

Here is an example of the “main oils” and some variations:

- Traditional Raindrop Application: Oregano, Thyme, Basil, Cypress, Wintergreen, Marjoram, Peppermint
- Traditional Raindrop Application – plus Frankincense (adding anti-cancer benefits, oxygenation, or life-force energy): Oregano, Thyme, Basil, Cypress, Frankincense, Wintergreen, Marjoram, Peppermint
- Arthritis/ Anti-Inflammatory Raindrop Variation: Oregano, Thyme, Basil, Cypress, Idaho Balsam Fir, Wintergreen, Marjoram, Copaiba, Peppermint
- Cancer Raindrop Application Variation – Oregano, Thyme, Basil, Cypress, Sandalwood, Frankincense, Wintergreen, Marjoram, Copaiba, Peppermint

Here are some examples of oils used for a specific purpose – but applied in a “Raindrop fashion”:

- Neurologic Symptom Raindrop: Frankincense, Helichrysum, Idaho Balsam Fir, Copaiba, Peppermint
- Bacterial Pneumonia Raindrop: Frankincense, Oregano, RC, Thieves, Exodus II, Idaho Balsam Fir, Copaiba, etc... (There is no right or wrong with how many oils you pick, or which you use).
- Cancer Raindrop: Clove, Orange, Frankincense, Myrtle, Tsuga, Sandalwood, Copaiba, Peppermint

The important thing to recognize is that the oils are very versatile. They contain so many constituents within their “chemical makeup” that even if you pick an oil that may not be the “bull’s eye” oil – you will likely still hit the target. The moral of this story is use anything you have – just use it! By layering multiple oils, you just increase your chances of including properties that will help your situation.

Some of the oils are “hot” oils (Oregano, Thieves, Exodus II)– and so applying them only to the feet in a sensitive individual is a great option. Adding the Vita Flex reflexology to the application onto the feet, will only increase their effectiveness. Diluting the oils with V6 after application to the back, may also be indicated, especially in children or sensitive/ toxic individuals.

Remember, with all of these techniques – I only recommend the use of Young Living Essential Oils. With this recommendation, I am certain that you will have safe oils with consistent results. I don’t have to guess at the quality of the oil that you have... If they are Young Living Oils, I know that they are medical grade, and I don’t even have to question it.

Feel free to contact me if you need information on how to obtain medical grade essential oils, or to find a local person who facilitates Raindrop Technique application for humans. We enjoy adding essential oils into our daily lives, pets and humans alike. We feel that we greatly benefit from incorporating small amounts of preventive natural substances into our bodies; Not only physically, but in stress reduction, peaceful sleep, and emotional well being.

*“Mother Nature gave us the gift of healing. Providing our bodies with the nutrients, substances, and care required to heal, lies in our own actions.”*

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