



Crow River
Animal Hospital
& Dental Clinic

Friday Fun Facts – Number 32:2010

Melissa Shelton DVM – General Aches, Pains, and Discomfort

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.

I get this question all the time. As we are discussing protocols for how to help an animal with pain and inflammation, the owner invariably asks, “Can this be used in humans too?” The answer is yes. Most of the treatments that I use, initiated as products in the human market. But, since they are at a veterinarian first and foremost, they expect that my products are pet specific. Many of my favorite products are marketed to humans, but have found their way into the animal field.

Let’s go over a few of the common human conditions and how I use natural products for them:



Headaches: Peppermint is the most common oil used for headaches. Rubbing a small drop onto temples, the top or back of your head, or the back of your neck...can bring relief instantly. I often have people put a drop into the palm of their hand, dip their thumb into the drop, then press the thumb into the roof of

their mouth – essentially “main-lining” the peppermint right into your sinuses and brain area. Also, it will give you fresh and minty breath! Just use caution around your eyes, the minty vapors can be a little intense. If ever too intense or in an un-planned delicate area, even the eyes – apply vegetable oil (I like organic Olive Oil Young Living V6) to the location to dilute the oil – do not wash with water – this will spread the oil, as oil and water do not mix.



or



Aches in Muscles: Did you rake the yard, or start a new workout program? Then you have experienced muscle pains due to lactic acid build up. This can be a very annoying sort of discomfort. Taking a natural and bio-available form of MSM can REALLY help with this. I now remember to take them *before* Tae Kwon Do class, to help prevent this pain. But, even if I forget, taking them afterward is still very helpful. My favorite product is Sulfurzyme from Young Living – as they combine the MSM with the NingXia Wolfberry – giving the value of the Wolfberry along with an increase in Vitamin C content, which allows for the bio-availability of the MSM to increase exponentially.

General Pain: We often don't realize how much inflammation we have until we get rid of it. Even if your pains aren't caused by Arthritis – you can benefit from an anti-inflammatory. My favorite Anti-Inflammatory is Copaiba Essential Oil. It barely has a fragrance or taste, and is gentle enough to use on babies and children. I have used it orally and/or topically for arthritis pain, muscle aches, sore joints, headaches, broken bones, and more. Copaiba is also a magnifier oil, so when I want to increase the effects of another oil, I use them with Copaiba Oil.

Let's describe a few ways I will actually *use* the oils:

- A friend of ours had some pretty severe shoulder pain. Her doctors could not quite figure out the origin, and her prescription and over-the-counter pain medications were not helping her. The pain was significant enough that she was having problems driving over here, since she would have to

move her shoulder to drive. Since this was a more serious and intense pain, I took a more aggressive approach and layered several oils onto her shoulder area. First I put Deep Relief Roll-On over the site; I just rolled it on, all over her shoulder. Then, when that was absorbed, I put several drops of PanAway Essential Oil Blend into my hand, and applied the oil over the same area. Next, I choose Copaiba Essential Oil for its ability to decrease inflammation, as well as to act as a *magnifier* for the other oils I had already applied. Then, I covered all of this with Peppermint Essential Oil. Peppermint contains Menthol which has its own great properties for pain, but it also acts as a *driving* oil, which will help the other oils penetrate deeper into the shoulder tissues that I was trying to treat. I however added one more little treatment into her. I had her take 3 drops of Copaiba Essential Oil under her tongue. This way, she would get some anti-inflammatory actions through her whole body. I wouldn't hesitate to also layer some Marjoram or Lavender Essential Oil into the mix, if I thought that there was any sort of muscle tightness or pain. Both of these oils can work magic to relax and sooth muscles. The result – she could now lift her arm up, and without pain. Her range of motion got better, and she now felt that she could drive without the intense pain. Overall, she thought it was a huge success.

- For my children – whenever over-the-counter Anti-Inflammatories like Tylenol, Advil, Aspirin, or Motrin are recommended – I run the other way. After the many recalls on these products, and the many known side effects of NSAIDs – they are something I just do not want to use. Instead, I give my children Copaiba Essential Oil. When my son's orthopedic doctor recommended children's Tylenol or a similar product, for his elbow fracture, I declined. Instead I gave him a shot glass of NingXia Red (a Young Living "super-juice"), with 1 drop of Copaiba added to it. He loved it! Easy to give, easy to take, and it worked VERY, VERY well! We could instantly see the reduced pain levels and increased activity in our little 4 year old. I have since figured out, that if any child needs to take an essential oil orally – we mix it with the NingXia Red. However for any child that does not like the taste of the Ningxia Red or if the added oil is not particularly good tasting, adding 5 drops of Orange Essential Oil – makes it taste just like an Orange Sucker!
- For people with general pain – whether from arthritis, injury, degeneration, or whatever – I often have them try a trial of Copaiba Essential Oil. 1-2 drops under your tongue – taken twice a day for a

month – can show some amazing results. I think everyone should try this, just to see what happens. We often don't realize how much inflammation we have until we eliminate it. For severe aches and pains, I try to make sure it is under the tongue, for mild aches, it can be added to your shot glass of NingXia Red Juice.

Please remember – that I only recommend the use of Young Living Essential Oils for your human family and your animal family. With this recommendation, I am certain that you will have safe and powerful oils, with consistent results. I never 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 our office or visit our website for more information on how to order Young Living Essential oils, or for consultations on how to use essential oils for the health of your entire family – two legged and four legged (and on our farm, sometimes three legged!).

“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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