

Essential Oils Testimonials received by James Bruggeman 10/99 via e-mail from our YLEO sponsor.

Re: migraines

There are three messages. Enjoy. Lynn.

>

> > On Fri, 8 Oct 1999 15:58:23 -0700 "TERRY VINOCUR" writes:

> Hi,

> I'm new to the oils. I tried the migraine oil awhile ago with no help at all. I just got the essential 7, di-tone, frankenscence, and valor. For those of you with migraines, what is your experience about what to try next? I've had migraines for 36 years. The got worse with menopause. I have them several times a week. Been through all kinds of natural and not so natural medical evals and medications. I have success with Imitrex but use too much.

>> > > Thanks,

>> > > Terry

> Subject: Re: JOY: migraines/NEW

>> > > Date: Sunday, October 10, 1999 7:32 PM

>> > >

>> > > Hi Terry,

>> > >

>> > > Before a closure is placed on help from M-Grain, would you share

>> > with us how you used the blend?

>> > >

>> > > Kathy

>> On Tue, 12 Oct 1999 21:30:09 -0700 "TERRY VINOCUR" writes:

>> > IT WAS QUITE SOME TIME AGO. I THINK I'LL RE-TRY IT. WHERE WOULD YOU SUGGEST PUTTING IT?

>> ----- Original Message -----
>> Subject: Re: JOY: migraines
>> Date: Sat, 16 Oct 1999 10:46:06 -0400
>
>> Hi Terry,
>>
>> Can't just put it somewhere, you must get a
"relationship" with it. Plan
>> to spend some time together. You're in charge --
like a morphine
>> drip for pain. Sorry, probably not a good
comparison, but there is no
>> prescribed dosage. And you don't just pop it like
a pill. Don't be
>> afraid to use it aggressively at first with the
migraine. :)
>> Then back off. Become in tune to what is
happening.
>> I discovered what my triggers were when I was
younger and rarely get one by avoiding them. When
a new customer wanted to try M-Grain a few
>> months ago, I was blessed that week with 3
migraines to experiment with. I have found success
with the blend M-Grain, and singles, lavender,
>> peppermint, eucalyptus together and marjoram
alone.
>>
>> Inhale by dropping a couple of drops into the
palm of your hand and cup
>> it over your nose. (Sniffing from a cotton ball is
not enough-and one
>> cannot just take a sniff and say they tried it and
it doesn't work)
>> This may take 1/2 hour for the headache to
totally leave. When the oil
>> evaporates from your palm, drip another couple
of drops in it. It is
>> helpful but not essential to find a quiet restful
place. At least find
>> one in your mind. Feel the changes taking place.
During this time you
>> may want to place a drop on the brain stem. Feel
for painful spots in

>> the head by the temples, forehead and check out the shoulders and upper back and put a drop in these areas, too. See the Vita-Flex points for

>> the brain and apply a drop there. This does not mean you have to dump

>> the oils all over all at once. Apply or inhale and wait a couple of

>> minutes and see what kind of changes are happening. If it is not

>> enough, then do something else. Be patient and find out what will work for you.

>>

>> For the first couple of minutes, I felt the pain was getting worse and

>> wanted to quit. Then the pain turned into pressure. This alone is a

>> relief. Twitching began up the side of my head and above and around

>> the eyes as the spasms were releasing. Then wallah ~ gone.

>>

>> When you have a migraine, your feet are probably cold. Warm them up.

>> hot foot bath works nicely especially if someone will get it for you.

>> This will help with circulation in the brain, too. Breath deeply and

>> dwell on relaxing. Try; in one nostril and out the other and rotate.

>> Drink water. The bowels are usually sluggish during migraines.

>> Consider cleansing.

>>

>> The spice ginger in a capsule (you may feel a little rush), a strong

>> brew of iced peppermint tea and lay down for 20 minutes are a couple of other remedies that have helped.

>>

>> It was mentioned earlier about triggers. A way I determine if it is a

>> chemical trigger is by taking activated charcoal. The charcoal will

>> absorb the MSG that I may have had 24 hours

before. Within 3-5 minutes all symptoms of a migraine are gone if it is a chemical migraine.

- >> Vision returns, heartbeat returns to normal and pain is gone. There is no
- >> after illness either. This does not work for an onion, banana or
- >> parmesan cheese migraine. Know that the charcoal will absorb any meds
- >> you have recently taken and any that you may need to take for the next
- >> couple of hours at least.
- >>
- >> The oils work. We just need to learn how to use them. Thank you Jim
- >> for giving us a place to share our experiences, teach and learn. Many
- >> lives are blessed and may God be glorified for what He has done.
- >>
- >> Kathy