Essential Oil Education for the Athletic Trainer

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Speaker Disclosure
Jessica Melchert
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Relevant Financial Relationships:
- Young Living is a network marketing company, I partake in their business opportunity and receive a monthly paycheck

Relevant Non-financial Relationships:
- Uses Young Living Products and natural products from other companies as well

Who am I?
- Wife and Mother of three
- Advocate for my children and their education
- Young Living Independent Distributor
- Health Coach
- Former Athletic Trainer
- Runner
- Gardener

Why should Athletic Trainers know about essential oils?

- Athlete / Parent of an athlete uses
- Seen as a Natural or Alternative Medicine
- Self-use
- Non-toxic chemical alternative
- Growing popularity

Objectives for today-

1. Learn what an essential oil is and common methods of application of essential oils.
2. Understand why essential oils are growing in popularity.
3. Increase your knowledge of essential oils and how to find further valid information.
What are essential oils?
- Nature’s living energy from a plant.
- Essential oils are volatile, concentrated plant extracts.
- Essential oils are extracted from flowers, leaves, stem, bark, roots and all parts of the plant. Pure essential oils are more powerful than the botanicals from which they are extracted.
- Essential oil purity and potency are affected by the specific seeds used, the timing and method of harvest and the method of distillation.
- Used for aromatherapy.
- Major chemical components include monoterpenes, esters, aldehydes, ketones, alcohols, phenols and oxides. Different amounts of these compounds give the essential oil its particular fragrance and therapeutic characteristics.

How long have essential oils been around?
- 5,000 BC Mesopotamians - Machines for obtaining oil from plants.
- 3,000 BC Egyptians - Aromatic botanicals in body fragrance, food preparation and mummification. Explorers in the 1920s found a jar of frankincense and spikenard in the tomb of Tutankhamen.
- 1,000 BC Ayurvedic medicine (alternative medicine with origins in India that focus on the balance of Mind, Body and Spirit), has long recommended essential oil massage as a health treatment for many conditions.
-mentioned numerous times in the Bible, including gifts of frankincense and myrrh to Jesus at birth.
- 400 BC Hippocrates - Aromatic plant essences and oil massages for their healing and mood-enhancing qualities.

How do you get essential oils from the plant?
- Methods of extracting oils from plants:
  - Steam Distillation
  - Cold Pressing
  - Resin Tapping
  - Absolute Oil Extraction

Essential oils are highly concentrated
- It would take roughly thirty cups of herbal tea to equal the concentration of plant essence in one drop of essential oil.
- 5 ml bottle of Rose Essential oil contains 22 pounds of Rose Petals.
- It takes approximately 27 square feet of the tops of lavender plants to make a 15 ml bottle of essential oil or 220 pounds of lavender flowers to make 1 pound of essential oil.
- Different oils have different viscosities and weights, each takes a different amount of raw material to create a bottle of oil.

How do you use essential oils?
- Aromatic:
  - Aromatherapy
  - Diffuser
- Topical:
  - Apply directly to skin usually diluted
  - Massage
  - Precautions for sensitive skin, children and elderly
- Ingestion:
  - NOT every essential oil on the market can be taken internally
  - Should be labeled as a dietary or supplement essential oil.
Aromatic and Topical

**AROMATIC**
(enter through our sense of smell)

Smell is connected directly to our Limbic System of the brain. Limbic system controls:

- Emotions
- Memory
- Several body functions

**TOPICAL**
(enter through our skin)

From the skin they go directly into our body and blood stream.
Help support the body through supporting our different body systems to achieve homeostasis.

Common methods of application

**Topical**

- Direct application
- Vita Flex therapy
- Message therapy
- Worn as perfume

**Inhalations**

- Diffuser
- Cloth or Tissue
- Hot water
- Vaporizer or Humidifier
- Fan or Vent (Cotton ball)

**Compresses**

- Basin (Hot or Cold)
- Message

**Bath**

- Epsom or magnesium salts
- Gel Base

You may already be using items with essential oils...

Essential oils can be found in:

- Shampoos and Conditioners
- Deodorant
- Toothpaste and Mouthwash
- Topical creams for relief of aches and pains
- Perfumes and Colognes
- Mints and candy
- Vapor Rubs

There are essential oils in there!

Natural Non-toxic lifestyle

More people moving towards using less toxic chemicals.

Why are there so many answers to the same question - How do you use it?

Essential oils have many uses or pathways that they can support in the body.

Research has isolated hundreds of natural chemical constituents in essential oils. Some essential oils have over 200 identified chemical substances in just one oil!
**Common essential oils and practical uses**

**Peppermint**
- Constituents: menthol, menthone, menthyl acetate, 1,8-cineole, limonene, beta-pinene and beta-caryophyllene
- Mint aroma
- Cooling sensation when applied to the skin
- Aides in healthy digestion
- Promotes Alertness

**Lavender**
- Constituents: linalyl acetate, linalool, and ocimene
- Floral aroma
- Most versatile oil
- Calming and Relaxing²
- Skin, hair and facial care and routines

**Tea Tree**
- Also known as Melaleuca alternifolia or Melaleuca oil
- Constituents: terpinene 4-ol, gamma terpinene, and alpha-terpinene
- Support healthy skin³
- Naturally derived deodorant

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**Precautions**

Photosensitivity and Citrus oils

Pregnancy and Nursing

Children and Infants

Allergic reactions

Sensitivities to oils

Adverse Effects

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**Practical applications for the Athletic Trainer**

Diffusing in the training room:
- Lavender - Calming effect for athletes, coaches, Athletic Trainers and other staff
- Tea Tree - Natural deodorant vs chemical fragrances
- Peppermint - Stimulating for alertness

Holistic / Non-toxic Items:
- Biofreeze vs Cool Azul Pain Cream
- Thieves Household Cleaner vs bleach

Receptive to Parents or athletes who prefer "natural" or Ayurvedic medicine.

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**References**

1. PubMed Health: Essential Oils
Further reading or reference materials
Evidence based Essential-Oil Therapy by Dr. Scott A. Johnson
International Journal of Essential Oil Therapeutics
PubMed Health Aromatherapy and Essential Oils (PDQ) Health Professionals

Thank you!

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