

## Essential Oils for Chemo Symptoms

**Because the body is extra sensitive during chemotherapy treatments, never put directly on the skin, always use a carrier oil like Organic Olive oil or Organic Coconut oil, AND always check with your doctor first.**

**Avoid any use of essential oils 2 days prior to any chemotherapy treatment and 10 days after a treatment. (Pure Massage Oils.com)**

**ALWAYS check with your doctor before using any aromatherapy treatment during Chemo.**

### **From the American Cancer Society:**

“Aromatherapy is promoted as a natural way to help patients cope with stress, chronic pain, nausea, and depression and to produce a feeling of well-being.”

Here are some **VERY** important restrictions from Integrative Healthcare:

### **Chemotherapy**

Aromatherapists Jane Buckle, Ann Percival and Pam Conrad are registered nurses who have studied the impact different essential oils have on those undergoing cancer treatment. These experts concluded that, because essential oils can compete with cell receptor sites utilized in chemotherapy, aromatherapy application should adhere to the following guidelines to ensure safety:

- Essential oils can be applied in massage up to two days before a chemotherapy treatment.
- Essential oils should be avoided for nine to ten days after chemotherapy administration.
- During a chemotherapy regimen, keep the dose of essential oils low by using only two drops per ounce of carrier oil or lotion.
- While inhalation to counteract nausea accompanying chemotherapy is acceptable, there are provisions for peppermint and ginger.
- Peppermint can be inhaled unless the client has cardiac problems or is on the chemotherapy drug 5FU, since peppermint enhances its absorption fourfold.
- Although ginger is another good essential oil choice for relieving nausea, it can reduce clotting time.

### **Lavender Oil for Chemo**

Do not use this (or Tea Tree Oil) on people with Estrogen dependent tumors. (Cancer.gov)

Helps with sleep and depression. (inhaled or with diffuser)

For a detox bath, mix with Himalayan salt and baking soda. Just a few drops goes a long way.

To help with sleep – mix two drops with organic coconut oil and rub on the feet at night.

### **Sweet Orange Oil for Chemo**

Helps with nausea (inhaled or tasted). (Cancer.gov)

### **Lemon Oil for Chemo**

Adding just a drop to Local (Organic) honey to help with a sore throat and used 2-3 times daily. (The Wellness Wife.com)

### **Peppermint Oil for Chemo – (Do NOT use if you are on the chemo drug 5FU)**

For help with digestion add a couple of drops to (Organic) coconut oil and rub on the belly moving from top down towards the colon.

Can also be mixed with Lime oil (and the carrier oil of Organic coconut oil) and rubbed down the spine for a headache.

Also known to help improve appetite (inhaled). (Heritage Essential Oils.com)

## **Dangers**

Be very careful if using Ginger oil or Ginger tea as it can reduce clotting time.

Avoid these oils:

Bitter Almond  
Sweet Birch  
Arnica  
Camphor  
Cassia (This is in many popular blends)  
Bitter Fennel  
Mustard

## **NOTE on Radiation Treatments**

Do NOT use the following essential oils if undergoing radiation treatment:

- Lemon
- Bergamot
- Angelica
- Lime
- Grapefruit
- Orange
- Mandarin
- Tagete
- Verbena

## References

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