

Essential Oils and Your Health *(Interview Transcripts)*

Rachel Gustafson, Family Medicine APRN, OSF HealthCare

“They can be used topically, aromatically, or some people take them as capsules. They can help with reductions in stress, nausea, anxiety, depression, headaches – there is a wide range of reasons people use them.” (:20)

Rachel Gustafson, Family Medicine APRN, OSF HealthCare

“You need to do your research when buying them. You want to make sure you are buying pure oils, not oils that are usually off the shelf and compounded with other chemicals. You want to make sure you can look up where the plants are actually being derived from and that they are 100% pure grade essential oil.” (:23)

Rachel Gustafson, Family Medicine APRN, OSF HealthCare

“As long as it is not a very potent oil, you can usually apply them directly to your skin. Most of the time it’s for more of a localized effect, like if you have a painful joint and need some relief there, if you have a headache and put it at the base of your neck, or for nausea you can rub it on your stomach. But you want to make sure that it’s not too potent or sensitive to your skin. If it is, you should use a carrier oil such as vegetable or coconut oil.” (:28)

Rachel Gustafson, Family Medicine APRN, OSF HealthCare

“If people are doing that and they are on other medications, I would certainly recommend discussing it with their provider just to make sure there is no interaction with anything they are taking. Essential oils do play a role in providing a positive impact in your life and your health, as long as you are using them safely and responsibly.” (:24)

Rachel Gustafson, Family Medicine APRN, OSF HealthCare

“Whether you have hypothyroidism or hypertension or lupus, you can use oils to supplement and help with symptomatic control – but it is not going to change your chemical structure or cure a disease process.” (:23)