



## Health Benefits Of Essential Oils

### Description



Considering the side-effects caused by the majority of

prescription and over-the-counter drugs, many people are turning towards more natural remedies to treat a variety of ailments and conditions. These natural remedies often offer effective treatment measures without causing severe side-effects that are often associated with chemical-based medication options. [Essential oils](#) are one option when it comes to natural remedies that offer improved overall health and wellbeing, as well as the option to treat various conditions in a natural way. Grand View Research [reported](#) the essential oil global market size passed the \$6 billion mark in 2015 and a release [published](#) on PR Newswire estimates the global market size of essential oils to reach \$11.67 billion by the year 2022.

## How Essential Oils Work

With more people investing in essential oils in order to utilize the health benefits of the natural remedies, a question about how these oils work rises. In order to better understand the benefits of these oils and how they can help patients in need of natural remedies, we first need to focus on the effect these oils have on the body and how it helps the human body.

Essential oils can enter the human body through three different [types](#) of applications. Some essential oils are ingested, while others are inhaled or applied directly to the skin. Each type of essential oils works in a different way to enter the body and provide health benefits to the patient.

- **Skin application** – The active chemicals in the oils applied to the skin allows for quick and easy

absorption. Once absorbed into the skin, the oils start to work directly on certain conditions such as to reduce arthritis pain or to treat eczema.

- **Inhale application** – These essential oils primarily work with the brain and respiratory system. When inhaled through the nose or mouth, the airborne molecules interact with the respiratory system due to the fact that it is carried to the lungs. The olfactory organs are associated with the sense of smell and the airborne molecules also works with these organs, as well as interacts with the brain almost immediately after inhaling.
- **Ingest application** – This type of application for essential oils are more common in France than other parts of the world and should only be conducted by a specially trained physician. It is vital to know exactly how the ingestion process works and what is safe as risk of side-effects can be experienced with the improper ingested application of these oils.

## Health Benefits of Essential Oils

Essential oils have an array of benefits for the human body. When considering the benefits of these oils, it is also important to realize that different oils are available, each with their own purpose and functionality. Generally, these oils are used to speed up the recovery process of certain conditions, to improve the immune system, to deal with certain types of infection and to balance hormones in the human body.

Some popular types of essential oils include [peppermint oil](#), which assist with nausea and fever, lavender oil, which provides a calming effect to the patient, citrus oil, which stimulates the immune system and [rosemary oil](#), which improves the health of the scalp and also promotes hair growth. Tea tree oil is also a popular type of essential oil that has natural antibacterial components and provides an array of benefits to the human body.

These oils can also be combined in order to provide multiple benefits through the use of one single application. As an example, lavender oil and peppermint oil are often combined in order to provide a calming effect while also clearing up a blocked nose and assist with sinus.

## Bioresonance Therapy

Bioresonance therapy is a medical treatment option that utilizes the body's own natural healing power in order to treat an array of conditions. The bioresonance device first signals the human body and then records signals returned from organs and tissue from within the body. This assists the bioresonance specialist in determining the best options for treating a specific patient. With the use of bioresonance therapy, specialists are able to better determine problems occurring in a patient's body, thus assisting them with identifying potential uses for essential oils in the patient. Once diagnosis has been made, the specialist is able to mix up the perfect dose of different essential oils, combined with the power of the bioresonance therapy device.

## Conclusion

Essential oils have been used as a natural healing remedy for centuries, but research has only started to focus on the health benefits of these oils in recent years. The oils can be used to treat an array of conditions and can provide various benefits to the human body. From treating arthritis pain to providing

a calming effect, these oils are now used by thousands of people to enjoy side-effect free treatment remedies.

### **Category**

1. Articles

### **Tags**

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