



## **6 Must-have Essential Oils For Your Emergency Stockpile**

As emergency medicine, essential oils can be used in many ways. Some essential oils that offer benefits for the skin can be used topically when mixed with a gentle carrier oil like coconut oil, jojoba oil or sweet almond oil. Because they are highly concentrated, you must first dilute pure essential oils in a carrier oil before applying them on your skin to avoid skin irritation.

Essential oils can also be inhaled to experience their benefits. In aromatherapy, essential oils are either diffused in the air or placed in a bowl of steaming water and inhaled so that their pleasant scent can be enjoyed at leisure. The active components of essential oils travel directly to your brain, where they exert their influence on brain regions like the amygdala, which is responsible for processing emotions. Here are 6 useful essential oils to have in any situation and their science-backed benefits:

### **Lavender essential oil**

Lavender essential oil is extracted from the flowers of the *Lavandula angustifolia* plant using distillation. It is known for its calming effects and its ability to support your body's natural healing processes. It can reduce anxious feelings and support deep and restful sleep.

### **Sweet orange essential oil**

Sweet orange essential oil comes from the rind of the *Citrus sinensis* fruit. It contains high amounts of limonene and linalool supporting healthy skin, optimal immune function and a positive mood. Limonene and linalool also have natural cleansing properties.

### **Lemon essential oil**

Lemon essential oil is extracted from fruit peels of the *Citrus limon* fruit and is often diffused into the air and inhaled or applied to the skin to enjoy its health benefits. It can support a healthy stress response, is packed with antioxidants that can help protect the skin from oxidative damage and can also be used as a natural food preservative, due to antioxidants like limonene and B-pinene.

### **Oregano essential oil**

Oregano essential oil is steam-distilled from the leaves and stems of the *Origanum vulgare* plant. A well-known spice and medicinal plant, oregano contains potent antioxidants that can neutralize free radicals and has shown great potential as a natural food preservative in numerous studies.

### **Cinnamon bark essential oil**

Like oregano essential oil, cinnamon bark essential oil can also support your body's natural defenses when applied topically, thanks to powerful components like cinnamaldehyde and eugenol. These can help you maintain healthy skin and joints. Inhaling cinnamon bark essential oil also offers mental health benefits reducing anxious feelings and supporting a positive mood.

### **Peppermint essential oil**

Derived from one of the oldest herbs used in European traditional medicine, peppermint essential oil is widely used to relieve minor skin issues like itching. In aromatherapy, it can also help soothe coughs and reduce stressful feelings. It also offers oral health benefits.

Essential oils are safe and versatile natural products that possess a wide range of health-supporting properties. You can maximize these properties by mixing essential oils that go well together.

***Soil Lovers say: Be prepared for any type of scenario by stocking up on survival items like pure, therapeutic grade essential oils and essential oil blends!***

Ref: <https://www.healthrangerstore.com/blogs/natural-health/7-essential-oils-to-add-to-your-survival-stockpile>

Gold Nugget S10#39 – [soillearningcenter.com](http://soillearningcenter.com)