



Essential Oil Blends For Cystitis

by
The Reformed Bohemian



Table of Contents

1. Cystitis.....	3
2. Symptoms of Cystitis.....	4
4. Essential Blends oils for Cystitis.....	5
5. Making your own essential oil blend	7
6. Ways to use your essential oil blend,....	8
7. Side effects	9
8. About the Reformed Bohemian	11

Find out more at www.reformedbohemian.com



Cystitis

Cystitis is a common urinary tract infection that most women will experience at some time in their lives, while some women suffer with repeated bouts of cystitis. Cystitis is most often caused by bacteria found in the bowel or on the skin that are perfectly normal and harmless that find their way into the bladder through the urethra (the tube urine passes through to leave the body). This can happen in a number of ways such as through sex, if you have a medical condition such as diabetes or if your immune system has been weakened through illness for example.

Although not a serious condition, it's unpleasant and causes discomfort as any woman who has experienced it will know. Essential oils have some wonderful healing properties that can relieve the symptoms of cystitis.



Symptoms of Cystitis

The symptoms of cystitis include:

- The sensation of needing to urinate more often and immediately.
- A burning, stinging sensation when you urinate.
- Pain in the lower abdomen.
- Urine which is darker than normal, cloudy with a strong odour.
- These symptoms go along with the feeling of being lethargic, achy and feeling under the weather.



Essential Oil Blends For Cystitis

Juniper Blend

Eucalyptus – Its diuretic properties make it an effective oil for relieving urinary tract infections such as cystitis.

Juniper – Also, like Eucalyptus oil has diuretic properties making it an effective oil for relieving cystitis.

Sandalwood - can soothe and relieve symptoms of cystitis thanks to its diuretic and anti-spasmodic properties.

Bergamot Blend

Bergamot – Its analgesic properties help to relieve the discomfort of urinary tract infections such as cystitis.

Black Pepper– Black Pepper has anti-spasmodic and analgesic properties helping to relieve the discomfort caused by cystitis

Frankincense - Frankincense is beneficial in relieving symptoms related to urinary tract infections due to its diuretic and uterine properties and can calm and soothe pain and discomfort associated with this.



Lavender Blend

Lavender– Lavender helps to soothe the burning caused by cystitis and helps to fight the infection making it an effective oil for relieving cystitis.

Frankincense - Frankincense is beneficial in relieving symptoms related to urinary tract infections due to its diuretic and uterine properties and can calm and soothe pain and discomfort associated with this.

Eucalyptus – Its diuretic properties make it an effective oil for relieving urinary tract infections such as cystitis.



Making Your Own Essential Blend

If you have an empty essential oil bottle you can clean it out and make a blend to use when needed or you can add them individually in the following ratios.

Juniper Blend

Eucalyptus– 1 drops
Juniper– 3 drops
Sandalwood – 3 drops

Bergamot Blend

Bergamot - 3 drops
Black Pepper– 3 drops
Frankincense – 3 drops

Lavender Blend

Lavender – 3 drops
Frankincense– 3 drops
Eucalyptus – 1 drops



Ways To Use Your Blend

Now you've made your aromatherapy blend you need to think about the best way to use your blend. here are some ideas.

Diffuse

Diffusing a blend of these essential oils can help to relieve the discomfort and lethargy associated with cystitis.

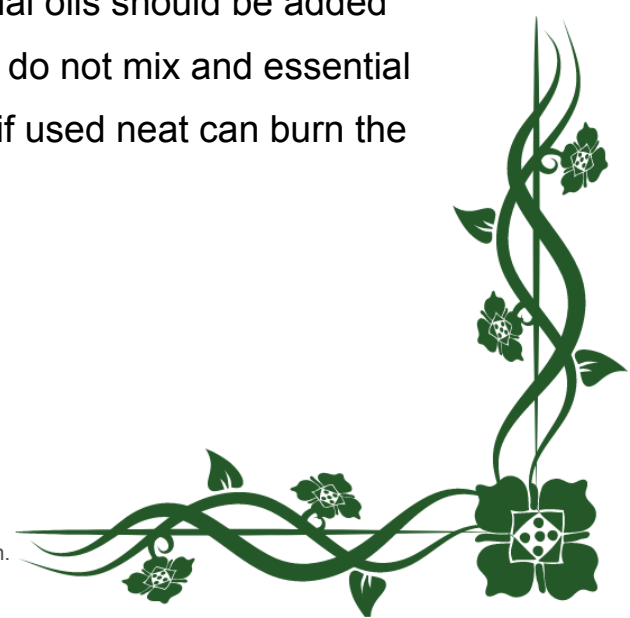
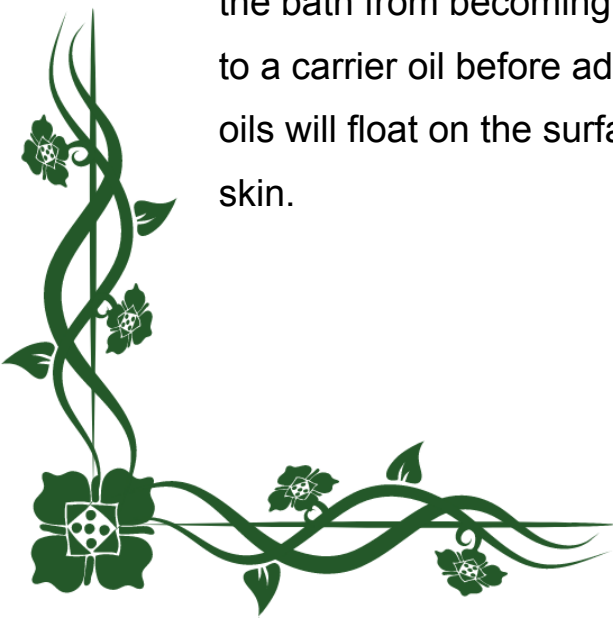
- Diffuse 1 - 3 drops of the your chosen essential oil blend in an oil burner or diffuser.

Bath

Taking a warm bath with these wonderful healing blends can help relieve the symptoms of cystitis, it should help to ease the feeling of burning and stinging on urination.

- Add 1 - 3 drops of your chosen essential oil blend to a warm bath.

Note: Care should be taken not to use more than 3 drops to prevent the bath from becoming too slippery. Essential oils should be added to a carrier oil before adding as oil and water do not mix and essential oils will float on the surface of the water and if used neat can burn the skin.



Side Effects

As with all essential oils it should not be used neat on the skin, essential oils are very concentrated oils that can irritate the skin unless mixed with a carrier oil. Essential oils should not be used internally unless under the supervision of an aromatherapist.

Eucalyptus should not be used with Homeopathic remedies because Eucalyptus is very strong and can cause adverse reactions with homeopathic treatments.

Juniper is known to stimulate the contraction of smooth muscles and should therefore not be used by pregnant or breastfeeding women. Juniper should not be used if you are taking prescription medication for diabetes, glucose regulation or hypoglycaemia.

Frankincense should not be used by pregnant women due to its emmenagogue properties which may induce menstruation.

Avoid getting Black Pepper near your eyes as it can cause a burning sensation, it can also have a burning aftertaste and can cause irritation of the stomach.

There are no other specific cautions for Sandalwood or Lavender essential oils.



Bergamot can cause skin irritation or allergic reactions in some people.

As with all citrus oils you should avoid exposure to the sun or using a sunbed for about 12 hours after using Bergamot as it can cause skin pigmentation problems.

Avoid getting Black Pepper near your eyes as it can cause a burning sensation, it can also have a burning aftertaste and can cause irritation of the stomach.

Pets can be particularly sensitive to the effects of essential oils and can even be toxic so where possible should either be avoided or used where a pet is able to go into another room.



About The Reformed Bohemian

For over 20 years I worked in Health and Social Care, my aim has always been to support and provide people with the inner resources to be the best they can be both mentally and physically. I spent years studying and working my way through and up the conventional system of mental health and well-being. I went through the 'normal' academic route first as an undergrad and then post grad. But far from feeling accomplished and at the top of my profession I felt disillusioned.

So, I went back to my roots and found alternative treatments that didn't just treat and at best masked the symptoms but provided real, long term solutions. I went back and re-focused my studies in Naturopathy and became a certified Herbalist, Flower Remedy Therapist, Aromatherapist, Holistic Nutritionist, Neurolinguistic Programming Practitioner and Holistic Skincare Therapist. I hope by sharing my experiences and knowledge I can help others on their journey into natural healthcare.

You can find out more by visiting me at www.reformedbohemian.com





The Reformed Bohemian

Health & Well-Being Powered By Nature



Find out more at

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