**Raynaud’s Disease Essential Oils**

 ***Nutmeg*** Rose Moroc

Mace Palma Rosa

 Clove ***Lavender***

 ***Black Pepper*** Fennel

 ***Geranium*** Rosemary

Treatment is a two part regime of baths and massage, using two formulas on alternate weeks.

**Formula for First Week**—

Raynaud’s Disease

Synergistic Blend Formula 1

Nutmeg 15 Drops

Lavender 5 Drops

Geranium 10 Drops

Use these proportions OR use these amounts to 2T Vegetable Oil for a massage oil.

***Bathe twice a day***—in the morning and before going to bed—***using 6-8 drops of synergistic blend***. The water should be hot but not uncomfortable and while you are sitting there, massage your fingers and toes. ***Add 5 drops of synergistic blend to each teaspoon of vegetable oil to make the massage oil*** and apply it all over your body except your face. Get a friend or mate to massage your back for you. Pay special attention to your toes and fingers but do the whole lot---arms, legs, bottom, tummy, chest and shoulders. Do this daily. If an attack is on, use the massage oil as often as you like and double up on the fingers and toes.

*If your toes and fingers are always extremely painful and your skin is perhaps fragile*, add **50 drops of Tagetes** to **2T of made-up massage oil**. Use this formula massage oil during the first two weeks.

***Formula for the Second Week--***

The second formula is used alternately with formula 1 until the condition eases off and relief is obtained.

Use EXACTLY as directed above—in the bath and as a massage oil, for a week

Raynaud’s Disease

Synergistic Blend Formula 2

Black Pepper 10 Drops

Geranium 10 Drops

Nutmeg 10 Drops

Make a synergistic blend using these proportions.

Eat lots of **onions** and **fresh garlic** and also take **garlic capsules**. **Cut out** *coffee and tea* and drink herbal teas instead.

Try **Rosehip** *with a drop of* ***cinnamon***, ***orange*** or ***nutmeg*** ***essential oil***.

Although essential oils cannot cure the condition, they can help in easing the symptoms.

A look at what Raynaud’s is:

With Raynaud’s it’s not really a disease, more a physiological phenomenon relating to the arteries and the sympathetic nerves supplying them. Normally blood heat is conserved in the cold by the muscular walls of the arteries constricting a certain amount. Conversely, when it is warm outside, the arteries relax and allow blood to the surface of the skin where it can cool down. In Raynaud’s sufferers, the arteries go into spasm when it is cold, starving the skin of blood. This then turns the skin numb and white and then, as the tissues lose oxygen, blue. As the spasm ends, oxygenated blood flows again, turning the skin red and sometimes causing throbbing pain.

An attack can last for minutes, days or weeks and the sufferer may not know whether a particular attack will last ten minutes or two weeks. The oddest thing can set of an attack---using a power drill, or smoking a cigarette, or holding a bag too tightly. Nine out of ten sufferers are women.

You should have the symptoms diagnosed to make sure the cause is not due to an obstruction in the body pressing on the arteries or a connective tissue disorder, for example. Also certain drugs can cause the Raynaud’s symptoms.