

## Aromatherapy and Diabetes

### What is Diabetes?

Diabetes is a lifelong condition that causes a person's blood sugar level to become too high.

There are two main types of diabetes:

- Type 1 diabetes – where the body's immune system attacks and destroys the cells that produce insulin
- Type 2 diabetes – where the body doesn't produce enough insulin or the body's cells don't react to insulin

During pregnancy, some women have such high levels of blood glucose that their body is unable to produce enough insulin to absorb it all. This is known as gestational diabetes.

### Pre-diabetes

Many more people have blood sugar levels above the normal range, but not high enough to be diagnosed as having diabetes. This is sometimes known as pre-diabetes. If your blood sugar level is above the normal range, your risk of developing full-blown diabetes is increased.

It's very important for diabetes to be diagnosed as early as possible because it will get progressively worse if left untreated.

### What are symptoms of Diabetes?

Visit your GP as soon as possible if you experience the main symptoms of diabetes, which include:

- Feeling very thirsty
- Urinating more frequently than usual, particularly at night
- Feeling very tired
- Weight loss and loss of muscle bulk
- Itching around the penis or vagina or frequent episodes of thrush
- Cuts or wounds that heal slowly
- Blurred vision

Type 1 diabetes can develop quickly over weeks or even days.

Many people have type 2 diabetes for years without realizing because the early symptoms tend to be general.

### **What causes of Diabetes?**

The amount of sugar in the blood is controlled by a hormone called insulin which is produced by the pancreas (a gland behind the stomach).

When food is digested and enters your bloodstream, insulin moves glucose out of the blood and into cells, where it's broken down to produce energy.

However, if you have diabetes, your body is unable to break down glucose into energy. This is because there's either not enough insulin to move the glucose, or the insulin produced doesn't work properly.

Although there are no lifestyle changes you can make to lower your risk of type 1 diabetes, type 2 diabetes is often linked to being overweight.

### **Living with diabetes**

If you're diagnosed with diabetes, you'll need to eat healthily, take regular exercise and carry out regular blood tests to ensure your blood glucose levels stay balanced.

You can use the BMI healthy weight calculator to check whether you're a healthy weight.

People diagnosed with type 1 diabetes also require regular insulin injections for the rest of their life.

As type 2 diabetes is a progressive condition, medication may eventually be required, usually in the form of tablets.

### **Diabetic eye screening**

Everyone with diabetes age 12 or over should be invited to have their eyes screened once a year.

If you have diabetes, your eyes are at risk from diabetic retinopathy, a condition that can lead to sight loss if it's not treated.

Screening which involves a half-hour check to examine the back of the eyes, is a way of detecting the condition early so it can be treated more effectively.

For more information please visit [www.nhs.uk](http://www.nhs.uk)

## How aromatherapy helps for Diabetes?

Essential oils are not suitable for everyone. The way they encourage the hormones in the systems to alter can create damaging effects in some groups such as Diabetes sufferers.

People with diabetes can safely use most essential oils with the exception of angelica oil. It is worth keeping essential oils containing high ketone content to a minimum especially when the diabetes symptoms are erratic. Oils high in ketones are: Peppermint – *Mentha x piperita*, Rosemary ct camphor – *Rosemarinus officinalis ct camphor*, Rosemary ct verbenone – *Rosemarinus officinalis ct verbenone/caphor*, Sage (Spanish) – *Salvia lavandulifolia*, Spearmint – *Mentha spicata*, Spike Lavender – *Lavendula latifolia*, Turmeric – *Curcuma longa*, Valerian(Root) – *Valeriana officinalis*, Vetiver – *Vetiveria ziznoides*.

Essential oils which can be used for Diabetes conditions:

### Essential Oils suggestion for Diabetes

- Basil oil (*Ocimum basilicum*)
- Benzoin oil (*Styrax benzoin*)
- Dill oil (*Anethum graveolens*)
- Eucalyptus oil (*Eucalyptus globulus*)
- Fennel oil (*Foeniculum vulgare*)
- Geranium oil (*Pelargonium odorantissium/ graveolens*)
- Jasmine oil (*Jasminum officinale*)
- Juniper berry oil (*Juniperus comunis*)
- Lavender oil (*Lavendula angustifolia*)
- Lemon oil (*Citrus limon*)
- Lemon verbena oil (*Aloysia triphylla*)
- Neroli oil (*Citrus aurantium var. amara*)
- Petitgrain oil (*Citrus aurantium var. amara*)
- Rose oil (*Rosa damascena*)
- Rosewood oil (*Aniba rosaedora*)
- Sage oil (*Salvia officinalis*)
- Scots Pine oil (*Pinus sylvestris*)
- Sweet Thyme oil (*Thymus vulgaris ct. thujanol*)
- Yarrow oil (*Achillea millefolium*)
- Ylang Ylang oil (*Cananga odorata*)

Always contact a qualified Aromatherapist who will guide you on the oils that are suitable for your individual needs.

**Reference:**

- The complete Guide To Clinical Aromatherapy and Essential Oils of The Physical Body: Essential Oils for Beginners (The Secret Healer Book 1), Ashley, Elizabeth
- Aromatherapeutic Blending: Essential Oils in Synergy, Rhind, Jennifer Peace
- Fragrance and Wellbeing Plant Aromatics and Their Influence on the Psyche, Rhind, Jennifer Peace
- The Healing Intelligence of Essential Oils: The Science of Advanced Aromatherapy, Schnaubelt PH.D., Kurt
- Aromatherapy for Health Professionals – Elsevieron VitalSource , Price, Len; Price Shirley
- The Directory of Essential Oils, Sellar, Wanda
- The encyclopedia of Essential Oils, Julia Lawless
- <https://www.nhs.uk/conditions/diabetes>

To find a practitioner to discuss your needs [click here](#)