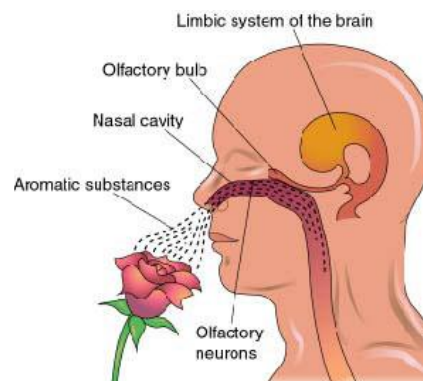


Benefits of aromatherapy for people with Alzheimer's or other cognitive challenge

Essential oils have been used for generations to ease symptoms of depression, anxiety and insomnia. Some caregivers are now using these trusted oils to ease anxiety, boost memory and improve the mood of loved ones living with Alzheimer's disease.

As the search continues for a cure for Alzheimer's, some research suggests that aromatherapy and the use of essential oils may treat certain symptoms of cognitively challenged individuals. While research on the effectiveness of essential oils is somewhat limited, some studies¹ have shown aromatherapy can:

- Ease symptoms of anxiety
- Offer relief from symptoms of depression
- Improve the quality of life for people living with chronic health conditions



Essential oils for the purposes of utilizing their effects in an

Assisted Living setting will be utilized for their aromas, and

will not be ingested. While oils have been used for generations and many are thought to be safe, essential oils are not regulated by the Food and Drug Administration, and may have negative interaction with medication if ingested.

7 Essential Oils That May Help Those Living with Alzheimer's or other dementias

Here are oils that have been shown to be effective in treating and controlling different symptoms of Alzheimer's or other dementias:

1. Lavender

Lavender is thought to be calming and able to balance strong emotions. It has also been used to help with depression, anger and irritability, and can help in some cases of insomnia. Lavender can be directly inhaled, placing a few drops on a cotton ball, placed in coconut oil to apply in a hand massage, or sprayed on linens or napkins.

2. Peppermint

Peppermint is an energizer and can be used to stimulate the mind and calm nerves at the same time. Best used in the morning, a few drops of peppermint oil can be placed in warm water and soak washcloths for a morning hand and face wash that the elder can

¹ Based on study from US National Library of Science. Psychogeriatrics 2009 Dec; 9(4):173-9.doi: 10.1111/j.1479-8301.2009.00299.x web source: <http://www.ncbi.nlm.nih.gov/pubmed/20377818>

apply themselves. Peppermint can be directly inhaled, placing a few drops on a cotton ball, placed in coconut oil to apply in a hand massage, or sprayed on linens or napkins.

3. Rosemary

Similar to peppermint, Rosemary is an uplifting oil used to stimulate the mind and body. It may even improve cognitive performance and mood. Rosemary has also been known to ease constipation, symptoms of depression and also reinvigorate the appetite. can be directly inhaled, placing a few drops on a cotton ball, placed in coconut oil to apply in a hand massage, or sprayed on linens or napkins.

4. Bergamot

Bergamot can be used to relieve anxiety, agitation, mild depression and stress. This mood elevating and calming oil can also be used to relieve insomnia. To use bergamot oil, it can be directly inhaled, placing a few drops on a cotton ball, placed in coconut oil to apply in a hand massage, or sprayed on linens or napkins.

5. Lemon Balm

While lemon oil may be among the more expensive oils, it is also one of the most studied and more effective oils. It has been shown to help calm and relax people who are dealing with anxiety and insomnia, improve memory and ease indigestion. Lemon oil can be directly inhaled, placing a few drops on a cotton ball, placed in coconut oil to apply in a hand massage, or sprayed on linens or napkins.

6. Ylang Ylang

Ylang Ylang oil can help ease depression while also promoting good sleep. This is a great oil not only for a person living with Alzheimer's, but also for caregivers struggling with restlessness and lack of sleep. Ylang Ylang is often combined with lemon oil and can be can be directly inhaled, placing a few drops on a cotton ball, placed in coconut oil to apply in a hand massage, or sprayed on linens or napkins.

7. Ginger

Ginger oil is helpful for anyone struggling with digestion issues. Commonly used to treat a loss of appetite and constipation, ginger can help promote good eating habits. Ginger oil can be can be directly inhaled, placing a few drops on a cotton ball, placed in coconut oil to apply in a hand massage, or sprayed on linens or napkins.