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Lavender Oil Benefits and Studies

1. Antioxidant Protection

Arguably the most dangerous and most common risk factor for every disease that affects Americans, free radicals (toxins, chemicals, pollutants, etc.) are responsible for shutting down your immune system and can cause unbelievable damage to your body.

So, what's the solution?

Antioxidants!

The body's natural response is to create antioxidant enzymes – especially glutathione, catalase, and superoxide dismutase (SOD) – which prevent these free radicals from doing their damage.

Unfortunately, your body can actually become deficient in antioxidants if the free radical burden is great enough. Sadly, this has become relatively common in the U.S. because of poor diet and high exposure to toxins.

Thankfully, natural options abound, such as lavender essential oil, which has been proven to be nature's antioxidant super hero.

For instance, researchers from China have recently discovered that lavender essential oil helps your body produce three of your bodies most powerful antioxidants, glutathione, catalase, and SOD within 22 hours of using lavender essential oil!

Also, Romanian scientists have seen similar results after just seven days of inhaling lavender essential oil vapor for 60 minutes a day. They found that diffusing lavender oil protected cells from damage that can lead to cancer.

\*I have many of my patients use a diffuser with their essential oils for health benefits. I personally have one going on the desk of my office and then we have the diffuser going in the living room during the day.

2. Diabetes Treatment

Possibly the most exciting of all research concerning lavender came out in 2014. Scientists from Tunisia set out to complete a fascinating task: to test the effects of lavender essential oil on blood sugar to see if it can help diabetes.

During the 15-day study, the results observed by researchers were absolutely amazing. In a nutshell, lavender essential oil treatment protected the body from the following symptoms of diabetes:

- Increase in blood glucose (the hallmark of diabetes)
- Metabolic disorders (especially fat metabolism)
- Weight gain (ever wonder why as diabetes continues to rise, so do our waistbands!)
- Liver and kidney antioxidant depletion (one of the reasons diabetes is lethal)
- Liver and kidney dysfunction (ditto)
- Liver and kidney lipoperoxidation (when free radicals "steal" necessary fat molecules from cell membranes)

Surprisingly, the radical-scavenging antioxidant activity of lavender was actually more robust than ascorbic acid (Vitamin C)!

Does this tell us that lavender essential oil should be used as a treatment option for diabetics? Maybe.

It's just one study, but a powerful study nonetheless! We look forward to more research on this topic as natural approaches to diabetics continue to fill the scientific literature.

\*You can apply lavender essential oil topically on your neck and chest, diffuse it in the air, or supplement with it for the health benefits.

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