

doTERRA Essential Oil Concussion Protocol – by Tamalu Watkins, Diamond IPC

When I started using doTERRA essential oils in 2008. I learning many uses for the Premium Kit oils collection I purchased by reading a booklet called 215 Ways to Use Essential Oils, written by Tamalu Watkins. I've had the pleasure of getting to know Tamalu through a variety of doTERRA events and conferences. She is extremely knowledgeable on the oils and a doTERRA leader whom I hold in high regard (see more on Tamalu and her husband, Mark's doTERRA journey in the most recent issue of the doTERRA Leadership Magazine.) Tamalu has nine children, and several of her boys are involved in wrestling. In her rural Wyoming town, she serves as a natural "nurse" of sorts from the side bleachers at wrestling matches, and based on experimentation and successful outcomes, she has developed a wonderful oils protocol to use with those who suffer a concussion. Tamalu shared this concussion protocol with me to pass along to one of our team member in need....so we thought we'd pass it on to you in case you or someone you know can benefit from its use. ---Marty Harger, doTERRA Diamond #2433

Provide this protocol 3 times a day at minimum, or as many times as is reasonable for the person for the first days following the accident.

With the person lying on a massage table or bed, place a few drops each of Frankincense & Bergamot on your hands and then wipe the oil from the back of the skull near the hair line around toward the front of the jawline and chin. Repeat this several times until all the essential oil is absorbed into the tissue. (Tamalu mentioned that we use these two oils to stop the cells from further injury and degradation.)

Next roll some Immortelle (Frankincense, Lavender, Sandalwood, Myrrh, Rose) on your palms, rub to create heat, and have the person inhale the aromas. The purpose of these oils is to help repair the cell damage caused by the concussion's trauma. Tamalu explained that when you have a concussion, it releases damaging chemicals in the brain that you want to stop from further replication. Immortelle will do this. She also commented that it is important to talk to the person while applying the oils to engage their mind and note their reactions. "Make sure you are talking to the person the whole time you are applying the oils and watching their eyes to see that their pupils are equally dilated and that the person is understanding whatever you are discussing." (she works with a lot of people immediately after a concussion so often they are confused and somewhat dazed.) "Seek medical help if they are not following you."

Once you are past the acute phase, lingering headaches can occur. "For a headache....have the person roll Immortelle in one hand and Past Tense in the other....rub together and inhale. Keep gathering information about their state of mind through conversation with this person as they are inhaling the oils." She suggests that encouraging a trauma-free conversation during the application of oils is important for the oils to work most effectively in healing the brain.

Other suggestions? If nauseated...take water with a peppermint beadlet or a few drops of Ginger or DigestZen.

For ongoing memory challenges...use Immortelle and InTune blends often plus increase the amount of EOMegas (add kids version?) and VMz in your intake daily. "The body needs a lot more vitamins and omega-3's when you are repairing the damage to the brain caused by a concussion."