

# How Essential Oils Helped Me Cope With My Traumatic Brain Injury



by Amy Zellmer

A little over 5 years ago the unexpected happened. I took a fall on a patch of ice, landing on the back of my skull. At the time, I never in a million years expected to still be struggling with the effects of my injuries years later. I was dazed and confused for weeks before I came to realize that I had suffered more than “just a concussion.” I had suffered a **traumatic brain injury** (TBI) and was only just beginning to see all of it's ugly faces.

Right before my accident I had started using **Young Living essential oils**, and I have to say that having these oils on hand was the biggest blessing I could have asked for. They helped me cope with my traumatic brain injury, along with the physical injuries I sustained (whiplash, torn muscles, stretched ligaments, and a dislocated sternum and ribcage).

What I am about to share with you is my own personal experience with essential oils and not everyone will have the exact same results. Plus, they are just a part of a larger wellness program I used to support my journey toward wellness.



*Please know I am not diagnosing or prescribing, I am simply sharing my own journey.*

Additionally, not all oils are created equally. **Young Living** is the *only* brand that I would recommend to anyone ... as they have complete control over their crops from seed to seal.

The oils sold at health food stores and co-ops are misleading — I mean, they're at a *health food store*, right?! However, they are NOT 100% therapeutic grade oils, meaning that you really don't know what else has been added to them. They may state on the label that they indeed are therapeutic grade or 100% pure, because there is zero regulation on essential oils. But if you look closely, the label will say things like “external use only” “for aromatic use only” and “dilute properly”. These are red flags that the oil inside that bottle are not 100%, they have likely been cut with other oils, synthetics, or chemicals.

**Young Living** oils have ZERO added ingredients, just 100% plant essential oils, with their slogan being “Seed to Seal”. (Never, EVER ingest an oil if you unsure whether it is 100% therapeutic grade)



You will notice that with many of the oils I use a cool mist diffuser, this is a product that comes with your Starter Kit and I highly recommend having at least one in your home. I diffuse my oils EVERY SINGLE night when I go to bed.

I have found that my skin allows me to put most oils directly onto, however, it is recommended that you use a carrier oil such as coconut, almond, avocado, or even vegetable oil if you have nothing else. One drop of oil and one drop of carrier oil and you're set to go.

**Below is a list of my favorite oils and how I use them:**

1. **Brain Fog:** I diffuse a few drops of **cedarwood** and **Frankincense** at night while I sleep. If I am traveling, I will put a few drops on the back of my neck and wrists. I notice a huge difference in clarity when I wake up after a night diffusing them.
2. **Muscle Discomfort:** I use an all natural pain relieving gel called Arnica (you can find this at most health food stores, co-ops, and even Walgreens) and rub it into my sore spots with a few drops of **peppermint, stress away, or deep relief**. I also made a roller ball of each of these to roll directly onto the spot when i'm on-the-go.
3. **Head Tension:** I have found **peppermint** oil to really minimize head discomfort and tension. I apply a few drops to the base of my neck, temples, or scalp, whatever is hurting me at the moment. I have made a roller ball of peppermint as well for easy application. I ALWAYS have peppermint with me: in my purse, in my suitcase, in my laptop case, everywhere. This is my #1 go-to oil for so many things. I literally never leave home without it.
4. **Ligaments:** I stretched a few ligaments in my neck, and they are especially challenging to recover. I have found **Lemongrass and PanAway** to be very helpful in supporting recovery. I use them in combination with peppermint and Arnica when applying to my neck in the morning and evening.
5. **Sleep:** I diffuse **vetiver** at bedtime, and will combine with **cedarwood** if I am foggy. If I am traveling, I will put it directly on my wrists and the front of my throat. It has a warm, smokey smell and puts me right to sleep. (note: I also take a CBD oil supplement to aid in sleep)





6. **Immune Support:** I put one drop of **lemon vitality** in my glass water bottle every day, and haven't had even a sniffle in over a year. I also use **thieves** for extra support when going out to crowded places or when I know I will be around small children. I also use Thieves on the bottom of my foot after a hot bath or shower, and I will also rub a drop inside my nose (note: this will sting the first few times you do it.). I make sure I am rubbing it into the membranes and NOT snorting it up my nose. Additionally, I use a YL supplement called **Inner Defense** and **Thieves Drops** when i'm on the go.
7. **Relaxation:** Whenever I take a bath (which is about 3 times a week) I add 3 drops of **lavender vitality** to my water. It not only is relaxing, it also softens your skin, smells great, and keeps you from drying out in the winter months. (note: your tub can be slippery when



using oils so be careful getting in and out. Also, don't bother with bubble bath because the oils will keep it from sudsing). I will also use a drop with a quarter size amount of coconut oil (purchase at any grocery store) and rub into my skin after bathing -- this leaves your skin so soft and radiant, and will smell divine. If you are sore, I also suggest adding Epsom salts to your bath, as they help draw out the toxins from your muscles. I noticed a LOT of relief when doing this. (NOTE: it is recommend you emulsify oils in salts or bubble bath before adding. When added straight to the bath, the oils can sit on the surface and burn the skin)

8. **Calming:** My drug of choice for calming is an essential oil: **transformation**. This one is a bit spendy, but it works so amazing for me and is way cheaper than buying meds! A bottle has lasted me a year, so it was money well spent. All I have to do is smell the bottle and I am immediately calmed. I will wear a few drops on my throat and wrists if I am going out and feeling nervous.
9. **Neck and Sternum:** I had a dislocated sternum, and my C4 was pushed into C5. For this I used **valor**, which is commonly referred to as "chiropractor in a bottle". I apply a drop or two in each area, and I apply on my neck before applying my lemongrass and peppermint mixture.
10. **Mood:** I will inhale **transformation, lemon, or orange**; or diffuse them. I also apply Transformation to my chest when I am having anxiety. I have found diffusing lemon really lifts my mood almost immediately if I am feeling "blah".
11. **Dizziness and Balance:** I put a drop of **ginger** behind each ear. I will also take a sniff of it as I am applying for a more immediate result.

12. **Tummy discomfort:** I use a drop of **peppermint** and rub into the area from my stomach up through my esophagus. I notice relief almost immediately. A drop of **peppermint vitality** taken internally can also do the trick!
13. **Fatigue:** I have found smelling **peppermint** (or diffusing it) will give me a pick-me-up if I am feeling fatigued. Also, a small drop on my tongue can help me perk up as well (Plus you get the added fresh breath bonus). You can also rub a drop on your chest or neck for a longer lasting effect.



Amy Zellmer is Editor-in chief of [www.thebrainhealthmagazine.com](http://www.thebrainhealthmagazine.com) and is an award winning author, keynote speaker, and TBI survivor. She is a passionate advocate to bring awareness to this invisible injury that affects over 3.5 million Americans each year.

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