The 5 Best Essential Oils for Managing Ovarian Cancer Symptoms

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Essential Oils for Ovarian Cancer

I'm sure you've read the benefits of essential oils for ovarian cancer, and you probably have that one friend who sells essential oils. They're forever praising the benefits on Facebook, and you think to yourself, "Geez, why are essential oils a remedy for everything?"

Well, if you're looking for an alternative therapy to treat your ovarian cancer symptoms, essential oils may just be the thing to try – and your friend is right – there is an oil for everything!

Are Essential Oils for Ovarian Cancer Effective?

Essential oils are the fragrant portions of a plant, such as from the bark, leaves, flowers, or peel. When these fragrances are extracted in natural ways, they become essential oils.

According to *PubMed,* "Each type of essential oil has a different chemical composition that affects how it smells, how it is absorbed, and how the body uses it. Even the oils from varieties of plants within the same species may have chemical compositions different from each other."

This all very well and good, right? You probably want to know – are there essential oils for ovarian cancer that will help your symptoms?

There has been research performed on the use of essential oils on specific symptoms. Most of these studies have been small-scale studies, and further research should be conducted to quantify the results – but the results are promising. Here are a few examples:

- Using inhaled ginger for women receiving chemotherapy during breast cancer treatment improved acute nausea, but did not improve vomiting and chronic nausea.
- Using inhaled bergamot for the parents of children and adolescents during stem cell transplants improved anxiety.
- Adults eating and tasting sliced oranges during stem cell transplants reported a reduction in nausea, vomiting, retching, and coughing – even more than the use of orange essential oil.
- Tea tree oil applied topically may clear antibiotic-resistant MRSA from the skin of infected patients when used as the first line of treatment.

So, let's discuss a few symptoms of ovarian cancer you may be experiencing, and five of the best essential oils for ovarian cancer that may be helpful in treating specific symptoms.

The 5 Best Essential Oils for Ovarian Cancer

Get Cellular Support From Frankincense

If you search “frankincense and ovarian cancer” in Google, you’ll come up with hundreds of blog posts and natural health websites reporting the benefits of frankincense and its supposed cancer-killing abilities.

Please note that while it is a strong anti-inflammatory oil and may help your body with immune response, there are not enough studies done yet that report that frankincense kills cancer cells. There has been a study done – the Omani study – that reports that frankincense kills cancer cells; however, further research should be conducted before using this oil as a sole treatment for ovarian cancer (or any cancer).

However, you may have heard your essential oil loving friend call this oil “Big Frank” – and it is called this for a reason! It is a powerful oil:

- Reduces inflammation
- Boosts immunity
- Fights illness
- Improves anxiety

Treat Nausea With Peppermint Oil

Like frankincense, peppermint essential oil is a powerful oil and a great one to have in your arsenal. It has multiple uses, and it is why I included it, as opposed to other oils.

Of note, peppermint oil is extremely concentrated and it is recommended to use a carrier oil when using topically and should not be used in young children.

Peppermint oil is great for treating maladies of the digestive system. To treat nausea or other digestive issues, apply several drops (using the carrier oil) to the abdomen or the wrists.

Peppermint is also useful in treating other conditions, such as colds, headaches, sore muscles, and promoting energy.

Improve Fatigue With Orange Oil

Whether it is for the treatment of ovarian cancer or cancer itself, it is likely you are feeling fatigue. The use of oils can give you a pick-me-up – and orange oil is a great one to do just that!

Orange essential oil has a powerful scent which lifts the mood, which in turn reduces depression and stress symptoms, improving fatigue. It can be inhaled – diffused throughout your room, or it can be added to water for flavor.

According to Zen Oils, “Combine with oils like Frankincense and Peppermint for better mind and body energy.”

Use Chamomile Oil for Pelvic and Back Pain Relief

You’re in luck – there are a myriad of essential oils that can be used in conjunction with your conventional pain treatments!

Peppermint and frankincense both can be used to treat pain – peppermint has a cooling effect on the skin, which can be soothing, and frankincense has anti-inflammatory properties. These oils are “double whammies” when treating your ovarian cancer symptoms.

However, chamomile essential oil tops the list when it comes to treating pain.

Chamomile has analgesic properties and contains flavonoids which have anti-inflammatory properties. It can treat pain associated with all types of conditions, from migraines to rheumatoid arthritis, to hemorrhoids to eczema.

This oil can be applied topically using a carrier oil.

Ease Anxiety, Stress, and Muscle Tension With Lavender Oil

Many ovarian cancer patients express symptoms of insomnia, anxiety, stress, muscle tension and pain during treatment. Typically physicians will prescribe sleep or pain medications, but if you're looking for an alternative to traditional medicine, you're in luck!

Lavender oil is known for its amazing benefits, from easing anxiety, stress, muscle tension, to reducing episodes of insomnia. The oil provides a calming scent and may remove mental and emotional exhaustion and restlessness.

- **Dealing with anxiety, stress, and insomnia?** You can utilize its benefits just by having a sniff of lavender oil or add the lavender oil to an oil diffuser and feel relaxed in the room you're in.
- **Experiencing muscle pain?** Apply a few drops lavender oil (with the carrier oil) onto the skin and massage it into the skin to bring relief.

In Conclusion...

Whichever essential oils for ovarian cancer you use, you can expect some incredible natural benefits for each of the listed above essential oils.

Please note the use of essential oils should be used as an adjunct to any therapy your physician has prescribed. Please discuss the use of essential oils with your physician.