



Uses of Lavender Essential Oil & Flowers on Breast Tumors & Ovarian Cysts

Common Sense Green Medicine

By Miguel A. Cisneros-Abreu

Aroma Therapy Complementary Alternative Medicine (A-CAM)

Scientific Name: *Lavandula officinalis* Family: Lamiaceae

If you asked any A-CAM Practitioner what medicinal plant material they could not do without, each would answer Lavender Essential Oil and Flowers.

Lavender, the most versatile of all the Medicinal Plants, with its flavorful fragrant flowers as tea for internal use (Tea form) and its valuable Essential Oil for external use, has proven its worth in many applications. With plenty of scientific validation and anecdotal information, and efficiency, the Lavender plant, has shown its worth throughout history, and continues to excel for today's health needs.

Relaxing and more...

We all know the relaxed feeling one gets by smelling Lavender Essential Oil, and many might know its proven effectiveness for insomnia. But few know Lavender's therapeutic effectiveness on breast tumors, and ovarian cysts.

The Science...

According to the Natural Medicines, Comprehensive Data Base, compiled by the editors of Pharmacist Letter and Prescriber's Letter, two of Lavender's constituents, both members of a class of compound known as monoterpenes; perillyl alcohol, and limonenes "are reported to have anticancer activity in vitro and in experimental animals". In addition, Lavender is being investigated for treating human breast, ovarian and prostate cancers.

With this in mind, I would like to share with the reader, my observation on the uses of Lavender Essential Oil and Flower, in hopes that it could help those in need and perhaps, stimulate further Medical interest.

In 1993, I came across a study announced at the American Association Cancer Research (AARC), annual meeting, which was held in Orlando, FL, May 19-22, 1993. The study was on the uses of perillyl alcohol and limonenes, from Lavender Essential Oil, in reducing cancerous tumors in rats. Dr. Michael N. Gould, reported that "60% to 80% of the tumors completely regressed when laboratory rats were fed perillyl alcohol." According to Dr. Gould, "the nature of their effectiveness is as follows; as agents of prevention, these components, appear to spur enzymes that detoxify dangerous carcinogens."

Common Sense...

One of the benefits of practicing Complementary Alternative Medicine is the freedom and ability to look at ongoing research and to exercise common sense before scientific validation is completed. As an A-CAM Practitioner, I had no hesitation about what I needed to do; that same year, to clients diagnosed by their medical practitioner with breast tumors or ovarian cysts. I began to recommend direct application and baths of Lavender Essential Oil and the consumption of Lavender Flower tea, 4-6 cups per day.

The recommendation was simple; for breast tumors, apply A-CAM Lavender directly to the effected area three times per day. And for ovarian cyst, the recommendation was for the individual to take 2-3 baths per week, adding 20 drops of A-CAM Lavender Essential Oil per bath.

It is important to recognize that the flavor of the tea is the Essential Oil, with its flavonoids & therapeutic properties, and for this reason I advocate lavender herbal tea for internal use in addition to external application of Lavender Essential Oil, in the A-CAM Protocols.

All clients with breast tumors or ovarian cysts were instructed to brew Lavender Flower tea, by measuring 1 tsp of Lavender Flower per cup of hot steamy water, steeping for 10 minutes, and drinking 4-6 cups per day.

A-CAM Consultation

It is important to mention that an A-CAM consultation includes environmental assessment, which identifies, and replaces toxic home/work chemicals, known to cause or suspected of causing cancer.

Equally important to mention is the fact that we are a product of our environments: work, play and home environments.

Reducing environmental health risks posed by indoor chemicals is a great idea. Sick-Building-Syndrome is a real health risk, recognized by the EPA and AMA... but more on this in a later issue.

Promising Results

All participants followed the A-CAM assessment recommendations, reducing the environmental toxins within their living quarters and work place.

The results on the tumors and cysts were amazing, too amazing for even me until I saw my clients' medical reports with my own eyes. By now, I have seen it too many times not to believe. Just remember: this is still anecdotal information, not yet proven by clinical trials in humans, but as mentioned previously, scientifically validated in mice. But easy to prove for yourself: in humans, all it takes is 1oz. of A-CAM Essential Oil of Lavender, 4 ozs of Lavender Flower tea and 30-45 days.

As recommended with any Complementary Alternative Medicine Practice, all participants where told to inform their primary care physician prior to application, and of course, to continue allopathic medical treatment.

Participants' Feedback

Breast Tumors: 9 out of 10 clients reported their tumor reduced 50% in 3-4 days, disappearing in 25-30 days – according to examinations by their allopathic physicians.

Ovarian cyst: 9 out of 10 clients reported significant cyst reduction within 35-45 days, according to examination by their allopathic physicians.

In conclusion, if you need invasive treatment for survival, no question, undergo treatment. If you need a pill, you need a pill. But, with equal urgency, present times and common sense dictate finding the best non-toxic approach to your health care, needs and maintenance, to be explored with your primary physician through continuing education on current allopathic, preventative, and CAM modalities. This we owe to ourselves and our loved ones!

For the past 20 years, Miguel A. Cisneros-Abreu has been researching, teaching, and practicing Aroma Therapy in Complementary Medicine (A-CAM). He is considered by many to be a pioneer in this field. He is credited for coining the word A-CAM; He has an active practice in South Miami, Florida and teaches Healthcare Practitioner, The A-CAM Concept.. For questions and/or additional information, e-mail, Miguel@A-CAMeducation.com Copyright©2008