



Topical Essential Oils, and Aromatherapy

PARKINSON'S DISEASE AND THEIR CAREGIVERS

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For those living with PD, natural solutions can help ease discomfort and improve overall well-being. Jordan Essentials offers a range of products that can be integrated into a self-care routine to support symptom management. For caregivers, self-care is important too and Jordan Essentials products are ideal for caregivers' self-care.

The Role of Topical Products in Managing Parkinson's Symptoms

Topical products offer direct relief for muscle stiffness, joint pain, and inflammation—symptoms commonly associated with PD. These products applied directly to the skin, bypass the digestive system, making them gentle yet effective.

Magnesium Topical Products

Magnesium is an essential mineral that supports muscle and nerve function. Topical magnesium products, such as lotions, shea butter and sticks, help alleviate muscle cramps and rigidity by delivering magnesium directly to the affected areas.

Benefits of Topical Magnesium:

- **Muscle Relaxation:** Relieves tight muscles and reduces stiffness, enhancing mobility.
- **Pain Relief:** Reduces muscle and joint pain, offering a natural alternative to oral pain relievers.

Jordan Essentials Solutions:

The Jordan Essentials Magnesium Plus Stick delivers the benefits of magnesium in a convenient, easy-to-apply form with the boosted benefit of essential oils. This product can target specific discomfort areas, providing fast-acting relief for stiff and sore muscles.

For wider coverage, Jordan Essentials also offers Magnesium Spray. Blended in a witch hazel base it is soothing to the skin and does not cause dryness.

The Power of Essential Oils and Aromatherapy in Parkinson's Disease Management

Essential oils are highly concentrated plant extracts known for their therapeutic properties. When applied topically or inhaled through aromatherapy, these oils can help manage both motor and non-motor symptoms of PD, such as pain, stress, and sleep issues.

Copaiba Essential Oil

Copaiba essential oil has been researched for its anti-inflammatory and pain-relieving properties, making it an excellent choice for those with PD. It can be applied topically or used in aromatherapy to provide comfort and support.

Benefits of Copaiba Essential Oil:

- **Pain Relief:** Helps reduce muscle and joint pain by decreasing inflammation.
- **Calming Effect:** Promotes relaxation, reducing anxiety and stress often experienced by those with PD and their caregivers as well.

Jordan Essentials Solution:

Jordan Essentials offers Copaiba Essential Oil in its line of Copa-Calm products. These are applied topically to relieve sore muscles and to promote a calming atmosphere, helping manage both physical and emotional discomfort.

Lavender Essential Oil

Lavender is well known for its ability to calm the nervous system and reduce stress, making it ideal for managing symptoms such as anxiety and sleep disturbances associated with PD.

Benefits of Lavender Essential Oil:

- **Stress Relief:** Promotes relaxation and reduces anxiety.
- **Improved Sleep:** Helps improve sleep quality, allowing for better rest and recovery.

Jordan Essentials Solution:

The Jordan Essentials Lavender Essential Oil can be diffused to create a calming, restful environment, perfect for improving sleep and reducing anxiety.

It is also used in several products such as Sleep Spray which can be sprayed directly on the skin, linens, bedding and in the air to promote a restful sleep.

Frankincense Essential Oil

Frankincense essential oil is widely used for its anti-inflammatory and mood-boosting properties, helping to relieve both physical pain and emotional stress.

Benefits of Frankincense Essential Oil:

- **Inflammation Reduction:** Helps alleviate muscle and joint discomfort.
- **Mood Enhancement:** Supports emotional well-being, reducing feelings of stress and anxiety.

Jordan Essentials Solution:

Frankincense Essential Oil is used in many of the solution sticks and sprays. These can be used as a mix and match solution for added energy, relaxation or calming depending on the need.

The Healing Power of Dead Sea Salts

Dead Sea salts are packed with minerals like magnesium, potassium, and calcium, which are known for their ability to soothe sore muscles, improve circulation, and reduce inflammation—benefits particularly helpful for those with PD.

Benefits of Dead Sea Salts:

- **Muscle Relaxation:** Helps ease muscle tension and stiffness.
- **Improved Circulation:** Stimulates blood flow, which may reduce pain and promote relaxation.
- **Detoxifying Properties:** Helps draw out impurities, leaving the skin refreshed and revitalized.

Jordan Essentials Solution:

Jordan Essentials offers Dead Sea Salts boosted with Magnesium, which can be added to a warm bath to soothe sore muscles and joints, helping to relax the body and mind. The minerals in these salts provide a natural way to reduce inflammation and support overall skin health.

Aromatherapy for Parkinson's Disease Symptom Relief

Aromatherapy, the practice of using essential oils to promote health and well-being, can have a significant impact on both motor and non-motor symptoms of PD. By inhaling essential oils, the olfactory system is stimulated, which can help improve mood, reduce stress, and even provide pain relief.

How to Use Aromatherapy for PD:

- **Diffusing:** Use a diffuser to fill a room with the calming or invigorating scents of essential oils like lavender, frankincense, or peppermint.
- **Massage:** Combine essential oils with a carrier lotion, like Jordan Essentials' Unscented Lotion, to massage into sore areas, offering localized relief.
- **Baths:** Adding essential oils like lavender or frankincense to a bath with Jordan Essentials Dead Sea Salts can enhance relaxation and soothe muscle tension.

Reducing Toxic Body Burden with Jordan Essentials Healthy Home Collection

People living with Parkinson's disease are often more sensitive to chemicals and toxins, making it crucial to reduce exposure to harmful substances. Toxic body burden refers to the accumulation of chemicals from everyday products like cleaners and personal care items, which can worsen symptoms by increasing inflammation and oxidative stress. Reducing this toxic load is essential for promoting well-being, especially for those with neurological disorders.

Jordan Essentials Healthy Home Collection

Jordan Essentials' Healthy Home Collection offers non-toxic, eco-friendly alternatives that help minimize chemical exposure. These products are free from harsh chemicals, synthetic fragrances, and artificial preservatives, providing a safer environment for those with Parkinson's.

Healthy Home Collection is a safe, plant-based product that cleans surfaces without harmful chemicals.

By incorporating the Healthy Home Collection into daily routines, individuals with Parkinson's can reduce their toxic body burden, supporting better respiratory, skin, and neurological health in a safer living environment.

CONCLUSION

If you would like to become a distributor and provide your patients and loved ones Non Toxic products to support your Parkinson's journey, fill out this form for more information and free sample pack. Visit bit.ly/jehealthcaredirect to fill out the form.

For those managing Parkinson's disease, integrating natural products like topical magnesium, essential oils, and Dead Sea salts into a daily routine can offer relief and enhance well-being. Jordan Essentials provides high-quality, natural solutions such as Magnesium Plus Stick, Copa-Calm, Lavender Essential Oil, and Dead Sea Salts, all of which can help manage symptoms like muscle stiffness, pain, and stress.

Combining these products with aromatherapy practices offers a holistic approach to managing Parkinson's symptoms, promoting both physical relief and emotional well-being. Always consult with a healthcare provider before beginning any new treatments, but natural products can be an effective complement to traditional medical care for those with PD.

PARKINSON'S RELIEF

Essential Oil Diffuser Blends

Parkinson's Soothing Blend

This blend is designed to help alleviate symptoms such as anxiety, muscle stiffness, and stress, while promoting relaxation and emotional balance.

- **3 drops Lavender Essential Oil**
(Calms the nervous system, reduces stress, and promotes relaxation)
- **2 drops Frankincense Essential Oil**
(Reduces inflammation, promotes a sense of calm, and uplifts mood)
- **1 drop Peppermint Essential Oil**
(Helps with mental clarity, relieves muscle tension, and provides an energizing boost)

Instructions:

1. Add the above oils to your diffuser.
2. Fill with water according to your diffuser's instructions.
3. Turn on the diffuser and allow the blend to fill the space, promoting relaxation, easing muscle discomfort, and reducing anxiety.

Emotional Balance Blend

This blend is designed to promote emotional balance and reduce stress and anxiety, which are common non-motor symptoms of Parkinson's disease.

- **3 drops Frankincense Essential Oil**
(Grounding, promotes emotional stability, and reduces stress)
- **2 drops Lavender Essential Oil**
(Calms the nervous system and helps reduce anxiety)
- **2 drops Sweet Orange Essential Oil**
(Uplifts mood and provides a sense of happiness and calm)

Instructions:

1. Add the oils to your diffuser.
2. Fill the diffuser with water as directed.
3. Turn on the diffuser and let the blend fill the space, promoting calm and emotional well-being throughout the day.

These blends combine essential oils known for their relaxing and uplifting properties, making them perfect for managing both physical and emotional aspects of Parkinson's disease.