

Essential Oils for Hearing Loss, Tinnitus and Vertigo

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For informational purposes only

HEARING LOSS

Conductive Hearing Loss

Helichrysum Oil

helichrysum immortelle, H. arenasrium

Sensorineural Hearing Loss

Cajeput Oil

melaleuca leucadendra

Geranium Oil

geranium maculatum

Helichrysum Oil

helichrysum immortelle, H. arenasrium

Lavender Oil

lavandula officinalis, lavandula angustifolia

Tea Tree Oil

melaleuca alternifolia

Mixed Hearing Loss

There are no essential oils recommended specifically for mixed hearing loss.

TINNITUS

Basil Oil	ocimum basilicum
Cannabidiol (CBD Oil)	cannabidiol-dimethylheptyl
Castor Oil	ricinus communis
Cypress Oil	cupressus sempervirens
Frankincense Oil	boswellia carteri
Garlic Oil	allium sativum
Ginseng Oil	panax notoginseng
Helichrysum Oil	helichrysum immortelle; H. arenasarium)
Lavender Oil	lavandula officinalis, L. angustifolia
Lilies Oil	oleum lilia
Olive Oil	olea europa
Onion Oil	allium cepa
Patchouli Oil	pogostemon cablin
Petitgrain Oil	citrus aurantium
Rehmannia Oil	rehmannia glutinosa
Saline Solution	sodium choloride and water
Spotted Orchis Oil	orchis masculata

VERTIGO

Basil Oil	ocimum basilicum
Bergamot Oil	citrus bergamia
Bitter Orange Oil	citrus aurantiwn
Cannabis - see CBD Oil	cannabis sativa
CBD Oil	cannabidiol
Clary Sage Oil	salvia sclarea
Cypress Oil	cupressus sempervirens
Geranium Oil	geranium maculatum
Frankincense Oil	boswellia carteri
Ginger Oil	zingiber officinale
Lavender Oil	lavandula officinalis(lavandula; (also lavandula angustifolia)
Lemon/Lemon Balm Oil	Melissa officinale
Melissa - see Lemon Oil	
Neroli – see Bitter Orange	citrus aurantiwn
Peppermint Oil	mentha piperita
Rose Oil	rosa gallica & rosa centifolia
Rosemary Oil	rosmarinus officinalis
Tangerine Oil	citrus tangerina
Thyme Oil	thymus vulgaris

References

1. DiSogra, RM. Over the counter tinnitus relief products. ESCO/Oaktree Products Publ. 2015
2. DiSogra, RM. Over-the-counter dietary supplements for tinnitus: do they really help? *Tinnitus Today*, Vol. 39, No. December. pp.16-18, 2014
3. DiSogra, RM. OTC tinnitus relief products: why reading the label is important. *Audiol Today* July/August 2014
4. Gruenwald, J, Brendler T, Jaenicke, C. *PDR for Herbal Medicines* 2007 Thomson Healthcare Inc., Montvale, NJ
5. PubMed www.ncbi.nlm.nih.gov/pubmed

NOTE 1: Because it is still extremely hard to come by reliable information on the swarm of unregulated "dietary supplements" in today's market-place, this new edition continues to provide the reader with the closest available analog to FDA-approved labeling—the findings of the *German Regulatory Authority's* herbal watchdog agency, commonly called "*Commission E.*" This agency has conducted an intensive assessment of the peer-reviewed literature on some 300 common botanicals, weighing the quality of the clinical evidence and identifying the uses for which the herb can reasonably be considered effective.

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