

Working with MS Support Group*

WorkingWithMS.DC.MD.VA@gmail.com

(301) 337-8106

<https://sites.google.com/site/workingwithms/>

Rockville Nursing Home, 303 Adclare Road, Rockville, MD 20850

March 10, 2019

Agenda

3:00pm	Welcome! (Remember – set clocks forward for Daylight Saving Time!)
	Brief Introductions/Member Check-in
3:15pm	MS Essence: MS & Essential Oils “Nature itself is the best physician.” - Hippocrates
4:00pm	Member Sharings & Support
5:00pm	Adjourn

Handouts & “News You Can Use”:

What Are Essential Oils? 21 Facts About Essential Oils You May Not Know (Organixx.com)

<https://organixx.com/what-are-essential-oils-facts/>

Essential Oils for Multiple Sclerosis (BioNews Services, LLC; Sept 29, 2016)

<https://multiplesclerosisnewstoday.com/pinterest/2016/09/29/essential-oils-multiple-sclerosis>

Essential Information About Essential Oils (C. Wong; Oct 06, 2017)

<https://www.verywellhealth.com/what-are-essential-oils-88807>

Best Essential Oils for MS - Dreaming Earth Botanicals (Dreaming Earth Botanicals.com)

<https://www.dreamingearth.com/catalog/pc/MS-Multiple-Sclerosis-d58.htm>

Multiple Sclerosis Foundation - The Essence of Essential Oils (Multiple Sclerosis Foundation; Nov 2016)

<https://www.msfocusmagazine.org/Magazine/Magazine-Items/The-Essence-of-Essential-Oils>

Essential Oils for MS: Essential Oils to Help Relieve MS Symptoms (E. Wilson, Perk.com; Oct 9, 2018)

<https://ms.newlifeoutlook.com/essential-oils-for-ms/>

Best Essential Oils for Multiple Sclerosis - Top 5 List

<https://essentialoiluses.net/best-essential-oils-for-multiple-sclerosis-list/> (Essential Oils Uses.com)

Frankincense extract may reduce disease activity in relapsing-remitting MS (in Clinical Neurology News abstraction service)

<https://www.mdedge.com/clinicalneurologynews/article/161857/multiple-sclerosis/frankincense-extract-may-reduce-disease> +requires you to subscribe to read article

<https://jnnp.bmj.com/content/89/4/330> (free; the actual/original research article this Clinical Neurology News refers to)

Girl with MS - Tips & Tools for Thriving with Multiple Sclerosis: Essential Oils and Multiple Sclerosis (by C Craven.com)

<http://www.girlwithms.com/2014/03/essential-oils-and-new-medicine-cabinet.html>

Essential Oils For Multiple Sclerosis: Beating MS One Step At A Time (essentialoilbenefits.com)

<https://essentialoilbenefits.com/essential-oils-for-multiple-sclerosis-beating-ms-one-step-st-a-time/>

10 Best Essential Oils & How to Use Them - 2019 Updated Guide (Ultimateguide.io is an Amazon Services LLC affiliate advertising program)

<https://ultimateguide.io/best-essential-oils/>

Next/Upcoming Meetings:

April 14th – Meeting

May 12th – Meeting Happy Mother’s Day to all our Moms!

June 9th – Meeting

* "Working with MS" is a group of persons with Multiple Sclerosis (MS) or its symptoms who seek to offer each other, and others with MS, support, encouragement, and ways to approach challenges to working with MS. We are NOT health care professionals, counselors, physicians, attorneys, employment counselors, or representatives of public service agencies. Information provided at this site is purely informational and does NOT represent a recommendation of any kind, nor medical, legal, or other professional advice, and should be used only after and/or in consultation with the appropriate provider(s) (e.g., physicians, counselors, lawyers). Any opinions expressed on these pages are purely the opinion of the person who has authored it and does not represent the opinion of "Working with MS" or its members or sponsor(s).