



RESOURCES

Looking for research on essential oils is a very unique process. Since research on this subject is relatively new there may not be as much out there, and many topics will have very limited information. However, there are still many things you can do to find research that is applicable and useful. Here are a few tips you may find helpful:

- **Check your facts**
 - Studies should be published from a reputable journal that comes from an accredited university or institution. While not necessary, it is also important to look for studies that have been peer-reviewed.
- **Know what you are looking for**
 - When searching for an essential oil you can always search by common name, botanical name, or the main constituents of the oils
 - Ex. Peppermint essential oil, *Mentha piperita*, menthol
 - When performing a search for oils that help with an ailment, for example congestion, you can also search for synonyms for the ailment
 - Ex. anti-tussive, expectorant, decongestant, or anti-mucolytic
 - When having trouble finding research for a health condition, you can also try looking for a related condition or the symptoms of that condition. Also, remember to look for the technical term for the condition rather than just the common term.
 - Ex. Common Cold/Rhinovirus, Symptoms: (congestion, sore muscles, headache, inflammation, etc.)
- **Be specific in your search**
 - Get rid of any filler words, by using statements that are to the point. This will help to refine your search. If you are looking for research on how peppermint oil can be beneficial for congestion an example search term would be:
 - Ex. Peppermint essential oil, congestion
- **Validate your results**
 - Last but not least, it is important to always find more than one study to help validate your search.