

# Week 5 References and Resources



## Video: How Can Essential Oils Reduce Nausea?

### Slide 2

Briggs, P., Hawrylack, H., & Mooney, R. (2016). Inhaled peppermint oil for postop nausea in patients undergoing cardiac surgery. *Nursing*, 46(7), 61–67.

<https://doi.org/10.1097/01.NURSE.0000482882.38607.5c>

### Slide 12

Lua, P. L., & Zakaria, N. S. (2012). A brief review of current scientific evidence involving aromatherapy use for nausea and vomiting. *The Journal of Alternative and Complementary Medicine*, 18(6), 534–540. <https://doi.org/10.1089/acm.2010.0862>

## Video: Clinical Use of Peppermint and Spearmint

### Slide 9

Chumpitazi, B. P., Kearns, G. L., Shulman, R. J. (2018). Review article: The physiological effects and safety of peppermint oil and its efficacy in irritable bowel syndrome and other functional disorders. *Alimentary Pharmacology & Therapeutics*, 47(6), 738-752. doi:10.1111/apt.14519

Cappello, G., Spezzaferro, M., Grossi, L., Manzoli, L., Marzio, L., Code, U. S., ... Kacker, A. (2015). Peppermint oil: clinical uses in the treatment of gastrointestinal diseases. *Complementary Medicine Research*, 3(1), 43–49. <https://doi.org/10.1002/lio2.121>

Mukerji, G., Yiangou, Y., Corcoran, S. L., Selmer, I. S., Smith, G. D., Benham, C. D., ... Anand, P. (2006). Cool and menthol receptor TRPM8 in human urinary bladder disorders and clinical correlations. *BMC Urology*, 6, 1–11. <https://doi.org/10.1186/1471-2490-6-6>

## Video: Essential Oils for Urinary Retention and Smoking Cessation

### Slide 4

Phillips, S. A. (1998). Use of peppermint oil to promote urination in women experiencing postoperative urinary retention. (Unpublished master's thesis). University of Kansas, Lawrence, KA.

### Slide 6

Mukerji, G., Yiangou, Y., Corcoran, S. L., Selmer, I. S., Smith, G. D., Benham, C. D., ... Anand, P. (2006). Cool and menthol receptor TRPM8 in human urinary bladder disorders and clinical correlations. *BMC Urology*, 6, 1–11. <https://doi.org/10.1186/1471-2490-6-6>

Uvin, P., Franken, J., Pinto, S., Rietjens, R., Grammet, L., Deruyver, Y., ... Voets, T. (2015). Essential role of transient receptor potential M8 (TRPM8) in a model of acute cold-induced urinary urgency. *European Urology*, 68(4), 655–661. <https://doi.org/10.1016/j.eururo.2015.03.037>



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## Slide 8

Rose, J. E., & Behm, F. M. (1994). Inhalation of vapor from black pepper extract reduces smoking withdrawal symptoms. *Drug and Alcohol Dependence*, 34(3), 225–229. [https://doi.org/10.1016/0376-8716\(94\)90160-0](https://doi.org/10.1016/0376-8716(94)90160-0)

Cordell, B., & Buckle, J. (2013). the effects of aromatherapy on nicotine craving on a U.S. campus: A small comparison study. *The Journal of Alternative and Complementary Medicine*, 19(8), 709–713. <https://doi.org/10.1089/acm.2012.0537>

## Essential oil monographs

Peppermint: <https://www.aromaweb.com/essential-oils/peppermint-oil.asp>

Spearmint: <https://www.aromaweb.com/essential-oils/spearmint-oil.asp>

Lemon: <https://www.aromaweb.com/essential-oils/lemon-oil.asp>

Grapefruit: <https://www.aromaweb.com/essential-oils/grapefruit-oil.asp>

Black pepper: <https://www.aromaweb.com/essential-oils/black-pepper-oil.asp>



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