**6 Best Essential Oils For Diabetes**

Diabetes is an expensive disease. According to the American Diabetes Association, a person without insurance affected by this condition spends anywhere from $350 to $900 every month. While there have been strides in making treatment more affordable, medication can still run a pretty penny.

If you are suffering from Type 1 or Type 2 diabetes, it is very important to follow the recommendations of your doctor. However, there are some alternative ways you can do in order to manage your condition.

Essential oils as part of aromatherapy are known to do wonders for diabetic patients. Each type of oil is beneficial in its own right. Find the right type for your condition below:

**Cinnamon Oil**

Consuming cinnamon orally can regulate levels of glucose and cholesterol. Its oil on the other hand increases the body's ability to fight off infection, lessen inflammation and control blood sugar level.

The nice thing about this oil is the fact that you have the choice to take cinnamon as a supplement or include it to your aromatherapy routine. You can do one way or both.

**Lemon Oil**

When you are stressed, the body produces cortisol in order to cope with whatever situation you’re going through at the time. While the production of cortisol is not detrimental in itself, When it continuously makes this stress hormone it can lead to elevated blood sugar levels.

Lemon essential oil when used for aromatherapy relieves stress. It can ease tension and help you relax.

**Ylang Ylang Oil**

Ylang ylang essential oil regulate blood circulation which in turn manages your blood pressure levels. This fragrant oil can be used topically. It can help ease high blood pressure when placed on your wrists, neck and feet.

**Thyme Oil**

Mostly used for cooking, Thyme can also be beneficial for people with diabetes when used as an aromatherapy treatment. Diabetics are usually prone to the development of psoriasis and dermatitis. Thyme is the perfect oil for conditions like this since it is an immunity stimulant and antiseptic.

**Orange Oil**

Diffusing orange essential oil can help boost a person's immunity. Plus it will help to reduce stress and restore the endocrine system to its natural state. Similar to Cinnamon, orange supplements are available, but you can also diffuse this oil to get the same effect.

**Cypress Oil**

People who suffer from Type 2 diabetes are most likely to suffer from poor blood circulation. Cypress oil can help manage the circulation of blood in the body. Many don’t know this, but cypress oil is one of the more popular essential oils especially when addressing cardiovascular issues.

Essential oils can do so many wonderful things for you and have tons of benefits. Like any form of treatment talk to your doctor before you start. Take this list with you the next time you visit and see which ones will work the best for you.