

Ajaan Guy's Firelce Oil

Healing oil designed and hand-produced by
Guy Harriman (Yoga Teacher, Thai Massage Therapist, and Energy Worker)

In the Thai language, "Ajaan" means teacher, like Sensei in Japanese, and Shifu in Chinese

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The History and Philosophy of Firelce Oil

I became interested in the properties of DMSO in 2004, and researched it on the web. I was looking for something which would help my fellow massage therapists, as many of them were suffering severe arm and shoulder pain within a year or less of starting in the massage profession.

I have used lavender essential oil for over five years as an effective immune system booster. Using a few drops on the skin, I have been able to prevent colds from developing in myself, my daughter, my clients, and my friends. I always use it undiluted, as the skin absorbs what the body needs. Many people have been told

that all oils must be diluted, but in my experience sensitivity is very rare. The problem with using base oils to dilute essential oils is that the healing properties of the oil are lost. This was confirmed for me recently by a teacher of healing with essential oils with over twenty years of experience.

Another favorite oil of mine is peppermint essential oil. I heard of its benefits in England, from one of my cousins. She uses it for any upset stomach. I also noticed its use for relieving sore muscles when I was helping a friend of mine in Chiang Mai, Thailand, when I was staying there researching Thai massage techniques. She was a massage therapist who had sore tendons, and the peppermint relieved the pain for a while.

I wanted to find a solution to the problem of providing essential oils deep into damaged and sore tissues, both muscles and connective tissue, including tendons and ligaments.

As I learned more about DMSO (dimethyl sulfoxide) and its precursor, MSM (methylsulfonylmethane), I saw that it had the properties I was looking for. It was both a vasodilator (opening blood capillaries to help the healing process) and a powerful solvent, capable of delivering essential oils directly to the injured tissue.

Considering the stimulating effects of DMSO and peppermint on painful muscle and connective tissue, I added lavender as a calming agent. The lavender relaxes the injured tissues, and makes the smell of FireIce oil appealing and soothing. The immune system is boosted within twenty seconds when lavender essential oil is smelled, as it works directly on the olfactory lobe at the top of the nose. I also wanted to have this immune boosting effect in FireIce Oil.

I decided to combine the three ingredients to make a healing oil which could be rubbed onto sore muscles and joints, so that the heating effect of vasodilator DMSO were combined with the cooling effect of the menthol in peppermint essential oil. Therefore I named the product FireIce Oil, for the combination of heating and cooling properties. Sometime injuries respond to heat, at other times to cold, and so I wanted to have both properties available at the same time.

I use 99.9% pure DMSO, and the best essential oils of lavender and peppermint, to make up FireIce Oil. The oil lasts a long time, as only a few drops are needed.

Since I made my first samples of FireIce Oil in the summer of 2004, I have had many occasions to see its benefits for many of my clients. Both long term and short term problems have been cleared up in a short period of time.

Precautions

A few people have sensitivity to DMSO, and their skin can become inflamed after contact. Although this wears off as the DMSO is absorbed, it is better for them not to use the oil. Please keep your hands and skin clean when applying the oil, as the DMSO can transport surface impurities into the body. Wash your hands after applying the oil, or if you prefer, use disposable latex or vinyl gloves.

Testimonials

- Since I was involved in three major car accidents over 20 years ago, I have developed constant trigger point pain in my neck and back. This has been so severe that I have had to be taken to the emergency room four times. I have been given a series of botox shots twice, as well as lignocaine shots and vicadin medication over the years to help me tolerate the pain. I also tried various forms of massage. I am now using Guy's FireIce Oil, and weekly sessions of Thai Deep Tissue massage from Guy, and am already finding 80% or more relief.
Dave Larsen, Los Gatos, CA
- I became acquainted with Ajaan Guy's FireIce Oil after I suffered an injury to my upper back and neck. The injury caused very painful spasms of my neck and shoulder area. Once the oil was applied I felt what I will describe as a very comforting "cool heat" soak in to the very muscle that was spasming. By that evening I was much better and by the next morning I had absolutely no symptoms or spasms at all. I was amazed. A couple days later I stubbed my baby toe. It was so painful, I thought I had broken it...it was so red and sore that I couldn't wear my shoe...then I remembered FireIce. I applied it and with in a few minutes I put on my shoe and took the dog for a walk. In my experience FireIce oil has miraculous healing properties. I highly recommend it.
Cynthia Huertas, Oakland, CA
- I have successfully used FireIce Oil for severe muscle pain and the relief of muscle spasms on many occasions. One night, I awoke at 3am from a badly knotted neck muscle. I rubbed a few drops of FireIce Oil on, and the pain was relieved, so I was able to get back to sleep. In the morning I found that the knot had disappeared.
Nurse Pam Monte, San Francisco, CA
- I put some FireIce Oil on my sore knee, and it felt wonderful for over twenty four hours!
Patti Young, Sunnyvale, CA

- I was 6 months pregnant and was feeling pain in my neck, shoulders and lower back. I applied a few drops of the FireIce Oil and I was amazed at the relief I felt. It allowed me to function throughout the day! In total, I used a full bottle of the FireIce Oil throughout my pregnancy.

Carmen Cerrelli, San Jose, CA

- Just wanted to thank you for recommending the FireIce oil to me. It is wonderful! I injured my right arm through overuse of the computer, and had a lot of constant pain because of the tendonitis. It got so bad that I thought I would not be able to work. I started using the FireIce Oil every day, and after two weeks it diminished so much I was able to continue working without problem. After a long day on the computer, my right arm is usually sore. When I apply a small drop of the FireIce on my arm the soreness and discomfort immediately starts to disappear. I need to get two more bottles - two of my sisters also find that it works wonders.

Silvia Olague, San Jose, CA

Research

The following is a quotation from the website <http://www.vitacost.com> about MSM and DMSO:

MSM

MSM (methylsulfonylmethane) is a natural and efficient source of organic sulfur, which is necessary for the formation of collagen, and is required by many of the body's structural molecules. MSM has been shown to be essential to joint health and function, and for all types of connective tissue in general. A proven analgesic and anti-inflammatory, this nutrient has been shown to be very effective in the treatment of allergies and asthma.

What does it do?

The use of DMSO for therapeutic applications is controversial, but some evidence indicates that DMSO has anti-inflammatory properties and alleviates [pain](#) when applied to the skin. These effects have been reported particularly with connective tissue diseases (such as scleroderma, [osteoarthritis](#), and [rheumatoid arthritis](#)) and [muscle injuries](#).^{1 2 3} DMSO applied to the affected area appears to reduce pain by inhibiting transmission of pain messages by nerves and may also soften the abnormal connective tissue associated with disorders such as [Dupuytren's contracture](#), keloids, Peyronie's disease, and scleroderma.⁴

Are there any side effects or interactions?

DMSO frequently causes a [garlic](#)-like body odor and taste in the mouth. Other reported side effects include [stomach upset](#), [sensitivity to light](#), visual disturbances, and headache. Skin irritation can develop at the site where DMSO is applied topically. Only highly purified, properly diluted DMSO should be used and the skin site and applying hand should be thoroughly cleaned before application, because the solvent properties of DMSO allow contaminants to be absorbed through the skin and transported into the bloodstream. Improperly diluted DMSO can also burn the skin. Check with a healthcare professional for appropriate use.

At the time of writing, there were no well-known drug interactions with DMSO.

References

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