



# Indispensable **ESSENTIAL OILS** Starter Guide

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Bestselling Author of *The Healing Power of Essential Oils*



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by Dr. Eric Zielinski

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*"I started using EOs because I listened to you on a health summit. Your education has helped me understand on a deeper level how to use continue to use EOs wisely. Thank you for caring deeply about our health and our choices.*

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– Karen W.

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# Spiritual Disclaimer

Please note that I am a Christian and it is from this perspective that I present the information that is in this book. Amongst other things, this means that I will refer to “God,” not the “Universe.” This also means that I may reference Biblical teaching and ancient proverbs that I have found to be helpful and applicable today.

Sometimes people get offended by the words that I use, or the spiritual references that I make. Please don't fall into this trap.

As a trained public health researcher and world-renowned essential oils educator, you can trust that the information presented in these pages is solid, evidence-based and that it will help you.

I do not judge people that don't share my faith and I am committed to helping everyone (regardless of who they are or what they believe) benefit from my experiences. In fact, I whole-heartedly believe this is my mission in life and why God put me on this planet.

You see, there I go referencing “God” again. ;)

## **A Note About Faith**

Personally, I have found that my faith has been vital to helping me overcome sickness and disease - as it has for the thousands of people that we have helped get well.

Being a Christian, it's impossible for me to separate my personal beliefs from my actions and lifestyle habits. As a researcher, I am intrigued to see how clinical trials and science continues to uncover the role that prayer, positive thinking and faith play in the healing journey.

My dear friend and Integrative Oncologist, Dr. Tony Jimenez often says that “cancer is an emotional disorder.” The same can be said of all chronic, long-standing disease like gut disorders, autoimmunity, arthritis, fatigue and insomnia.

It is with this in mind that I present to you the information in the Introduction and scattered throughout this book where you will discover eternal truths that will provide you with hope, inspiration and may even shed some light on things if you are willing to take a dive into the spiritual side of healing with me.

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PART ONE  
What You Need to Know to Get Started

# CHAPTER 1

## Aromatherapy 101

Although the use of aromatherapy essential oils isn't new, it has definitely gained a wild fanfare in recent years. More and more people are using essential oils in place of artificial fragrances in the home and on their bodies, for culinary purposes, and for health and healing. The more we use essential oils, the more we fall in love, and it's hard to remember a time when aromatherapy was an unfamiliar term.

Everyone has to start somewhere, though – few of us were born into families who already used aromatherapy regularly. If you are just starting out and find yourself a bit lost in the jargon, recipes, and excitement, don't worry. You aren't alone. Let's take a little bit of time here and catch you up to speed.

### Our Favorite Aromatherapy Blends

I'm not sure about you, but my wife and I utilize essential oils all day long. It enhances our mood, health and virtually every aspect of our lives! We have an essential oil diffuser in nearly every room in our home, and once we gave all those toxic plug-ins and aerosols the boot, we started to notice some pretty cool changes in our health and the health of our children.

These are our favorite blends:

- ***Good Bye Allergy Blend*** – Lavender, lemon, and peppermint
- ***Healthy Digestion Blend*** – Anise, caraway, fennel, ginger, lemon, tarragon
- ***Focus Blend*** – Cedarwood, frankincense, sandalwood and vetiver
- ***Christmas Blend*** – Fir (Balsam, Douglas, white), peppermint and vanilla absolute
- ***Holy Anointing Blend*** – cinnamon, frankincense, myrrh (cinnamon is a hot oil when used topically. Always dilute it appropriately or use in a diffuser instead of topical blend.)
- ***Immune Boosting Blend*** – Cinnamon, clove, eucalyptus, rosemary, orange and lemon
- ***Joyful Blend*** – Orange, lemon, bergamot, grapefruit and vanilla absolute

- **Deep Breathing Blend** – Cardamom, eucalyptus, lemon, peppermint, rosemary, tea tree
- **Sleepy Time Blend** – Roman chamomile, lavender, and vetiver

At this point, you may be asking, “How can these aromatherapy blends make a difference in my life?”

Well, it’s all about the healing power of essential oils...

## What are Essential Oils?

*“And the leaves of the tree are for the healing of the nations.”* (Revelation 22:2)

I can think of no other substance on earth that epitomizes this Bible verse than essential oils.

The very first questions a newbie should ask – what is aromatherapy, and what is an essential oil? You might associate aromatherapy with massage therapists and thick massage oil. Or perhaps you picture heavy patchouli incense and a Volkswagen van. Or the base, middle, and high notes of a perfumery’s concoctions.

All of these can be accurate associations with aromatherapy – while at the same time, each of them may or may not be using essential oils.

The term essential oil doesn’t refer to how much we need it (though many of us argue that they are pretty vital parts of our daily lives!). In fact, the original scientific term for these oils is volatile oil, which paints a much better picture of what we’re referring to.

The volatile oil – or essential oil – of a plant is the part that releases quickly from the plant and into the air. The Encyclopedia Britannica describes the naming rationale:

*Essential oil, highly volatile substance isolated by a physical process from an odoriferous plant of a single botanical species...Such oils were called essential because they were thought to represent the very essence of odor and flavor.*

The essential oil is why you smell a rose when you lean down and sniff the blooms. It releases as you walk through the garden and shake up the plants.



How many plants can you identify by their scent alone? The scientists who had the privilege of naming this chemical component could think of plenty, as well, and thus believed the oils to be “essential” to the plant as much as it was volatile (quickly released).

We now know that essential oils are more prevalent in some plants than others, and can be found in roots, stems, leaves, and blossoms alike. They aren't necessarily an essential part of the plant – in fact, we don't always know the function the volatile oil serves, and it can vary from plant to plant. But we do know that essential oils are complex, with broad therapeutic actions that vary based on their composition.

Ultimately, the essential oil of a plant is a component of the plant itself, filled with vast amounts of molecules specific to that plant's needs and uses. This is important to remember, because chemical composition (*phytochemistry*, the chemistry of plants), tells us how we can best use a substance.

## History of Aromatherapy

More recently, essential oils have been used under the guise of the aromatherapy profession, although we have records of people using them as far as thousands of years ago. Did they have essential oils like we know them today? Of course not! Modern distillation procedures are relatively new in relation to the Earth timetable. However, Nicander (b.c. 183—135), a Greek poet and physician for example, “Spoke of the extraction of perfumes from plants by what we should now call a process of distillation” and we have other ancient accounts of crude methods to extract the precious oil from plants.

The term *aromatherapy* is relatively new in our history, coined by a French chemist named Rene-Maurice Gattefosse in the 1930s. His work ultimately led to the modern understanding of essential oils as therapeutic for health and healing benefits.

This shift toward isolating and emphasizing the use of essential oils as a separate and concentrated compound with the goal of therapeutic results has shaped what we know about essential oils today. It gave us the vials of pure essential oils, separate from the other compounds they shared space with in the larger composition of a plant. But it wasn't the first time essential oils were recognized for their healing abilities.

Because essential oils are part of herbs – the aromatic compound that hits your nose right away – they can be part of herbal preparations. The practice of using herbs as medicine dates back to the beginning of human history, and since we have always had noses, the fragrant component of those herbs did not go unnoticed.

Most civilizations utilized fragrant herbs for medicine and rituals, and oil extractions were commonly used to separate the fragrance and medicinal benefits from the bulkier material of the rest of the plant. Many of the oils used in this way were rich in essential oils that we continue to use to this day – myrrh, cinnamon, frankincense, cassia – prized for their fragrances and traded vigorously throughout the ancient world and into the development of the Western world we know today.

The ‘spices’ were burned, infused into carrier oils, and even crudely distilled. This crude distillation produced something similar to what we now call hydrosols, which contain minute amounts of the essential oil from the distillation process.

Today, thanks to pioneers such as Gattefosse, we really do have essential oil extraction down to a science, and we’re learning more all the time.

## **Herbal Oils vs. Essential Oils**

There is no doubt that the ancients realized the fragrance was something more than just pleasant. Such was the confidence in the therapeutic power of aromas that, at one point, the entire prevailing theory of disease centered around bad and good smells!

So when we talk about essential oils being used from ancient times – for example, in the Bible, when fragrant offerings were commanded and incense was to be burned – it’s true in that the essential oils were present and utilizing the fragrance was the intended result.

Where ancient and modern use differs, however, is that we are now able to isolate the essential oil – not simply include it, but use it exclusively. An herbal oil is herbal matter infused with an oil such as olive, so that it contains the essential oil (albeit in very small amounts) alongside many other compounds from the plant. There are fewer compounds, obviously, since the plant matter is strained away and discarded, but there are still many, creating a highly usable oil infused with a range of medicinal properties.

The essential oils as we know them, on the other hand, take the small amount of volatile oil from part of a plant and concentrate it so that it's the only product of the plant remaining. This is usually accomplished using steam distillation to release the droplets and then catch them. Because it's an "extraction" of a very small facet of a plant, it takes large volumes of each plant to create even a 5ml bottle of essential oil.

It comes down to this: for herbed oils, the oil is now medicinally stronger than it was before, but the herbal matter is more varied and less concentrated than an essential oil.

For essential oils, the oil is concentrated and specific in use, condensed from large amounts of herbal matter that have been isolated for a single component, therefore compressed into much, much smaller volumes of oil.

To break it down further, the herbal oil can contain the essential oil but not vice versa.

## **How Aromatherapy Works**

Let's put this into practical terms. Cinnamon, for example, is a delicious spice. The cinnamon that you sprinkle onto toast is essentially ground-up bark and is the culmination of a combination of many chemical components – yes, including essential oils.

In cinnamon sticks or ground cinnamon, the oils are dispersed amongst the other components, giving you a wide range of substances to stir into tea or add to Christmas pie.

Now, to make cinnamon essential oil, that same bark would be placed through a distillation process, releasing and separating the essential oil. Great amounts of bark would be used in the process, and precious vials of aromatherapy essential oil would be the result.

Same bark, same plant. But would you shake your cinnamon essential oil bottle all over your morning toast, just like you did with the powder?

## Putting Oils in Context of the Plant

When the essential oil – whatever is left after processing, packaging, and then your cooking methods – is part of the whole product, it is in such small and dispersed amounts that it's only a small contribution to the whole. You're enjoying powdered cinnamon for the combination of molecules that create texture, flavor, and varied benefits.

When you use an essential oil, you should use it for the very specific benefits that those specific molecules can provide. In the case of cinnamon bark, it's pretty potent as an antibacterial, moreso than a dessert seasoning.

And while it still does taste great and could be used with proper care in a culinary setting (we'll get to that in a minute), it's also a dermal irritant. In other words, it could really hurt your skin or the tender lining of your mouth and throat if you were to use it just like cinnamon sticks or powder.

To throw another wrench in the works, the essential oil gathered from the bark won't have the same components as that of the essential oil taken from leaves. And it will vary between varieties of the same plant species, growing methods, seasons, and even the way it's harvested. These are *volatile* oils, remember? They are pretty delicate in their composition and will adapt based on their conditions and use to the plant.

Pretty powerful stuff! The progress that we have made since *Aromatherapie* was first written allows us to choose essential oils for specific uses based on what we know of their composition. Rather than burning whatever smells good and hoping it chases away disease, we can combine the art and science of aromatherapy to be intentional and effective in our use.

## How Essential Oils are Used

The term aromatherapy was coined to combine aroma and therapy, indicating therapeutic benefits using fragrance. This is still the heart of aromatherapy, but essential oil use has expanded in many ways and toward many uses. The main categories of use are:

- Inhalation
- Topical
- Internal

## INHALATION

Not only is inhalation the oldest form of aromatherapy essential oil use, it is also arguably the safest. Oils diffused throughout a room are relatively safe for most people in most cases due to the low level of concentration when used correctly.

More direct effects can be obtained by breathing in a steam directly or inhaling right from the bottle, or from a few drops on a cloth. This carries the volatile oil directly into your respiratory system and mucous membranes, diffused throughout the steam or air molecules.

## TOPICAL

Topical use is a step further than traditional inhalation-based aromatherapy, though still familiar in the context of massage therapy, which often utilizes aromatherapy for massage applications.

Instead of the broad diffusion through air droplets that inhalation provides, topical use of essential oils is much more direct. But at the same time, the oil is absorbed through the barrier layers of skin, while inhalation moves quickly through the thinner mucous membranes. Knowing your oil and the goal you have in mind can help you determine which application is more appropriate.

In theory and in professional practice, some essential oils can be used on the skin undiluted. However, the safest application is via dilution. Carrier oils like olive, coconut, jojoba and avocado oils usually have benefits of their own, and you can easily combine a couple of drops in a teaspoon to dilute the oils and help bypass potential irritation.

## INTERNAL

Finally, and most controversially, some oils are safe for ingestion. The most basic form of ingestion is in culinary use. Revisiting cinnamon, you could use cinnamon essential oil in a cake batter, but you'd only need one drop for the whole batch vs. a tsp. or more of the bark powder.

Another common internal preparation is to combine it into a drink. Do remember that oil and water *do not mix*, so simply adding a drop to water will leave that drop undiluted. Some oils are irritants and all oils are very strong, so it's best to be safe and dilute it into some coconut oil first.

Many aromatherapists believe essential oils are never to be ingested, and most will suggest only trained professionals utilize internal methods. Again, it's better to be safe, and for someone just starting out, this is excellent advice to consider. Additionally, when you are dealing with a specific medical condition, it makes sense to talk to your health care provider about ingestion and dosages.

## Conversions and Dilution of Essential Oils

Dropper sizes vary and volume varies based on oil, so advanced techniques would include more specific measuring techniques. Most bottles that I've seen contain either 5 ml or 15 ml of oil, which would be 100 drops or 300 drops, respectively. For you math enthusiasts out there, this is how the conversions all pan out:

- $\frac{1}{8}$  oz. = 3.75 ml
- $\frac{1}{4}$  oz. = 7.5 ml
- $\frac{1}{2}$  oz. = 15 ml.
- 1 oz. = 30 ml
- 4 oz. = 120 ml
- 8 oz. = 237 ml
- 16 oz. = 473 ml

The final conversion typically looks like this:

- $\frac{1}{8}$  oz. = 75 drops
- $\frac{1}{4}$  oz. = 150 drops
- $\frac{1}{2}$  oz. = 300 drops
- 1 oz. = 600 drops

Using these conversions:

- 1% dilution: 6 drops of EO per oz of carrier oil (1% of 600 drops is 6)
- 2% dilution: 12 drops of EO per oz of carrier oil (2% of 600 drops is 12)
- 3% dilution: 18 drops of EO per oz of carrier oil (3% of 600 drops is 18)

If working with tablespoons are more comfortable for you, 1 oz. = 2 tablespoons. So, there are 300 drops of EO in a tablespoon.

- 1% dilution: 3 drops of EO per tablespoon of carrier oil (1% of 300 drops is 3)
- 2% dilution: 6 drops of EO per tablespoon of carrier oil (2% of 300 drops is 6)
- 3% dilution: 9 drops of EO per tablespoon of carrier oil (3% of 300 drops is 9)

If working with grams, 1 drop of essential oil = 0.02 to 0.03 grams approximately (depending on your dropper), which converts to 20-30 milligrams or 20000 micrograms (µg).

So 30 mg is about 1 drop.

### 3 Ways to Use Essential Oils

Within the major types of aromatherapy essential oil use, there are many ways to actually apply them. These suggestions and guidelines can get you rolling, but once you are familiar with your oils and their safe use, you can really start to think outside of the box.

#### INHALATION

For inhaled oils, you only need a small amount to create a big impact. Diffusers will use a bit more, but direct inhalation is up close and personal and only requires a couple of drops. Here are some of the methods you might use to inhale essential oils.

- **Diffusion** – Good for blends intended to affect the entire room. Place as few as 2-3 and as many as 6-10 total drops in the diffuser or in a pot of simmering water and let it disperse throughout the room. The benefits should be lasting after the diffusion has ended; there is no need to run it continuously. Ideal for essential oils that are energizing, antimicrobial, promoting memory and focus, relaxing. Ex: citrus, lavender, rosemary.
- **Personal inhalation** – Good for portable, direct inhalation for specific benefits to an individual. Fewer drops are needed due to the close proximity of use. Up to 20 drops of an essential oil blend can be used in a commercially made personal diffuser. Or consider jewelry style inhalers such as a piece of porous jewelry, a piece of cloth or handkerchief, or inhalers made of a wick of sorts placed in a glass tube. Place 1-2 drops of a single oil or a pre-prepared blend of oils on the jewelry inhaler, then hold

it close to the nose and breathe in periodically. Ideal for personal benefit such as clear breathing, focus, anxiety, headaches, and stress relief. Ex: eucalyptus, bergamot, peppermint.

- **Steam inhalation** – Technically also personal inhalation, “tenting” is more intensive and not very portable. When the essential oils need to be inhaled in greater concentration and affect the respiratory system more directly, 2-3 drops of a single oil or pre-prepared blend can be placed in a bowl of boiling water – usually warmed in and poured from a tea kettle. Place a towel over your head and drape it over the bowl (forming a tent, of sorts), close your eyes, and breathe deeply. Avoid the more hot oils that would irritate mucous membranes. Ideal for clearing the nasal passages and respiratory system. Ex: eucalyptus, citrus, tea tree.
- **Sprays** – Aromatic sprays have benefits of both inhalation and, in the case of antimicrobial oils, surface cleaning benefits. Combine 10-20 drops of a combination of oils to ½ oz 190 proof grain alcohol or the 91% isopropyl you can find in the store, then add ½ oz distilled water and shake to combine. Spritz in the air, on linens, or on clothes as desired. Ideal for air freshening, cleaning, antimicrobial purposes, body sprays, and even topical anti-inflammatory benefits and healing. Ex: tea tree, lemon, thyme.

## TOPICAL APPLICATION

Essential oils placed directly on the skin are able to sink in through the pores and then move through the body, creating both topical benefits as well as systemic. While there is a time and a place for neat application, the smart way to apply oils topically is to first dilute them. Carrier oils are non-volatile oils and are not irritants, so essential oils can be blended into them first and then the mixture applied.

*Popular carrier oils include: coconut, olive, almond, jojoba, avocado, apricot, and sunflower. Most carrier oils have benefits of their own that can be explored to create even more beneficial blends.*

Topical application can be direct in a small area such as for scar healing or broader such as for a massage oil. The important variables here are the dilution rates you choose:

- **0.5% dilution** – Strong oils, application on children, and oils that you are testing for sensitization. The heavy dilution allows for greater distribution throughout the application and less per dose. *Ideal for irritating oils, children, and those who are highly sensitive. Ex: cinnamon, eucalyptus, peppermint.*



- **1% dilution** – Even adults who tolerate oils well will still find some oils too strong for normal applications. A 1% dilution rate protects your skin while still enjoying the benefit of the more powerful essential oils or use on sensitive areas of the skin. *Ideal for facial applications, and treatment of delicate skin. Ex: tea tree for acne, frankincense in a facial toner, etc.*
- **2-3% dilution** – This is the most common dilution range, suitable for massage oils, healing treatments, lotions and creams, and cosmetic applications. It is enough to gain significant benefits of the essential oil without risking sensitization. Unless the oil is particularly potent or you have sensitive skin, this is likely to be the dilution you'll use. *Ideal for most applications – lotions, creams, salves, balms. Ex: geranium, helichrysum, chamomile.*
- **5%+ dilution** – Higher concentrations should be used with care. Or, extremely safe oils can be used in small amounts on tiny areas of the skin – for example, as a strong acne treatment. Know your oil's safety profile and choose high concentrations with caution. *Ideal for specific situations based on either extreme safety and high potency in a targeted area OR further dilution beyond the initial formula. Ex: lavender, sweet orange, tea tree.*

## INGESTION

Typically reserved for culinary oils or for use by trained aromatherapy professionals, ingestion is used when there is a need for specific dosing or certain areas of the body need to be reached that cannot easily be affected by other application methods. Dosage is important, as does education before use. Some of the more common ways ingestion is used are highlighted here.

- Excellent for digestive oils or simply to enjoy the flavorful concentration, 1-2 drops can be mixed thoroughly into a lipid or syrup portion of the recipe and then added to the rest of the batch. *Ideal for oils that benefit digestive wellness, essential oils of culinary herbs, and oils of culinary spices. Ex: dill, sweet orange, cinnamon.*
- Dispersing an oil into a glass of water is the quickest way to ingest it, but do not miss the importance of both dosage and dilution. One drop is more than sufficient, and remember that oil and water do not mix! Without dilution or dispersion, the drop is likely to make direct contact with sensitive internal organs. You can use a dispersing agent like Solubol for essential oils taken in water, or you can quickly mix a drop into a teaspoon of honey and take the spoonful. *Ideal for quick and simple use, especially for digestive wellness. Ex: chamomile, ginger, lavender.*

- A truly medicinal application, encapsulated oils are used to get the oil directly to the stomach, or – in the case of enteric-coated capsules – to the intestines. This is used when the oil is to be consumed regularly and when the individual struggles with the taste of it in other forms. Dilute the essential oil into a carrier before making the capsules, or purchase encapsulated oil blends already made. *Ideal for professional guidance, digestive health, and oils that need to make it directly to the intestines. Ex: peppermint, lavender, lemon.*

## Beginners Guide to Aromatherapy

So now that you know what an essential oil is to a plant, how to differentiate between an herbal oil and an essential oil, how the ancients used oils and how that has evolved over time to the modern science of aromatherapy – are you hooked yet?!

Aromatherapy is absolutely incredible. Plants are literally throwing these substances at us (Really! Pay attention the next time you walk past a lavender shrub). And then chemists can isolate those substances and analyze their very molecules. And THEN we can begin to study how these things impact our health? Amazing. If you aren't hooked yet, you will be once you get started.

## 5 Steps to Get Started with Essential Oils

1. The best place to begin with aromatherapy is with familiar scents that are personal favorites. Lavender is both a familiar scent and a versatile and safe essential oil. The citrus oils are also easy to use on their own or in blends. Choose a few, and then learn all you can about them.
2. Next, locate a source and make your purchase. Remember that it takes large amounts of plant matter to make small amounts of oil, so a cheap bottle of a precious oil is not likely to be high quality. You want real essential oils – nothing synthetic – and always pure, especially if you are going to learn to safely ingest them.
3. Once you have a few oils ready to go, start by diffusing them on their own, and then in combinations of a couple of drops of two or three of them at a time. You can buy a diffuser, or you can simply simmer a pot of water on the stove and add your drops there.

4. When you are familiar and comfortable with the scents, you will start to learn what blends you like. As you learn more about their effects, you can begin to create blends for specific reasons, like energizing your sluggish afternoon or clearing the air after a virus passed through the house.
5. From there, you can begin to experiment with diluted topical applications, like a soothing peppermint rub or a calming massage.

The important thing is to always be learning – never stop learning! The more we learn and grow, the better we can utilize these precious, truly essential oils.

# CHAPTER 2

## Choosing Brands

Knowing where to buy essential oils isn't as simple as it may seem. Like choosing your doctor, you should be careful to not settle for anything but the best. I have done my best to help you navigate these often muddy waters, and I pray it will serve to answer most of your questions about how to choose the best essential oils brands for you and your family!

### **Choosing the Best Essential Oil Brand**

By far, the #1 most common question I get from the folks who get my weekly newsletters or who took our essential oils class or follow me on Facebook is which essential oil brand I recommend.

Interestingly, when choosing where to buy essential oils, fewer people ask for the brands that I recommend (emphasis on the plural), which leads me to believe that most are trying to find the "Holy Grail" when they question me. In fact, snuggled right next to this question, many people also ask me what the "best brand" is. Sadly, this train of thought has gotten a lot of people into trouble because nothing could be further from the truth.

Don't get me wrong, I really can't fault anyone for thinking this. We live in such a capitalist-driven society where we have been trained to believe that the competition is never as good as the "real deal." Not to mention, networking marketing companies have done an exceptionally thorough job reshaping the way that people view oils. The "brand wars" have reached fever pitch at this point, and people will swear on their death bed that their brand sells the only pure oils on the market and all others are contaminated!

Again, I really can't fault people for thinking this. What else are they to logically think when a cancerous tumor disappears after using frankincense oil or their Lyme disease vanishes after using the protocol a distributor friend of theirs recommends?

Literally, there is no lack of testimonials out there, and I personally know people who swear essential oils saved their lives. I'm not talking about bloggers out there who use their "story" to sell oils. No, I'm talking about real people with real testimonials about real essential oils! This is why it's so important to know where to buy essential oils.

## What Every Blogger, Distributor & Mom Needs to Know

First off, as a public health researcher I am committed to staying as unbiased as possible so I don't give product recommendations when asked where to buy essential oils.

Not to mention, if I start selling and recommending essential oil brands, the Food and Drug Administration can shut down my website like they have several of my colleagues for making so-called "drug claims." Unlike pharmaceuticals, the manufacturing of EOs and supplements are not monitored by the government. This is why your medical doctor can recommend (and sell) specific drugs.

Things work differently in the natural health world. The only solace I have to continue educating the world about the life-transforming properties of natural therapies like essential oils is the First Amendment at this point. And, to maintain my freedom of speech to discuss what the scientific research has to say about how essential oils affect the body and various disease processes, I need to remain brand neutral about where to buy essential oils.

There are some good Facebook groups, however, that lay it all out there. The purpose of my site is not to dive into where to buy essential oils, but to educate about their uses. Once we start to name brands and recommend where to buy essential oils, we get into the FDA's scope and we want to preserve our freedom of speech. It's a fine line deciding where to buy essential oils.

With that said, let me break it to y'all. When considering where to buy essential oils, just realize that there is no #1 essential oils company. It simply does not, nor will it ever, exist.

Now, don't stone me because I refuse to bow down to the essential oil gods out there. If you've been following my work for a while, I hope that you've come to appreciate that my mission in life is not to give people fish, but to give them the fishing pole that they need to regain control of their health. As a Biblical health educator and natural health researcher, I'm very passionate about educating people and equipping them to take the information that I teach about the next level of deciding where to buy essential oils.

The take home message about where to buy essential oils all boils down to trust. As you will see below, the entire supplement and essential oil industries are entirely built upon the "honor code." If you have found a company that you can put your faith in because they readily provide you with the information that you're looking for, your body responds well to their products, and you have no reason to believe that they are selling junk then you found a "keeper."

On the other hand, if you cannot get the information that you want from a company, or your body reacts to the oils in an undesirable manner and you develop suspicions because of an increase negative reports on the Internet, you should probably find a new brand that you can put your faith in.

With that said, let's now tackle the most emotionally-charged and controversial topic in the essential oils industry: where to buy essential oils!

## 6 Tips to Discovering the Right Brand for YOU

There are several quality, therapeutic grade brands out there and we use several of them. Here's what Mama Z and I do before we start using new essential oils:

1. Ask the company that you're investigating for a report of their sourcing and quality standards (check out the section "How to Check for Quality" below).
2. Contact a friend or family member who uses essential oils that you trust to be conscientious and a thorough researcher – be careful to not let hate speech and multi-level marketing propaganda get in the way of truth. EVERYONE's brand is the best, right? Especially, when they're selling something. ;)
3. Contact the company and see if they sell therapeutic grade oils, and ask them for a definition of what "therapeutic grade" means because this is an unregulated term that can be defined in a variety of ways.
4. Check to see if the oils are safe for internal use. Look for the SUPPLEMENT label on the bottle, which is an indication that the company you are interested in sells oils that are generally recognized as safe (GRAS. More on this below.
5. Try a couple, and test for yourself. Lemon, lavender and peppermint are common, relatively inexpensive and you should get a good gauge to see if this brand is for you or not.
6. Remember, many of the small companies get their oils from the same suppliers. They just private label them.

From what I've been told, the larger companies have unique suppliers, which differentiates their product from their competitor. This doesn't guarantee purity, but it can help put your mind to rest that they (should) be proprietary which should help you decide where to buy essential oils.

**Note:** For a product to be labeled as an “essential oil supplement,” a supplemental fact label is required to be placed on the bottle, even though prior FDA approval is not required to use these labels. Essential oils that are being recommended for ingestion should have the supplemental fact labels on the bottle, however, this is not always the case. As well, the supplement label is not a guarantee of safety or purity as these labels are not regulated unless complaints or injury reports cause the FDA to intervene. (More on this below...).

## Where to Buy Essential Oils: Quality Assessment

Before jumping in and buying a bunch of oils from a company, consider asking these questions to help ensure quality:

- Does the company have relationships with their distillers?
- Can the company readily supply a batch-specific report (MS/GC) on the oil it sells?
- Can the company readily provide material safety data sheets (MSDS) upon request?
- What is the common name, Latin name (exact genus and species), country of origin, part of plant processed, type of extraction (distillation or expression), and how it was grown (organic, wild-crafted, traditional)?

Also, it is critical to test for your own organoleptic assessment. “Organoleptic” meaning the way your body perceives the oil through the six senses: taste, touch, smell, vision, auditory, and intuition.

## Indigenous Sourcing of Essential Oils

In my opinion, the most important factor is whether or not the oils are indigenously sourced and organic in nature. Meaning, they are harvested where God planted them, which is why they are referred to as “native” plants. One reason why is because “organic” is not a guarantee of purity (more on that below). The other reason, and even more important, is because non-native plants pale in comparison to native plants when it come to nutrition and chemical constituents. This is something important to consider when deciding where to buy essential oils.

My father-in-law is a retired PhD agriscientist and spent his career evaluating the chemical compounds in plants. He told me that native plants always have a better nutritional profile because the soil is naturally designed to feed indigenous plants with what they need most. For example, we live in Atlanta, GA where the growing season lasts nearly 10 months out of the year. It's warm enough to sustain a fig tree in our backyard, but the taste and vitamin and mineral content of our fig is nothing what it should (and could) be if that same tree were grown in Israel where figs are native. Same for the pineapple, limes and lemons that grow in pots on our deck.

Additionally, there are some other important differences between indigenous and non-indigenous plants when deciding where to buy essential oils:

## NATIVE PLANTS

- Evolved over a long period of time, and best suited to thrive in their native region.
- Adapted to the local weather and geology.
- Can thrive in drought and inclement weather situations.
- Environmentally sustainable for pesticide-free farming because they have developed natural resistance to native predators.
- Has a positive impact on the local environment and ecosystem by forming natural "communities" with other plants.

## NON-NATIVE PLANTS

- Unnaturally introduced (deliberately or by accident) into an environment in which they did not evolve.
- Are not well-suited for pesticide-free farming because they are not naturally resistant to native predators.
- Has a negative impact on the local environment and ecosystem because they have a tendency to take over a habitat, require pesticides to thrive, and are not natural food sources for neighboring wildlife.

*Bottom line:* organic in nature and indigenously sourced are best. This is important to remember when deciding where to buy essential oils.



## Contamination Concerns

The fact that people are questioning which brands are best is a good thing. When considering where to buy essential oils, underlying concern and motivating factor is that people want to use unadulterated pure oils, with no contaminants or harmful fillers. I validate this concern 100% and hope that more people will demand pure products in the supplement world so that suppliers step up their game. Remember, it's all about supply-and-demand.

## Is Certified Organic Necessary?

In 2014, scientists and essential oil producers met at the International Federation of Essential Oil and Aroma Trades (IFEAT) Conference in Rome, Italy to share their concerns about quality and safety of our global essential oil supply. These are some of the key takeaways as shared by the Founder, President, CEO, and Principal of the American College of Healthcare Sciences (ACHS) Dorene Petersen:

- "Pesticide residue and concern for pesticide levels in essential oils, even in certified organic oils, was the subject of three sessions at IFEAT 2014."
- "It is a regrettable fact that essential oils can contain pesticide residues, even certified organic essential oils."
- "Detecting residue is even more likely if pesticides are administered during cultivation of the plant material."
- "However, passive contamination can also occur even if a farmer does not actively use pesticides."
- "Acts of nature such as a puff of wind or water runoff from a neighboring field, even incorrect storage of an essential oil, can all result in cross contamination."
- "According to the test results conducted by the German Medicines Manufacturers' Association (BAH) Working Group on Contaminants, cold-pressed essential oils from the pericarp of citrus fruits are more likely to contain pesticide residues than steam-distilled citrus because of the hydrophilic, thermostable, and volatile characteristics of pesticides."
- "Most pesticides can easily combine with or dissolve in lipids or fats, facilitating the transition to the oil."

The reality is that it's increasingly becoming more difficult to find truly pure, clean air, food and water because of modern agricultural methods and pollution on a global, massive scale. This is especially true for supplements and essential oils that are labelled "organic."

According to Petersen's report of the IFEAT meeting, it's not all doom-and-gloom.

The European Pharmacopoeia expert group database focused on essential oils from 2006 to 2013, have tested nearly 600 samples for 217 substances representing 28 different oils.

- 314 samples didn't show any residues.
- 275 samples were contaminated with at least one residue.
- 1,150 results were discovered to contain at least one pesticide residue.
- A few of the specific oils they looked at were neroli, rosemary, eucalyptus, caraway, and lavender.
- Of the 65 samples of neroli, 199 positive pesticide findings were discovered, and 77 showed that the pesticides were above the maximum levels.
- 49 samples of rosemary were tested, and 15 revealed more than the maximum level of a citrus peel treatment agent known as biphenyl.
- Interesting, rosemary does not have a peel so the presence of biphenyl can only be explained because it was contaminated by the packaging, the manufacturing equipment or some other manmade intervention.
- 36 eucalyptus and 25 caraway samples were tested, and three of each were positive for pesticides,.
- 19 lavender samples tested and one was positive.

Bottom line: certified organic is good, but no guarantee for purity. Organic in nature is probably your best bet.

## Essential Oil Regulation

At this point, the most natural question you should be asking is, “Who regulates essential oils?”

The easiest answer to this question is, “No one.”

Technically-speaking, they are regulated in a roundabout way, but manufacturers and distributors are not required to obtain FDA approval to sell their products beforehand, so what’s the purpose? “Because dietary supplements are under the “umbrella” of foods, FDA’s Center for Food Safety and Applied Nutrition (CFSAN) is responsible for the agency’s oversight of these products. DSHEA created a new regulatory framework for the safety and labeling of dietary supplements. FDA is not authorized to review dietary supplement products for safety and effectiveness before they are marketed.”

Hence, the reason why you’ll see this disclaimer on essential oil bottles, “\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent disease.”

Unlike drugs, *supplements and essential oils are not intended to cure, diagnose, prevent, or treat diseases.* That means supplements should not make claims, such as “reduces pain” or “treats heart disease.” Statements like these (i.e. “drug claims”) can only be made for drugs, not essential oils or supplements.

Under the FD&C Act, cosmetic products and ingredients, with the exception of color additives, do not require FDA approval before they go on the market. Drugs, however, must generally either receive premarket approval by the FDA through the New Drug Application (NDA) process or conform to a “monograph” for a particular drug category, as established by FDA’s Over-the-Counter (OTC) Drug Review. These monographs specify conditions whereby OTC drug ingredients are generally recognized as safe and effective, and not misbranded. Certain OTC drugs may remain on the market without an NDA approval until a monograph for its class of drugs is finalized as a regulation.

When choosing where to buy essential oils, it’s important to keep in mind that they are only regulated after they go to market. Even then, in the tangled web of “regulation” there are so many loopholes that there is virtually no system set in place to properly regulate the products being sold. To help make sense of this all, here is a quick summary of the current regulatory system and the principal players:

1. The *Dietary Supplement Health and Education Act* (DSHEA) of 1994, which amended the Federal Food, Drug, and Cosmetic Act, regulates manufacturers by holding them accountable to what are known as “good manufacturing practices” (i.e., industry quality standards).
2. The *Food and Drug Administration* (FDA) regulates the label, but only after the product goes to market. (More on this below...).
3. The *Federal Trade Commission* (FTC) regulates supplement advertising – manufacturers must report truthfully what their products contain and must have proof backing up any claims they make.
4. *Dietary Supplement and Nonprescription Drug Consumer Protection Act* (DSNDCPA) of 2006 requires “adverse event reporting” – the same system the FDA uses to inform the public about injury reports and unsafe incidents.

Under the DSHEA, the FDA is responsible for uncovering what supplements are “unsafe” before it can remove the products from the marketplace. Essentially, all essential oils and supplements are innocent until proven guilty and the primary way the FDA is aware of a situation necessitating an investigation is at the very hands of the manufacturers and distributors themselves; as they are required to record, investigate and forward all safety concerns and adverse event reports to the FDA.

## DRUG CLAIMS

In contrast to dietary supplement manufacturers, who are able to utilize structure/function claims, aromatherapy companies who sell essential oils for external use cannot.

### Establishing a Product’s Intended Use

“A product can be a drug, a cosmetic, or a combination of both... For example, a fragrance marketed for promoting attractiveness is a cosmetic. But a fragrance marketed with certain ‘aromatherapy’ claims, such as assertions that the scent will help the consumer sleep or quit smoking, meets the definition of a drug because of its intended use. Similarly, a massage oil that is simply intended to lubricate the skin and impart fragrance is a cosmetic, but if the product is intended for a therapeutic use, such as relieving muscle pain, it’s a drug.”

This is where some brands get in trouble because they, or their distributors, make “drug claims” that are outside the scope of cosmetics. “The law doesn’t require cosmetics to have FDA approval before they go on the market. But FDA

can take action against a cosmetic on the market if we have reliable information showing that it is unsafe when consumers use it according to directions on the label, or in the customary or expected way, or if it is not labeled properly.”

## The Supplement Label and Internal Use

Essentially, if the label says SUPPLEMENT, then yes, it’s considered a consumable product. This is critical to keep in mind when considering where to buy essential oils.

As described by the U.S. Food and Drug Administration, “A dietary supplement is a product intended for ingestion that contains a ‘dietary ingredient’ intended to add further nutritional value to (supplement) the diet. A ‘dietary ingredient’ may be one, or any combination, of the following substances:

- a vitamin
- a mineral
- an herb or other botanical
- an amino acid
- a dietary substance for use by people to supplement the diet by increasing the total dietary intake
- a concentrate, metabolite, constituent, or extract

Dietary supplements may be found in many forms such as tablets, capsules, softgels, gelpcaps, liquids, or powders. Some dietary supplements can help ensure that you get an adequate dietary intake of essential nutrients; others may help you reduce your risk of disease.”

Other sources like Jade Shutes from the School for Aromatic Studies explain this further: “Dietary supplements can be created by using both nutritive and non-nutritive ingredients. Essential oils, of course, would be considered non-nutritive dietary supplements. The use of essential oils continues to actually grow within the dietary supplement world. This is the value of GRAS approved essential oils. They have already gone through incredible safety evaluation for internal use. So we see dietary supplement companies utilizing GRAS approved essential oils/co2 extracts.”

Remember that essential oils are oftentimes a key component of the supplements that we take, and this is key: Dietary supplement manufacturers

are able to utilize structure/function claims whereas traditional aromatherapy companies who sell essential oils for external application cannot.

So, if a company states on the bottle or package that their essential oil product(s) can alter body function (i.e. reduce pain, inflammation, etc.), the FDA requires that these claims be supported by conclusive evidence to prove the supplement truly has the claimed effect. These types of claims on labels must be approved by the FDA within 30 days after its first use. Additionally, the FDA requires that this information be printed on the product label in a clear manner for it to be regulated. Still then, these claims can only be “general structure function” and cannot state the product “cures” or “treats” a disease or illness.

This seems pretty straightforward, but is not a guarantee that products are being regulated. Only products that make claims on them are regulated. So, the natural course of action for a vast majority of supplement and essential oils’ manufacturers is to simply not make claims on their labels! Then, these same companies can make claims on their website and try to walk this fine line and stay under the FDA’s radar. For instance, let’s say that:

- Company XYZ states that a product reduces pain and inflammation on their website only.
- Company XYZ does NOT state this on their dietary fact supplement label.
- Subsequently, the label does NOT require FDA approval before it goes to market.
- The supplement label will be regulated by the FDA ONLY if it has been found to be adulterated or responsible of causing harm.
- If dietary supplement claims are made on a supplement label, Company XYZ is then required to have substantiating evidence to back up their claim and get approval within 30 days after its first use.

The bottom line is that according to the law (DSHEA), manufacturers are responsible for ensuring that their products are safe before they are marketed; which is a main factor when considering where to buy essential oils.

## The Great Aromatherapy Debate

When choosing where to buy essential oils, it is commonly believed that the bottle should contain a supplement label. To make a brief statement about internal use in the context of the SUPPLEMENT label discussion, the fact remains that there are no scientific, evidence-based, anatomical, physiological or logical reasons to say that essential oils are unsafe for human consumption.

Paradoxically, aromatherapists are still at odds with each other on this point, which confuses the casual essential oil user all the more. With that said, rest assured that large professional organizations like National Association for Holistic Aromatherapy (NAHA) support safe, internal use.

In the words of NAHA, "Essential oils may be applied on the skin (dermal application), inhaled, diffused or taken internally. Each of these methods have safety issues which need to be considered." And this makes complete sense to me. Like anything we can easily overdo it, and we must remember a little goes a long way with regard to essential oils – especially internal use!

The thing that really throws me for a loop regarding people who speak out against internal use is that they are in direct opposition of the several human studies in the scientific literature and completely disregard the Food and Drug Administration. Yes, you read that correctly! According to the FDA, essential oils are safe for human consumption. For the exhaustive FDA-approved list of Generally Recognized As Safe (GRAS) oils see below.

Note: not all oils that are safe for ingestion are included in the FDA-approved GRAS list. I recommend that we use this list as a base point to start the conversation about what is and what is not safe.

## Tips for Internal Use

It is important to realize that people consume essential oils all day without even realizing it. Where do you think your processed foods get their flavor from!

Virtually anything that is naturally flavored most likely contains essential oils. This is what the FDA says in the official document Code of Regulations, Title 21, Volume 6, Animal Food Labeling: Specific Animal Food Labeling Requirements.

## FOODS CONTAINING “ARTIFICIAL FLAVORS” AND “SPICES” DO NOT CONTAIN OILS

*“(1) The term artificial flavor or artificial flavoring means any substance, the function of which is to impart flavor, which is not derived from a spice, fruit or fruit juice, vegetable or vegetable juice, edible yeast, herb, bark, bud, root, leaf or similar plant material, meat, fish, poultry, eggs, dairy products, or fermentation products thereof.*

*“(2) The term spice means any aromatic vegetable substance in the whole, broken, or ground form, except for those substances which have been traditionally regarded as foods, such as onions, garlic and celery; whose significant function in food is seasoning rather than nutritional; that is true to name; and from which no portion of any volatile oil or other flavoring principle has been removed.*

- *Allspice, Anise, Basil, Bay leaves, Caraway seed, Cardamon, Celery seed, Chervil, Cinnamon, Cloves, Coriander, Cumin seed, Dill seed, Fennel seed, Fenugreek, Ginger, Horseradish, Mace, Marjoram, Mustard flour, Nutmeg, Oregano, Paprika, Parsley, Pepper, black; Pepper, white; Pepper, red; Rosemary, Saffron, Sage, Savory, Star aniseed, Tarragon, Thyme, Turmeric.*
- *Paprika, turmeric, and saffron or other spices which are also colors, shall be declared as spice and coloring unless declared by their common or usual name.”*

## FOODS CONTAINING “NATURAL FLAVORS” DO CONTAIN OILS

*“(3) The term natural flavor or natural flavoring means the essential oil, oleo-resin, essence or extractive, protein hydro-ly-sate, distillate, or any product of roasting, heating or enzy-mol-ysis, which contains the flavoring constituents derived from a spice, fruit or fruit juice, vegetable or vegetable juice, edible yeast, herb, bark, bud, root, leaf or similar plant material, meat, seafood, poultry, eggs, dairy products, or fermentation products thereof, whose significant function in food is flavoring rather than nutritional. Natural flavors, include the natural essence or extractives obtained from plants.”*



By letting common sense be our guide, I propose some tried and true tips on how to take essential oils internally.

- When starting out, stick with those that are GRAS (see below for the FDA-approved list of oils that are Generally Recognized As Safe for internal use).
- Be safe.
- Don't overdo it – limit to 1-2 drops at a time, and be sure to wait at least 4 hours before taking consecutive doses.
- Discontinue use IMMEDIATELY if adverse reactions occur.

Trust me, people don't break out in hives in a "detox" reaction when using essential oils like I've read out there in cyberspace. Pain, irritation, swelling, inflammation, bloating, burning, reflux, and anything else that isn't pleasant is NOT a good sign. This is your body's way of warning you that something harmful is attacking it.

### **SOME MORE PRACTICAL TIPS:**

- Gentle oils like frankincense and lemon can usually be taken directly under the tongue for quick access into the bloodstream.
- More volatile oils like oregano and clove should ALWAYS be diluted with a carrier oil to their appropriate concentrations for dermal safety.
- Putting 1-2 drops in a capsule with carrier oil can help you avoid esophageal irritation.
- Putting 1 drop of a citrus oil in your water is generally safe and quite enjoyable.
- My family and I regularly enjoy a drop of lemon/lime + some liquid stevia in sparkling water as our soda pop alternative.
- Include 1 drop of your favorite oils in your food.

Cooking with essential oils is an extremely effective way to enjoy the health benefits as well as the wonderful experience through your taste buds. 1-2 drops of cilantro or coriander with 1-2 drops of lime, for example, goes wonderfully with your homemade guacamole. Try 1 drop of cumin in your curry next time. Or 1-2 drops of black pepper in virtually anything savory!

## FDA Approved GRAS Essential Oils

[Code of Federal Regulations]

[Title 21, Volume 3]

[Revised as of April 1, 2015]

[CITE: 21CFR182.20]

TITLE 21—FOOD AND DRUGS  
CHAPTER I—FOOD AND DRUG ADMINISTRATION  
DEPARTMENT OF HEALTH AND HUMAN SERVICES  
SUBCHAPTER B—FOOD FOR HUMAN CONSUMPTION (CONTINUED)

### PART 182 — SUBSTANCES GENERALLY RECOGNIZED AS SAFE

#### Subpart A—General Provisions

Sec. 182.20 Essential oils, oleoresins (solvent-free), and natural extractives (including distillates).

Essential oils, oleoresins (solvent-free), and natural extractives (including distillates) that are generally recognized as safe for their intended use, within the meaning of section 409 of the Act, are as follows:

Common name	Botanical name of plant source
Alfalfa	<i>Medicago sativa</i> L.
Allspice	<i>Pimenta officinalis</i> Lindl.
Almond, bitter (free from prussic acid)	<i>Prunus amygdalus</i> Batsch, <i>Prunus armeniaca</i> L., or <i>Prunus persica</i> (L.) Batsch.
Ambrette (seed)	<i>Hibiscus moschatus</i> Moench.
Angelica root	<i>Angelica archangelica</i> L.
Angelica seed	Do.
Angelica stem	Do.
Angostura (cusparia bark)	<i>Galipea officinalis</i> Hancock.
Anise	<i>Pimpinella anisum</i> L.
Asafetida	<i>Ferula assa-foetida</i> L. and related spp. of <i>Ferula</i> .
Balm (lemon balm)	<i>Melissa officinalis</i> L.
Balsam of Peru	<i>Myroxylon pereirae</i> Klotzsch.

Basil	Ocimum basilicum L.
Bay leaves	Laurus nobilis L.
Bay (myrcia oil)	Pimenta racemosa (Mill.) J. W. Moore.
Bergamot (bergamot orange)	Citrus aurantium L. subsp. bergamia Wright et Arn.
Bitter almond (free from prussic acid)	Prunus amygdalus Batsch, Prunus armeniaca L., or Prunus persica (L.) Batsch.
Bois de rose	Aniba rosaeodora Ducke.
Cacao	Theobroma cacao L.
Camomile (chamomile) flowers, Hungarian	Matricaria chamomilla L.
Camomile (chamomile) flowers, Roman or English	Anthemis nobilis L.
Cananga	Cananga odorata Hook. f. and Thoms.
Capsicum	Capsicum frutescens L. and Capsicum annum L.
Caraway	Carum carvi L.
Cardamom seed (cardamon)	Elettaria cardamomum Maton.
Carob bean	Ceratonia siliqua L.
Carrot	Daucus carota L.
Cascarilla bark	Croton eluteria Benn.
Cassia bark, Chinese	Cinnamomum cassia Blume.
Cassia bark, Padang or Batavia	Cinnamomum burmanni Blume.
Cassia bark, Saigon	Cinnamomum loureirii Nees.
Celery seed	Apium graveolens L.
Cherry, wild, bark	Prunus serotina Ehrh.
Chervil	Anthriscus cerefolium (L.) Hoffm.
Chicory	Cichorium intybus L.
Cinnamon bark, Ceylon	Cinnamomum zeylanicum Nees.
Cinnamon bark, Chinese	Cinnamomum cassia Blume.
Cinnamon bark, Saigon	Cinnamomum loureirii Nees.
Cinnamon leaf, Ceylon	Cinnamomum zeylanicum Nees.
Cinnamon leaf, Chinese	Cinnamomum cassia Blume.
Cinnamon leaf, Saigon	Cinnamomum loureirii Nees.
Citronella	Cymbopogon nardus Rendle.

Citrus peels	Citrus spp.
Clary (clary sage)	Salvia sclarea L.
Clover	Trifolium spp.
Coca (decocainized)	Erythroxylum coca Lam. and other spp. of Erythroxylum.
Coffee	Coffea spp.
Cola nut	Cola acuminata Schott and Endl., and other spp. of Cola.
Coriander	Coriandrum sativum L.
Cumin (cummin)	Cuminum cyminum L.
Curacao orange peel (orange, bitter peel)	Citrus aurantium L.
Cusparia bark	Galipea officinalis Hancock.
Dandelion	Taraxacum officinale Weber and T. laevigatum DC.
Dandelion root	Do.
Dog grass (quackgrass, triticum)	Agropyron repens (L.) Beauv.
Elder flowers	Sambucus canadensis L. and S. nigra l.
Estragole (esdragol, esdragon, tarragon)	Artemisia dracunculus L.
Estragon (tarragon)	Do.
Fennel, sweet	Foeniculum vulgare Mill.
Fenugreek	Trigonella foenum-graecum L.
Galanga (galangal)	Alpinia officinarum Hance.
Geranium	Pelargonium spp.
Geranium, East Indian	Cymbopogon martini Stapf.
Geranium, rose	Pelargonium graveolens L'Her.
Ginger	Zingiber officinale Rosc.
Grapefruit	Citrus paradisi Macf.
Guava	Psidium spp.
Hickory bark	Carya spp.
Horehound (hoarhound)	Marrubium vulgare L.
Hops	Humulus lupulus L.
Horsemint	Monarda punctata L.
Hyssop	Hyssopus officinalis L.
Immortelle	Helichrysum augustifolium DC.

Jasmine	Jasminum officinale L. and other spp. of Jasminum.
Juniper (berries)	Juniperus communis L.
Kola nut	Cola acuminata Schott and Endl., and other spp. of Cola.
Laurel berries	Laurus nobilis L.
Laurel leaves	Laurus spp.
Lavender	Lavandula officinalis Chaix.
Lavender, spike	Lavandula latifolia Vill.
Lavandin	Hybrids between Lavandula officinalis Chaix and Lavandula latifolia Vill.
Lemon	Citrus limon (L.) Burm. f.
Lemon balm (see balm)	
Lemon grass	Cymbopogon citratus DC. and Cymbopogon leucosus Stapf.
Lemon peel	Citrus limon (L.) Burm. f.
Lime	Citrus aurantifolia Swingle.
Linden flowers	Tilia spp.
Locust bean	Ceratonia siliqua L.
Lupulin	Humulus lupulus L.
Mace	Myristica fragrans Houtt.
Mandarin	Citrus reticulata Blanco.
Marjoram, sweet	Majorana hortensis Moench.
Mate	Ilex paraguariensis St. Hil.
Melissa (see balm)	
Menthol	Mentha spp.
Menthyl acetate	Do.
Molasses (extract)	Saccharum officinarum L.
Mustard	Brassica spp.
Naringin	Citrus paradisi Macf.
Neroli, bigarade	Citrus aurantium L.
Nutmeg	Myristica fragrans Houtt.
Onion	Allium cepa L.
Orange, bitter, flowers	Citrus aurantium L.
Orange, bitter, peel	Do.

Orange leaf	Citrus sinensis (L.) Osbeck.
Orange, sweet	Do.
Orange, sweet, flowers	Do.
Orange, sweet, peel	Do.
Origanum	Origanum spp.
Palmarosa	Cymbopogon martini Stapf.
Paprika	Capsicum annum L.
Parsley	Petroselinum crispum (Mill.) Mansf.
Pepper, black	Piper nigrum L.
Pepper, white	Do.
Peppermint	Mentha piperita L.
Peruvian balsam	Myroxylon pereirae Klotzsch.
Petitgrain	Citrus aurantium L.
Petitgrain lemon	Citrus limon (L.) Burm. f.
Petitgrain mandarin or tangerine	Citrus reticulata Blanco.
Pimenta	Pimenta officinalis Lindl.
Pimenta leaf	Pimenta officinalis Lindl.
Pipsissewa leaves	Chimaphila umbellata Nutt.
Pomegranate	Punica granatum L.
Prickly ash bark	Xanthoxylum (or Zanthoxylum) Americanum Mill. or Xanthoxylum clava-herculis L.
Rose absolute	Rosa alba L., Rosa centifolia L., Rosa damascena Mill., Rosa gallica L., and vars. of these spp.
Rose (otto of roses, attar of roses)	Do.
Rose buds	Do.
Rose flowers	Do.
Rose fruit (hips)	Do.
Rose geranium	Pelargonium graveolens L'Her.
Rose leaves	Rosa spp.
Rosemary	Rosmarinus officinalis L.
Saffron	Crocus sativus L.
Sage	Salvia officinalis L.
Sage, Greek	Salvia triloba L.

Sage, Spanish	Salvia lavandulaefolia Vahl.
St. John's bread	Ceratonia siliqua L.
Savory, summer	Satureia hortensis L.
Savory, winter	Satureia montana L.
Schinus molle	Schinus molle L.
Sloe berries (blackthorn berries)	Prunus spinosa L.
Spearmint	Mentha spicata L.
Spike lavender	Lavandula latifolia Vill.
Tamarind	Tamarindus indica L.
Tangerine	Citrus reticulata Blanco.
Tarragon	Artemisia dracunculus L.
Tea	Thea sinensis L.
Thyme	Thymus vulgaris L. and Thymus zygis var. gracilis Boiss.
Thyme, white	Do.
Thyme, wild or creeping	Thymus serpyllum L.
Triticum (see dog grass)	
Tuberose	Polianthes tuberosa L.
Turmeric	Curcuma longa L.
Vanilla	Vanilla planifolia Andr. or Vanilla tahitensis J. W. Moore.
Violet flowers	Viola odorata L.
Violet leaves	Do.
Violet leaves absolute	Do.
Wild cherry bark	Prunus serotina Ehrh.

# CHAPTER 3

## Diffuser Guide & Recipes

I'm not sure about you, but my wife and I utilize aromatherapy all day long and we love our essential oil diffuser recipes! They enhance our mood, health and virtually every aspect of our lives! We have a steam diffuser in nearly every room in our home, and once we gave all those toxic plug-ins and aerosols the boot, we started to notice some pretty cool changes in our health and the health of our children.

Using an essential oil diffuser is a fantastic way to bring a wonderful, pleasant aroma into a room, in addition to all the other benefits of using quality essential oils in your home. You can use a single essential oil or an essential oil blend.

### Aromatherapy Techniques

Not only is inhalation the oldest form of essential oil use, it is also arguably the safest. Most essential oil diffuser recipes are relatively safe for most people in most cases due to the high level of dispersion. More direct effects can be obtained by breathing in a steam directly or inhaling right from the bottle, or from a few drops on a cloth. This carries the aromatic benefits from your favorite healing plants directly into your respiratory system and mucous membranes, dispersed throughout the steam or air molecules.

For inhaled oils, you only need a small amount to create a big impact. Diffusers will use a bit more, but direct inhalation is up close and personal and only requires a couple of drops. Here are some of the methods you might use to use your favorite essential oil diffuser recipes.

- **Diffusion** - Good for blends intended to affect the entire room. Place as few as 2-3 and as many as 6-10 total drops in the diffuser or in a pot of simmering water and let it disperse throughout the room. The benefits should be lasting after the diffusion has ended; there is no need to run it continuously. *Ideally for oils that are energizing, antimicrobial, promoting memory and focus, relaxing. Ex: citrus, lavender, rosemary.*
- **Personal Inhalation** - Good for portable, direct inhalation for specific benefits to an individual. Fewer drops are needed due to the close proximity of use. Place 1-2 drops of a single oil or a pre-prepared blend



of oils on the inhaler, then hold it close to the nose and breathe in periodically. Inhalers can be a piece of porous jewelry, a piece of cloth or handkerchief, or inhalers made of a wick of sorts placed in a glass tube. *Ideally for personal benefit such as clear breathing, focus, anxiety, headaches, and stress relief. Ex: eucalyptus, bergamot, peppermint.*

- **Steam Inhalation** - Technically also personal inhalation, “tenting” is more intensive and not very portable. When the oils need to be inhaled in greater concentration and affect the respiratory system more directly, 2-3 drops of a single oil or pre-prepared blend can be placed in a bowl of boiling water – usually warmed in and poured from a tea kettle. Place a towel over your head and drape it over the bowl (forming a tent, of sorts), close your eyes, and breathe deeply. *Ideally for clearing the nasal passages and respiratory system. Ex: eucalyptus, citrus, tea tree.*
- **Sprays** - Aromatic sprays have benefits of both inhalation and, in the case of antimicrobial oils, surface cleaning benefits. Combine 10-20 drops of a combination of oils to ½ oz alcohol or witch hazel, then add ½ oz distilled water and shake to combine. Spritz in the air, on linens, or on clothes as desired. *Ideally for air freshening, cleaning, antimicrobial purposes, body sprays, and even topical anti-inflammatory benefits and healing. Ex: tea tree, lemon, thyme.*

## Special Note on Steam and Reed Diffusers

### STEAM DIFFUSERS

By far, the most effective and most popular way to utilize aromatherapy is through steam diffusion. You can easily find diffusers online (this is my favorite one). Simply:

1. Fill your diffuser with tap water up to the “fill line” or fill marker.
2. Add 4-6 drops of your favorite oil or blends, see below for LOTS of great DIY recipes.
3. And enjoy. Voila!

Mama Z and I love the diffusers by Aroma2Go which have a sophisticated “Euro” look and either glass or BPA free plastic components for safety.

## REED DIFFUSERS

Reed diffusers are more “old school” and are the more traditional way to utilize aromatherapy. What did people do before electricity, right? ;)

Not as simple as steam diffusers, but still very easy to do. Once you get a small glass container with a narrow opening (you can usually find some good one at thrift stores). Simply add in:

- Several reed diffuser sticks (these are the ones I bought) OR bamboo skewers (4-6 should do)
- ½ cup – ¾ cup carrier oil (depending on the size of your bottle)
- 15-25 drops of essential oils (as low as 15 drops for ½ cup carrier oil and as much as 25 drops for ¾ cup)

The best carrier oils I have found are: fractionated coconut oil, jojoba oil, sweet almond oil, and safflower oil.

## Favorite Essential Oil Blends

Here are some of my favorite essential oil blends for everyday use, special occasions and more!

We recommend making these ahead and reusing old 5 ml bottles so you have them prepared ahead of time. Be sure to label your bottles so you don't forget what's in it! Start by mixing 10 drops of each essential oil in your empty bottle and then tweak the ratio to create a smell that works for you.

- ***Christmas Blend*** – Fir needle (Balsam fir, Douglas fir, white fir), peppermint and vanilla absolute
- ***Deep Breathing Blend*** – Cardamom, eucalyptus, lemon, peppermint, rosemary, tea tree
- ***Focus Blend*** – Cedar wood, frankincense, sandalwood and vetiver
- ***Good Bye Allergy Blend*** – Lavender, lemon, and peppermint
- ***Healthy Digestion Blend*** – Anise, caraway, fennel, ginger, lemon, tarragon
- ***Holy Anointing Blend*** – Cassia, cinnamon, frankincense, myrrh
- ***Immune Boosting Blend*** – Cinnamon, clove, eucalyptus, rosemary, orange and lemon

- *Joyful Blend* – Orange, lemon, bergamot, grapefruit and vanilla absolute
- *Sleepy Time Blend* – Roman chamomile, lavender, and vetiver

## Spring Inspired Diffuser Blends

After a long, cold, dark winter, we're all happy to see the tulips and daffodils and we welcome the scents of spring. From clothes hanging on the line to that clean house smell, our spirits are lifted by the bright colors and fresh scents including the best essential oil scents.

These spring diffuser blends of the best essential oil scents will bring spring indoors! Plus you'll get to enjoy the aromatherapy benefits of the best essential oil scents used in each recipe. Close your eyes, inhale, and picture the sheets flapping in the breeze. Ahhh.

- *Good Morning, Sunshine!* – 3 drops orange, 1 drop each ylang ylang, 1 drop bergamot
- *Clothesline Fresh* – 2 drops lemongrass, 2 drops grapefruit, 3 drops cedarwood
- *Happy Gardener* – 2 drops each peppermint, 1 drop basil, 1 drop lime
- *Raindrop Lullaby* – 3 drops lemon, 3 drops vetiver
- *Clean, Clean, Clean* – 2 drops lemon, 2 drops lime, 1 drop rosemary, 1 drop lavender
- *Tutti Frutti Candy* – 2 drops geranium, 2 drops lemongrass, 2 drops grapefruit

## Christmas Essential Oil Blends

Nothing says Christmas like the scent of a real tree or grandma's cookies! These Christmas essential oil blends for your diffuser will help you enjoy the scents of the season all winter. Plus you'll get to enjoy the aromatherapy benefits of the essential oils used in each recipe. Close your eyes, inhale, and let the holiday memories bring a smile to your face!

For these Christmas essential oil blends follow the instructions that came with your diffuser. Fill to the fill-line with water then drop in the oils!

- ***Oh, Christmas Tree!*** – 3 drops douglas or white fir, 2 drops cedarwood, 1 drop of juniper berry
- ***Grandma's Cookies*** – 3 drops ginger, 2 drops clove, 1 drop cinnamon
- ***By the Fire*** – 3 drops cardamom, 1 drop each orange, cinnamon, clove
- ***Let it Snow!*** – 3 drops eucalyptus, 2 drops juniper berry, 1 drop sage
- ***Kingly Gifts*** – 3 drops frankincense, 2 drops myrrh, 1 drop sage
- ***Carol in the Woods*** – 2 drops sandalwood, 1 drop cedarwood, 1 drop cypress, 1 drop myrrh

# CHAPTER 4

## Dilution & Dispersion Guide

We love essential oils because incorporating them into our lives can help us achieve a better degree of clean living. Diluting essential oils in appropriate levels for applications is one of the basic standards of safe use, especially when applying directly to the body. See our free essential oil Dilution Chart to help you figure out safe percentages for various types of use.

Sometimes this is very easy to achieve. But there are inevitably going to be occasions when we need to combine essential oils with substances that may not really “jive” well with their chemistry in pursuit of this standard.

In other words, the essential oil may not adequately mix into these substances without separation. This in and of itself causes an issue since one of the most important things about essential oil safety that we need to pay attention whenever we might be putting ourselves into contact with neat essential oil. Ultimately, an essential oil’s capability to mix into another substance or liquid boils down to solubility – both of the essential oil and whatever you are wanting to mix it into.

*Are y’all ready to go back to school?*

You may have heard before that “like dissolves like” when it comes to chemistry. This is true. And it applies to essential oil recipes as well! But what substances actually serve to dilute or dissolve essential oils has been greatly misrepresented throughout aromatherapy’s history.

### **How Essential Oils Mix Into Carrier Oils**

By far, the most simple and common way to assure that essential oil is properly diluted (and so not used at full concentration on the skin) is to use carrier oils. Carrier oils work nicely to reduce (or dilute) the concentration of essential oils because their overall chemical qualities match that of essential oils. Both are lipid-loving substances. Remember that like dissolves like? So, we are able to use carrier oil to sufficiently dilute our essential oils.

## Solutions and Emulsions With Essential Oils

Real life isn't always simple, however, so sometimes we need a base beyond just a carrier oil. That's where solutions and emulsions come into play – they are a step up into complexity.

Sometimes we need our essential oils to mix into substances that they are not normally *miscible* in – meaning they don't fully dissolve or mix into each other. When this is the case, we have two potential options. 1. We can reach for a substance that will help dissolve the essential oil into the uncooperating substance, thus creating a *solution*. 2. We can utilize something with that will force the essential oil to combine with something it normally wouldn't, creating an *emulsion*.

*Solutions:* You get a solution when one substance (referred to as a solute) is dissolved into another substance (known as the solvent).

Substances that can be used to dissolve essential oils include 190 proof alcohol, perfumer's alcohol, and 91% isopropyl alcohol. When the essential oil is first added to one of these substances, it can later gently be added to an aqueous substance like water, witch hazel, or hydrosol. Likewise, the you can add an aqueous substance directly to your solubilized mixture.

The essential oil, being dissolved into a substance that cooperates nicely with these other mentioned substances, is able to be safely incorporated (or really, diluted) into something it typically would not work well with. In other words, add your essential oils to the alcohol first, and then to your other ingredients.

*Emulsions:* An emulsion occurs when one liquid is dispersed through another it is typically not miscible in.

Where essential oils are concerned, an emulsion occurs through the use of something called a surfactant or another substance with surfactant properties – such as liquid soap. Surfactants work by reducing the surface tension of the substance it is to be dissolved into, allowing for a substance (in this case essential oils) to be distributed throughout another liquid, such as water. One important thing to remember is that you need to add your essential oil to your surfactant first and make sure it is sufficiently mixed with it before attempting to add it to the other liquid.

So, for example, if you are wanting to safely mix essential oil into your bathwater, your best bet is to add the essential oil to some liquid soap (good options for this

are unscented bubble bath or liquid castile soap), mix it in that thoroughly, and then add that mixture to your bathwater, creating an emulsion.

*Want to make a quick pillow or air spray?* Diluting essential oils by first solubilizing them is the way to go. Add your essential oil to some 190 proof alcohol and then gently add your water to it. The solution you create from the high-proof alcohol and essential oil is able to then be diluted into the water (using at least a 1:4 ratio of alcohol to water should ensure some preservation and a longer shelf life as well!). More practical tips at the bottom of the article.

## Prepared Bases for Essential Oil DIYs

A third option to mix your essential oils into would be prepared cosmetic bases. All of these options may not be completely natural, but there are many supply companies that carry pre-made lotions, creams, and even sometimes gels that are intended for you to add your own fragrance product to (and we of course suggest using essential oils instead of synthetic fragrance!).

These products are created with the additional fragrance load in mind, so they contain enough surfactant to handle you adding essential oils to them. These can be especially helpful as they will detail for you exactly how much extra essential oil can be added to the product, the method to add that essential oil, and their shelf life will be much longer than what can typically be made in the home.

Another product that could be used to hold essential oil for topical applications is thickened aloe gel. These gels differ slightly from pure aloe gel in that they have a thickener like carbomer or xanthan gum added to them which offers some stability in being able to bind up the essential oil when mixed well enough.

## Substances that DON'T Mix With Essential Oils

The above mentioned options are solid choices to reach for when solubilizing or diluting essential oils or otherwise create some cooperation between them and liquids they won't normally mix in. But there are a lot of substances thought to work with essential oils like this that really do not.

Many substances promoted in aromatherapy traditions or in online DIY recipes don't actually blend with essential oils the way people think they do, and this could potentially leave you at risk for skin irritation or sensitization.

When I first started learning about essential oils some of the information out there was misleading or incorrect. When you learn the chemical properties you learn a lot of what is out there doesn't actually work. Here's a list of substances that cannot dilute or be used to disperse your essential oils:

- distilled water
- deionized water
- witch hazel
- hydrosols
- vodka
- sea or table salt
- Epsom salts
- magnesium oil
- baking soda
- sugar
- aloe vera juice
- pure aloe gel
- glycerin
- milk
- honey
- peroxide

In a nutshell, the chemical properties of these substances don't match up with that of essential oils, so without incorporating a surfactant, like discussed above, diluting essential oils into these things will not be effective.

*A quick note on honey:* while it is not recommended to use honey when diluting essential oils into water, it does contain enough binding properties to mix essential oils into for quick internal dosing should it be necessary.

Here's a brief list of products often made in the home done just a little bit better using the principles for diluting essential oils mentioned above. For DIY products containing aqueous ingredients, such as water and witch hazel, be sure to make small batches to use up within a week since home DIY products have short shelf lives!



Print out these recipe cards and share one with a friend.

## WITCH HAZEL FACIAL TONER

### Ingredients

- ✔ 6 drops essential oil for skin\*
- ✔ 1 ½ tsps. 190 proof alcohol
- ✔ Witch hazel



### Instructions

- Add 6 drops of your favorite essential oil for supporting a healthy complexion to 1 ½ teaspoons of 190 proof alcohol.
- Stir and gently add this mixture to a 1oz bottle, slowly filling the bottle the rest of the way with witch hazel.

#### \* *Customize Your Skin Care with Essential Oils*

- Sensitive skin – geranium, helichrysum, rose, lavender
- Acne prone – tea tree, lavender, orange, rosemary
- General healthy complexion – lavender, frankincense

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## SHOT GLASS RELAXATION BATH

### Ingredients

- ✔ 10-20 drops essential oils\*
- ✔ Liquid castile soap



### Instructions

- Add 10-20 drops of your favorite, relaxing essential oils into a shot glass.
- Fill the rest of the glass with liquid castile soap to dilute essential oils properly.
- Stir until the soap takes on a smooth, milky appearance (this let's you know the essential oils have been adequately mixed in).
- Add the shot to your running bathwater which will help blend it throughout your tub.
- If you add more water later, swish it around to incorporate it into the water.

\* Some of our favorite essential oils for relaxation and stress relief are suitable for use in a bathtub. (Avoid hot oils with a low dermal limit.) These include geranium, ylang ylang, clary sage, marjoram, rose and Roman chamomile.

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## QUICK COUNTERTOP CLEANER

### Ingredients

- ✓ 36 drops essential oil
- ✓ 2 Tbls. liquid castile soap
- ✓ 8 oz. spray bottle



### Instructions

- Add favorite antimicrobial essential oil\* to liquid castile soap in an 8 oz spray bottle.
- Mix thoroughly.
- Fill the rest of the way with distilled water.

\* Immune Support or antimicrobial essential oils to choose from include: clove, lime, peppermint, tea tree, lavender, eucalyptus, oregano, lemongrass, orange, geranium, citronella.

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## SUNBURN RELIEF GEL

### Ingredients

- ✔ 48 drops essential oils
- ✔ 4 oz. aloe gel



### Instructions

- Add a total of 48 drops of your favorite combination of cooling, anti-inflammatory and analgesic essential oils to 4oz of thickened aloe gel.
- Mix well until the aloe gel becomes milky in appearance.
- Be sure to store this in the refrigerator as a chilled gel helps bring even more relief to skin suffering too much sun exposure!

**Note:** For children, reduce the number of drops to 24.

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**Note:** For children, reduce the number of drops to 24.

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## SLEEPY-TIME PILLOW SPRAY

### Ingredients

- ✓ 60 drops total essential oils\*
- ✓ 190 proof alcohol
- ✓ Distilled water
- ✓ 2 oz. spray bottle



### Instructions

- Add 60 drops of your preferred relaxing and sedative essential oils to 1 tablespoon + 1 teaspoon of 190 proof alcohol.
- Stir and add to a 2 oz. spray bottle.
- Fill the rest with distilled water.

\* Some great essential oils for sleep include: vetiver, clary sage, ylang ylang, lavender, angelica, chamomile, neroli, valerian, juniper berry, bergamot. Mix and match to create your preferred blend for sleep.

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# CHAPTER 5

## Carrier Oils

Not just for essential oil healing remedies and recipes, carrier oils are nutritive and have healing properties by themselves!

When reading about essential oils – whether you are brand new to essential oils or digging for new recipe blends – you’ll often see a *carrier* or *base oil* included in the discussion, or see mention of dilution. So what is a carrier oil, and how do you know which carrier oils to get?

The carrier oil is a fatty extract, usually cold pressed from its source. Individual allergies aside, carrier oils are not likely to cause sensitization and therefore make an excellent medium to disperse the more concentrated essential oil across your skin.

Carrier oils are nutritive and have healing properties of their own, so in your discovery of essential oils, don’t forget to take some time to learn about your options for carrier oils, as well.

### When to Use Carrier Oils

Before you ask – yes, carrier oils are necessary! Once you get the hang of it, adding your essential oils to a carrier first is hardly any extra work, and in return you are actually amplifying the efficacy of your healing application.

It might seem backwards to say that diluting a substance makes it more effective, but in this case it is true. Essential oil applications without carrier oils (called “neat” applications) put the oil directly onto your skin. A few things of note are happening here:

1. The skin may be sensitized to the concentrated oil, harming the body by creating an allergic response.
2. The essential oil may quickly evaporate off the surface of the skin, whereas the lipids in a carrier can help keep it on the skin longer. Remember, essential oils are “volatile organic compounds,” which means that they are emitted as gas when exposed to open air. This is why you may notice their

aroma within seconds of opening the bottle. Carrier oils may decrease the absorption.

3. You can't massage it in or disperse it across wider spaces.
4. An ingested neat oil may cling to the mucous membranes and never make it to the intended site of application.
5. Not to mention, ingesting neat oils can easily burn your mouth and irritate your esophagus!

*Bottom line:* using essential oils undiluted is largely a waste of time, money and can place your body in harm's way. While there are instances when neat is acceptable – gentle oils, or oils under the supervision of a trained aromatherapist – your best bet is to dilute essential oils into a carrier every time.

Without essential oils, you will also use carriers as the base of most DIY herbal preparations, from lotion bars to chapstick to salves. Start with the most accessible carrier oils, then work through others as you learn their benefits and ideal uses.

## 4 Categories of Carrier Oils to Know

Herbal supply stores, health food stores, and online supply shops will offer you dozens of carrier oils to choose from. Don't get overwhelmed at your options! What is a carrier oil? Carrier oils are relatively simple to understand, and for most preparations, you can't really go wrong.

We'll walk through the more common of the carrier oils here, but if you run into one you aren't sure about that isn't covered here, take the time to look it up and learn what it is and does. Self-education may not teach us everything, but it can take us a long way if we pursue it.

### 1. BEGINNER CARRIER OILS: OLIVE AND COCONUT

The best place to start is at the beginning, and for DIY aromatic and herbal preparations, that's right in your own kitchen. Really, if we take it back to Hippocrates encouraging us to find our medicine in our food, the kitchen has been the starting point for many generations!

Let's spend a bit of time on these two, as this is likely where you'll start with carrier oils and diluted topical preparations before branching out to other carrier oils.

## **Olive Oil**

Almost undoubtedly in your kitchen, as it is probably the most commonly used culinary and carrier oil out there. Because it is used so much, however, it may be adulterated with similarly-colored sunflower and corn oils.

Once again, we are reminded to check our product sources carefully! Extra virgin olive oil – which is cold pressed and minimally processed – is the ideal, and it will be a light green color with a thick scent. Sometimes, the scent can be off-putting, so you'll want to choose olive oil when making a highly aromatic blend or preparation. In 2015, a double-blind, randomized study took place in which olive oil was used on diabetic patients with ulcers on their feet. After four weeks of treatment, the patients who'd received olive oil topical treatments had smaller, less pronounced ulcers than those who received placebo or nothing. The use of olive oil as a carrier can add to the soothing, healing effects of your dilutions and preparations.

*Choose this when: Making homemade salves, creams and oil pulling. Good for dry skin.*

## **Coconut Oil**

A saturated fat taken from coconuts, which are actually giant seeds. The oil spreads over the skin easily with very little greasy residue, taking the oils you've blended in with it. Even without anything blended into it, coconut oil has been shown to enhance the wound healing process. You probably already use coconut oil regularly; its popularity has recently sparked internet jokes about how much you can do with coconut oil: fix your hair, fix your budget, fix your significant other... The jokes, of course are rooted in reality, poking good-natured fun at the almost comical range of things you can do with coconut oil.

*Choose this when: Making most of your DIY projects and is a nice massage oil carrier. Tasty addition to your oil pulling ritual. And is best for oily skin as it leaves little oily residue.*

The way coconut oil is processed will affect its uses. Cold pressed coconut oil (virgin, extra virgin) will retain the coconut scent and will become solid when room temperature or cooler. Heat processed coconut oil will not have the taste and smell of coconut, and fractionated coconut oil (the most processed of the



options) will not become solid. The tendency to solidify can be good or bad for your preparations – for quick dilutions, it is sometimes nice to mix up the essential oil into a semi-solid coconut oil and then be able to rub on a quick-melting preparation as it warms to your skin.

### **Fractionated Coconut Oil**

Literally a fraction of the coconut oil – being that all of the long chain triglycerides have been removed – fractionated coconut oil is a lightweight emollient that is a must-have for dry or sensitive skin. Also referred to as FCO, It provides an effective barrier without clogging pores and leaves your skin feeling smooth and never greasy. It is considered to be the most cost-effective oil because it will not go rancid. In fact, some suppliers claim that it can be mixed with other (more expensive) carrier oils to extend their shelf life. However, once you add essential oils that begin oxidation process, the carrier oils will begin to lose their shelf life stability. It is colorless and odorless, and it incorporates perfectly with other oils without altering their scent, appearance or effectiveness.

*Chose this when: Quick dilutions with what you have on hand; enhancing skin healing; perfect to treat health conditions like infections, open wounds and chronic disease.*

## **2. NUT & SEED CARRIER OILS: ALMOND AND JOJOBA**

These oils are probably not in your kitchen for cooking, but they are still very commonly purchased, easy to work with, and rich sources of skin-health nutrients. If you are ready to take a step beyond your pantry, these make a good place to start.

### **Almond Oil**

Very mild in scent and flavor, almond oil is nutrient dense and versatile. Almond oil is a good topical source vitamins A & E, adding to the many nutritional benefits that almonds have simply as a food. Traditional uses indicate almond oil for dry skin conditions, like psoriasis and eczema. As an emollient, almond oil can be soothing for sore skin. It's fabulously nutritious and is a favorite for skin.

### **Jojoba Oil**

If you've not yet heard of jojoba (or heard it pronounced), it's ho-HO-ba that you are looking for. Derived from the seeds, jojoba is actually classified as a liquid wax, which adds another option to your carrier oil choices. It doesn't solidify as quickly as coconut oil does, but the consistency is well suited to deep penetration and moisturizing. Jojoba has an excellent shelf life, which is perfect

for storing until you need it for small dilution preparations. It has been studied for anti-inflammatory properties, wound healing ability, and efficacy in face-mask treatments for acne. It's one of Sabrina's favorite and she uses it as a base for her carrier oil blend.

*Choose these when: Skin is dry or inflamed; nutrients are lacking; versatility and ease of use are desired. Good for most DIY projects.*

### **Rosehip Seed Oil**

This is one of Sabrina's favorite carrier oils for skin conditions. You don't have to use it solo, but it can be a great oil to add into any blend you're using to boost the nourishing richness. It's high in Vitamin C and is a soothing emollient for a variety of skin conditions. It can even be part of a skin conditioning lotion bar!

*Choose this when: Whenever you need additional support for your skin or add this into healing skin serum.*

## **3. FRUIT CARRIER OILS: APRICOT, AVOCADO, AND GRAPESEED**

Easy to remember thanks to kitchen staples, these oils typically come from the seeds of their respective fruits, as is the case with the other carrier oils. These choices are as affordable and accessible as they are versatile.

### **Apricot Oil**

Available as expeller pressed, refined, or cold pressed, the difference is simply texture and preference. Apricot oil's nutrient profile includes vitamins E and A as well, or at least the carotenoid precursor to vitamin A. It is edible as well as beneficial topically. Because it is so incredibly gentle as well as nourishing, apricot oil is a good choice for applications that will cover a good deal of skin or that will be applied on children heavily.

### **Avocado Oil**

Avocado as a fruit is one of the best sources of fat and nutrients (and dip!) you can find. The oil itself, as you might imagine, is an emollient, taken from the smooth flesh around the pit. An exception to the typical seed-derived oil, avocado oil is rich in nutrients and excellent at penetrating the skin. In another animal trial, this one occurring in 2008, avocado oil was also found to have good wound healing ability. Before elaborating on the study, the researchers noted

that the oil is “rich in nutrient waxes, proteins and minerals, as well as vitamins A, D and E...an excellent source of enrichment for dry, damaged or chapped skin.”

### **Grape Seed Oil**

Also a culinary oil, grape seed oil topically is used for its light texture and lack of residue. Once on and in the skin, grape seed is another oil verified for its contributions in wound care and healing. The high levels of fatty acid content and antioxidants in grape seed oil contribute to much of its beneficial composition. Without the heaviness of more saturated oils, grape seed makes a cleaner topical application with less of a greasy film.

*Choose these when: Creating a massage oil; looking for deep hydration; creating chapsticks and balms.*

## **4. ESSENTIAL FATTY ACID CARRIER OILS: BORAGE AND EVENING PRIMROSE**

While most of the carrier oils we’ve talked about and what is on the market are decent sources of essential fatty acids, some oils are considered good sources of these vital nutrients.

### **Borage Oil**

Taken from the seeds of a flowering perennial herb, borage oil is a potent source of omega-6 essential fatty acids. While we usually take omega-3 to counter the unhealthy balance of essential fatty acids that our diet affords, borage oil as a natural source is a different story. Omega-6, at its root, is actually as anti-inflammatory as omega-3, which likely aids in the topical benefits of borage oil. It’s in the overconsumption of junk-food-sources and lack of balance in the omegas that we begin to see trouble. Borage oil has been used for dermatitis and other anti-inflammatory preparations.

### **Evening Primrose Oil**

Named for the flowers that open only in the evenings, evening primrose oil is a more delicate oil that must be cold pressed, refrigerated, and should not be added to any heat preparations. Typically, evening primrose is consumed in supplement or culinary form, and of those uses it is highly researched and evaluated for its benefits as a source of essential fatty acids. For topical use, results seem to be similar to that of borage: anti-inflammatory effects that relieve flare ups such as dermatitis.

Although these are culinary oils, we already get large amounts of omega-6 in the diet. Be cautious with long-term culinary ingestion without professional guidance.

*Choose these when: Resolving topical inflammation; essential fatty acid deficiency/imbalance is a problem. Creating hormone-balancing serums and women's health blends.*

## How to Use a Carrier Oil

For simple dilution purposes, start with small amounts of your carrier oil and work up as you become comfortable and have sanitary ways of storing your blend. Always place blends into heat-sanitized containers, particularly if they will stay there for any amount of time.

Start with 1 tsp of carrier oil, or 5ml of oil. It will vary from 60-150 drops depending on the specific oil. Since it's oil we are dealing with, the assumption is that it will be closer to 60 than 100. You can assume 100 for extra safety and simple dilutions (1% = 1 drop), or you can calculate based on the more generous 60 drops.

Here's a simple dilution guide (Note some oils need a different dilution amount but this is a good starting place.):

- 1% dilution = 6 drops of essential oils per 1 ounce of carrier oil = good for sensitive skin face, genitals, underarms, babies to toddlers
- 2-3% dilution = 12 – 18 drops of essential oil per 1 ounce of carrier oil = standard adult concentration for massage oils, creams and DIY recipes
- 5% – 10% dilution = 30 – 60 drops of essential oil per 1 ounce of carrier oil = more for acute conditions like infections. Don't use for more than a week at a time.
- 25% dilution = 150 drops of essential oils per 1 ounce of carrier = for one-time application like wart removal, skin tags, or areas with localized pain.
- 50% dilution = 1:1 ratio of carrier to essential oils = not recommended unless under the supervision of a trained professional.

Stir the essential oil into the carrier, then apply as indicated. And that's that! You've successfully diluted your essential oil and enjoyed the added benefit of a nourishing carrier oil.

# CHAPTER 6

## Ingesting EOs Safely

The most controversial topic in aromatherapy by far is whether ingesting essential oils is safe or not. You may be surprised to learn what the research says.

I'm not sure how it exactly happened, but somehow misguided people started to instill fear into essential oils users that these precious compounds are unsafe for internal use. I say "misguided" in the deepest respect, as I understand that we all have differing opinions, and I know that I'm going to get a lot of "love mail" for this post – hate mail sounds too ugly, doesn't it? ;)

### **What Aromatherapists Really Say**

The more I learn about them, ingesting essential oils as medicine is not a common practice for me and my family. I still enjoy a drop of peppermint and cinnamon in my morning latte, or a drop of lemon in sparkling water with some liquid stevia as my special soda pop, but that's about it unless I'm battling some specific health condition. It has taken me a year of research & study and literally hundreds (if not thousands) of hours to get to this "revelation."

The key is dosage. One or two drops of lime essential oil in your guacamole that will be shared with 4 or 5 other people is not your concern. This is referred to as "culinary dose." The concern is when people are taking consuming 4, 5, or 6+ drops at a time. This is known as a "therapeutic dose." More on this below...

I regularly get questions from people asking me about ingesting essential oils and I now understand why there's so much confusion. One myth breeds more myths. Innocent uncertainty breeds more uncertainty. And the vicious cycle continues.

The fact remains that there are no scientific, evidence-based, anatomical, physiological or logical reasons to say that all essential oils are unsafe for human consumption. Paradoxically, aromatherapists are still at odds with each other on this point, which confuses the casual essential oil user all the more. With that said, rest assured that large professional organizations like National Association for Holistic Aromatherapy (NAHA) support safe, internal use.

In the words of NAHA, *“Essential oils may be applied on the skin (dermal application), inhaled, diffused or taken internally. Each of these methods have safety issues which need to be considered.”* And this makes complete sense to me. Like anything we can easily overdo it, and we must remember a little goes a long way with regard to essential oils – especially internal use! We can also find several local and online schools that will certify you as an aromatherapist and learn how to practice safe, internal use.

The *Atlantic Institute of Aromatherapy* is one organization in particular that I have strongly aligned myself with as it is the oldest aromatherapy school continually run by a practicing aromatherapist. Their founder, Sylla Sheppard-Hanger, has over 40 years of client-based experience, and has been teaching classes in aromatherapy since 1985. The bottom line is that when an organization like this includes ingesting essential oils guidelines in their curriculum – with hundreds of case studies to support their recommendations – people should stop for a second and listen, don't you agree?

And let's not forget what the universally acclaimed text, *Essential Oil Safety: A Guide for Health Care Professionals*, repeatedly refers to *“maximum oral dose”* in relation to ingesting essential oils safely and effectively.

The thing that really throws me through a loop regarding people who speak out against ingesting essential oils is that they are in direct opposition of the dozens of human studies in the scientific literature and completely disregard the Food and Drug Administration. Yes, you read that correctly! According to the FDA, ingesting essential oils is safe for human consumption as flavor ingredients. For the exhaustive FDA-approved list of Generally Recognized As Safe (GRAS) oils see below.

*Note:* not all oils that are safe for ingestion are included in the FDA-approved GRAS list. I recommend that we use this list as a base point to start the conversation about what is and what is not safe because it all boils down to dosage.

## Do's & Don'ts of Ingesting Essential Oils

Before I dive into some of the ways that ingesting essential oils can be done safely, there some "housekeeping" items we need to discuss. Here are some do's and don'ts.

### DAILY DO'S:

1. Inhale essential oils in an essential oil diffuser, inhaler, spritzer and other fun ways.
2. Add essential oils in your daily body care regimen.
3. Be careful – and learn the basics. My Aromatherapy 101 article will help.
4. Enjoy the good things in life! There's nothing like one drop of lemon or orange oil mixed with Solubol in a 32 ounce glass liter of sparkling water with some liquid stevia as a special soda pop treat.
5. Have fun & be empowered! Using essential oils and other natural therapies is a life-changing experience for most people and remember to enjoy the journey as you learn all about them!

### DAILY DO NOT'S:

1. Ingesting essential oils for "prevention." This is wasteful and dangerous, and I was a victim of the take-a-drop-of-essential-oil under your tongue (or in your water) everyday myth until I irritated my esophagus and developed acid reflux! The more I learn about EOs, the less I consume them – only for specific health conditions, or my special soda. And, no, it doesn't matter how "pure" or "therapeutic" they are. Daily consumption is NOT the most effective (and medicinal) way to use them, and it has taken me 3 years of trial & error (lots of error) and literally hundreds (if not thousands) of research hours to get to this "revelation." So, please learn from my mistakes!
2. Think that each health condition within a specific body system should be approached the same way. Meaning this: even though peppermint is great for IBS and nausea, it should not be used for GERD. The University of Maryland Medical Center specifically warns that peppermint tea and essential oil can relax the esophageal sphincter and pose risks for those with reflux.
3. Believe that "there is an oil for that." Essential oils have changed my life so much that I have devoted much of my personal and professional lives to sharing the message that they are truly God's Medicine. Seriously, I'm

the “oil” guy and I’ve been blessed with the opportunity to be featured on countless health summits, conferences and documentaries. Yet, let’s be real. Like anything, essential oils are limited by what they can and we should not fall into the trap that they are the end-all cure because misguided hope will disappoint.

Ok, now that we’ve cleaned house, let’s get to work...

## Tips for Ingesting Essential Oils Safely

I have written about ingesting essential oils extensively, and if you’re looking for a thorough video on how to use them safely and effectively, you can check a free screening of my Essential Oils for Abundant Living Masterclass. In the meantime, suffice it to say that essential oils are extremely potent plant-based compounds and should be used with care.

Also known as “volatile organic compounds,” essential oils are chemical compounds found in the bark, leaves, flowers, roots and rinds of plants, fruit, and trees. Interestingly, there are no vitamins or minerals in essential oils as they are made up of compounds that we learn about in organic chemistry class like terpene hydrocarbons (e.g. sesquiterpenes, which have been shown to cross the blood brain barrier) and oxygenated compounds (e.g aldehydes, ketones and esters, which all have unique effects on the human body).

The key to ingesting essential oils, and why we should consider them in our natural health regimens, is that they combat pathogens (harmful microorganisms), are a source of antioxidants (needed to prevent and cure disease), and have been shown to contain advanced healing properties in addition to cancer cell cytotoxicity amongst other things.

### CULINARY DOSES (1-3 DROPS PER DISH)

The safest way to ingest essential oils is in culinary use. Cooking with essential oils is an extremely safe way to enjoy the health benefits as well as enhance the flavor of your food. Here are some ideas of how to get started.

- Use 1-2 drops of cilantro or coriander with 1-2 drops of lime, for example, goes wonderfully with your homemade guacamole.
- Try 1 drop of cumin in your curry next time. Or, 2 drops of black pepper in virtually anything savory!



- You could use cinnamon essential oil in a cake batter, for example, but you'd only need one drop for the whole batch vs. a tsp or more of the bark powder.
- Mix 1 drop in your morning latte. I particularly enjoy a drop of peppermint and cinnamon in my fat-burning matcha green tea latte.

Do remember, however, that oil and water do not mix, so simply adding a drop to your coffee will leave that drop undiluted. This is why you need to add an edible carrier oil like coconut oil first before and then mix into your latte!

## **THERAPEUTIC DOSES (UP TO 5-6 DROPS PER APPLICATION)**

When ingesting essential oils is necessitated for therapeutic purposes, much more than a culinary dose needed. "Therapeutic" amounts require up to 5-6 drops of essential oil per dose. To do this safely, taking them in a gel capsule is the preferred method. Alternatively, you can add 3-4 drops of essential oil with one tablespoon of an edible carrier oil like olive or grape seed or coconut oil and consume that way. This is what we do for our immune-boosting "flu" shots.

## **How to Make Gel Capsules**

The safest (and most effective) way to ingest essential oils for therapeutic purposes is to take them in capsules. Taken from my book, *The Healing Power of Essential Oils*, simply follow these instructions.

(Makes 1 dose)

## FDA Approved GRAS Essential Oils

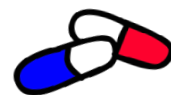
It is important to realize that millions of people are ingesting essential oils all day without even realizing it. Where do you think your processed food get their flavor from! Virtually anything that is naturally flavored most likely contains essential oils. This is what the FDA says in the official document Code of Regulations, Title 21, Volume 6, Animal Food Labeling: Specific Animal Food Labeling Requirements.

Print out these recipe cards and share one with a friend.

### GEL CAPSULES

#### Ingredients

- ✔ 4 drops essential oils
- ✔ Organic, unrefined coconut oil or olive oil
- ✔ Pipette
- ✔ Size 00 vegetarian capsules



#### Instructions

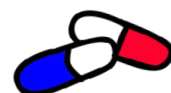
- Using a pipette, drop the essential oils into the narrower bottom half of the capsule.
- Use the pipette to fill the remaining space in the capsule with coconut or olive oil.
- Fit the wider top half of the capsule over the bottom half and secure snugly.
- Swallow a capsule immediately with water on an empty stomach. Take twice daily.
- Use up to 2 weeks at a time.

**Note:** Do not premake and store for future use.

### GEL CAPSULES

#### Ingredients

- ✔ 4 drops essential oils
- ✔ Organic, unrefined coconut oil or olive oil
- ✔ Pipette
- ✔ Size 00 vegetarian capsules



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- Swallow a capsule immediately with water on an empty stomach. Take twice daily.
- Use up to 2 weeks at a time.

**Note:** Do not premake and store for future use.

## FOODS CONTAINING “ARTIFICIAL FLAVORS” AND “SPICES” DO NOT CONTAIN OILS

“(a) The term artificial flavor or artificial flavoring means any substance, the function of which is to impart flavor, which is not derived from a spice, fruit or fruit juice, vegetable or vegetable juice, edible yeast, herb, bark, bud, root, leaf or similar plant material, meat, fish, poultry, eggs, dairy products, or fermentation products thereof. The term spice means any aromatic vegetable substance in the whole, broken, or ground form, except for those substances which have been traditionally regarded as foods, such as onions, garlic and celery; whose significant function in food is seasoning rather than nutritional; that is true to name; and from which no portion of any volatile oil or other flavoring principle has been removed.

- Allspice, Anise, Basil, Bay leaves, Caraway seed, Cardamon, Celery seed, Chervil, Cinnamon, Cloves, Coriander, Cumin seed, Dill seed, Fennel seed, Fenugreek, Ginger, Horseradish, Mace, Marjoram, Mustard flour, Nutmeg, Oregano, Paprika, Parsley, Pepper, black; Pepper, white; Pepper, red; Rosemary, Saffron, Sage, Savory, Star aniseed, Tarragon, Thyme, Turmeric.
- Paprika, turmeric, and saffron or other spices which are also colors, shall be declared as spice and coloring unless declared by their common or usual name.

## FOODS CONTAINING “NATURAL FLAVORS” DO CONTAIN OILS

*The term natural flavor or natural flavoring means the essential oil, oleoresin, essence or extractive, protein hydrolysate, distillate, or any product of roasting, heating or enzymolysis, which contains the flavoring constituents derived from a spice, fruit or fruit juice, vegetable or vegetable juice, edible yeast, herb, bark, bud, root, leaf or similar plant material, meat, seafood, poultry, eggs, dairy products, or fermentation products thereof, whose significant function in food is flavoring rather than nutritional. Natural flavors, include the natural essence or extractives obtained from plants.” By letting common sense be our guide, I propose some tried and true tips on how to take essential oils internally.*

1. Start off by using oils that are GRAS (see below for the FDA-approved list of oils that are Generally Recognized As Safe for internal use).
2. Be safe (more on that below).
3. Don't overdo it – limit to 2-3 drops at a time, and be sure to wait at least 4 hours before taking consecutive doses.

4. Listen to your body, and...
5. Discontinue use IMMEDIATELY if adverse reactions occur.

Trust me, people don't break out in hives in a "detox" reaction when ingesting essential oils like I've read out there in cyberspace. Pain, irritation, swelling, inflammation, bloating, burning, reflux, and anything else that isn't pleasant is NOT a good sign. This is your body's way of warning you that something harmful is attacking it.

# CHAPTER 7

## Culinary Use

Learn how cooking with essential oils safely (and deliciously!) can help you cook up nutritious concoctions in the kitchen. Combining nutritious foods with flavorful spices and herbs is a time honored tradition and a beautiful picture of God's design for the Abundant Life. The flowers and herbs that grace our gardens are also delicious sources of wellness. Extending this celebration to cooking with essential oils as well widens our appreciation for creation and all of the goodness available at our fingertips.

### **Ingesting Essential Oils Controversy**

Admittedly, the ingestion of essential oils is a hot topic with much controversy. What, if any, oils can be ingested and how do we do it? There are plenty of opinions out there, but past precedent alone tells us that cooking with essential oils is nothing new.

Essential oils and extracts have been used as flavoring agents for years. It's just too easy to add a drop or two of an intensely flavored oil in place of time consuming ingredients with much more volume.

In addition to flavor, cooking with essential oils are regularly tested by researchers for their potential to improve food safety. Antimicrobial oils, the theory goes, may be able to minimize food borne illness if manufacturers added it to packaging.

So the idea of cooking with essential oils or incorporating them into our kitchen process is nothing new. The important thing is to do it safely, appreciating the differences between a whole herb or spice and its essential oil.

You'll also want to note that not every essential oil is a good choice for cooking. Sometimes cooking with essential oils changes the taste and it doesn't taste quite as yummy as the whole herb. Sometimes the oil has too much of a certain component, making it less than ideal or even unsafe in high quantities. Fennel is a good example, when a woman ate an "undisclosed amount" of fennel cakes with essential oil in them and experienced seizures.

Knowing all about the oil you'd like to use – its safety, profile, and precautions – is important. With proper use, dilution, and amounts, I believe cooking with essential oils can be both safe and fun.

## Basics of Cooking with Essential Oils

Cooking with essential oils actually helps to make cooking much easier and more flavorful. There's always a place for herbs and spices – we need the variety of nutrients they offer! But sometimes, it's just easier to add a drop or two instead of spending time chopping and slicing and preparing. Other times, a yummy essential oil can take the place of a recipe's artificial flavoring ingredient (think "orange extract" or "lemon flavoring" or vanilla).

For the basics of cooking with essential oils, remember to:

- Convert
- Dilute
- Delay

### CONVERT THE AMOUNTS WHEN COOKING WITH ESSENTIAL OILS

Remember that the essential oil is a concentrated portion of its original source. Just like cinnamon sticks take up more space than cinnamon powder, the essential oil should be used in much smaller quantities than the whole substance.

We don't quite have a hard-and-fast rule for substituting essential oils for whole herbs and spices, but a good rule of thumb is that a drop will replace a teaspoon and that you don't need more than one or two drops for a full recipe.

### DILUTE ESSENTIAL OILS FOR COOKING AS NEEDED

Another thing to remember when cooking with essential oils is that they should still be diluted into a lipid first. This not only keeps us safe, but it helps to ensure the oil (and flavor!) gets dispersed throughout the whole dish. Learn more about the chemistry of dispersing and diluting essential oils [here](#).

For savory recipes, dilute into a bit of olive or coconut oil. Stir, then add to the recipe.

For sweet recipes, honey or a syrup works well; however, this is better done with non-liquid dishes as neither are sufficient to keep the essential oil safely dispersed in water, tea, etc.

## **DELAY ADDING ESSENTIAL OILS**

Finally, for hot recipes, wait until the end of the process before adding the essential oil. These are called “volatile oils” for a reason – they are relatively fragile and will dissipate quickly in high heat!

For stovetop recipes, after the cooking is finished, stir your diluted essential oil into the dish. For baking, you’ll simply expect to lose a bit of the properties in the process. Dilution throughout the recipe will help, and you’ll still be able to enjoy the flavors of cooking with essential oils, no matter what!

## **Does Cooking Damage Essential Oils?**

This point is worth expanding a bit more before we move on to the best essential oils for cooking. After all, it’s important to understand why we’re doing it and what the benefits and drawbacks may be.

The two concerns with cooking essential oils seem to be:

1. Alteration of chemical structure
2. Evaporation

Both of these concerns are valid, but that shouldn’t stop us from enjoying the culinary use of cooking with essential oils. Minimize exposure to high heat by adding essential oils last, and minimize evaporation by proper dilution and dispersion throughout the recipe.

While one would think boiling would eliminate the beneficial properties, but at least one study found that some properties were better retained during boiling than baking. Go figure!

Because these oils are going to be ingested and some of the properties are indeed retained, it’s important to get high quality, certified organic oils for the absolute best in safety and flavor.

Finally, remember that cooking with essential oils is largely to enjoy the flavors and fragrance, with a dash of potential health benefits on the side. For direct and potent health effects, other remedies or applications are ideal.

## Top 10 Essential Oils for Cooking

It doesn't take much essential oil to flavor your dish when using essential oils. Remember you typically need just a drop or two at most. Here are some of the best essential oils for cooking.

### 1. LAVENDER

As one of the most gentle oils, lavender essential oil is a great oil to start with as you learn to cook with essential oils. Its flavor is delicate and floral, excellent for a variety of culinary options.

Try lavender in dessert recipes like scones or even savory dishes like fish bakes. Just a couple of drops for the whole recipe will add just a touch of that unique floral flavor to take your recipe from bland to gourmet.

*Lavender essential oil properties are linked with relaxing, calming, anti-anxiety effects.*

### 2. PEPPERMINT

Cool and refreshing, peppermint essential oil is another easy one to start out with. A drop of peppermint essential oil added to honey turns an ordinary mug of tea into a stimulating, energizing jump start. Peppermint also blends well in lemonade, and for the adventurous – go for a lavender, peppermint, lemonade mix! It's yet another case where the big-three essential oils and flavors work together well when cooking with essential oils.

Use peppermint oil in candies and chocolates for your own mint treats. And while it's not actually cooking, don't forget to use peppermint to make your own oral health treatments.

*Peppermint essential oil properties are linked to energizing stimulation, relief of aches and pains, and even athletic performance.*



### 3. CITRUS

There's just no way around it – all of the citrus oils are great for cooking! Citrus oils are unique in that they are pressed directly from the peel of the fruit, so while you're getting the oddball composition of roots and leaves and bark with other oils, you are much closer to the familiar fruit in citrus.

That also means they aren't steam distilled – which means they've yet to undergo heat. This makes citrus potentially more sensitive to heat applications. Don't avoid it, really, just be aware of that when you set your expectations.

Use citrus oils properly emulsified in drinks, smoothies (orange-cream, anyone?), and treats. Add to stir-fries and casseroles, one-pot wonders, and even in dips. The sky's the limit with these delicious, fruity oils.

*Citrus essential oils are linked to energizing, antimicrobial properties and may even contribute to weight loss efforts.*

### 4. BERGAMOT

While bergamot is technically citrus, it deserves special mention. First, it's not a fruit that we eat so we don't readily relate to the flavor. And second, it is a stand-out anxiety reliever.

Bergamot's flavor is mildly citrus-like. Try bergamot in scone recipes and other treats to take advantage of its excellent pairing with mild flavors.

*Bergamot essential oil is a cold-pressed citrus oil that is associated with stress relieving, anti-anxiety benefits.*

### 5. CINNAMON

Now we're stepping into the meat and potatoes (though, I'm not sure I'd use that literally for cinnamon!). Cinnamon essential oil is strong in both flavor and effects. It's more important than ever to dilute properly to protect sensitive membranes, and to only use a drop or two for a recipe.

Cinnamon essential oil works very well in sweet dishes, particularly cinnamon bark oil to replace powdered cinnamon bark. Think cinnamon French toast, you could add a drop into the eggs before dipping the toast into it, or to give an extra cinnamon boost in cinnamon rolls.

*Cinnamon essential oil is associated with antimicrobial and antioxidant effects, as well as being a stimulating, energizing oil.*

## 6. CARDAMOM

An excellent pairing with cinnamon oil, cardamom is known as a strong antioxidant with potential digestive benefits. Use cardamom and cinnamon as part of a chai flavor blend or in any spice-flavored dessert or treat.

Cardamom powder is also included in some savory recipes, adding a warm flavor touch to meat dishes and main courses. Adding cardamom essential oil in place of the powder may add digestive benefits to the recipe as well as tons of flavor.

*Cardamom essential oil is associated with digestive wellness such as nausea relief, as well as potent antioxidant composition.*

## 7. GINGER

Another digestive substance, ginger root has long been used to relieve nausea and protect the stomach. Ginger essential oil can be used in similar ways, and it is great for cooking.

Add ginger to sweet treats like ginger snaps, gingerbread, and spiced drinks, without a doubt. But also try it in sauces for savory dishes like stir fries and marinades. Fresh ginger has to be peeled and grated, so ginger essential oil can be a quick and easy addition when time is short but flavor is needed.

*Ginger essential oil is linked to digestive wellness, nausea prevention, and anti-inflammatory benefits.*

## 8. THYME

Typically used in cleaning blends, thyme essential oil is best known for its frontline effects against the microbes that cause illness. But it's also an immune stimulant and part of a flavorful culinary herb.

As a savory flavor, add thyme to main course dishes, especially when meat is involved. The herbaceous flavor blends well into soups, stews, and bakes as well. Add to marinades to add an herbaceous touch without being limited to dry rubs. For a surprising twist, experiment with thyme in desserts and treats to offset the sweetness.

*Thyme essential oil is known as an antimicrobial immune stimulant and may help to improve food safety.*

## 9. ANISE

With a licorice flavor, anise essential oil is fun to experiment with as a unique and absolutely delicious addition to nearly any kind of recipe. Anise as a whole herb is used in cookies and treats, mild biscotti, savory marinades, soups, sausages, and various ethnic recipes.

Anise is similar to fennel in flavor and digestive benefits. Replace anise in recipes with a drop or two of the essential oil. But, like fennel, it can be counterproductive and even dangerous if used in excess. Use it cautiously – not daily and not in excess – to enjoy the flavor and digestive benefits of anise essential oil.

*Anise essential oil is associated with digestive benefits, as well as the risks associated with estragole content. Use appropriately.*

## 10. CORIANDER/CILANTRO

Coriander is the seed of the plant and cilantro is the leaf of the same – but their flavors and applications are much different. Their essential oils work in a similar way. While the benefits are somewhat similar, the flavors are different and their best uses are different.

Use cilantro essential oil where you would use cilantro, in salsas, dips, and savory cuisine. Coriander essential oil works well in sauces, vegetable dishes, pickling, and other savory recipes that use herbs.

*Coriander and cilantro essential oils are associated with digestive benefits and antioxidant properties.*

# PART TWO

## Must-Have Oils

# CHAPTER 8

## Daily User Guide

Whether you're a veteran looking for some new tips or a beginner who wants to start using oils but don't know where to start, my daily essential oils guide will help you and your family start using them today the right way!

My wife and I have been using essential oils for years. I'm actually a late-bloomer compared to Mama Z who has been using these precious natural solutions since she was in her teens! We've tried several brands and have completely rearranged our medicine cabinets over the years, and have become leaders in the industry as my articles, books, and conference presentations grows in popularity.

### **Do's and Don'ts of Using Essential Oils**

Before I dive into my essential oils guide to help you use them as part of your daily natural health regimen, there are some "housekeeping" items we need to discuss. When using our essential oils guide, here are some do's and don'ts to consider.

#### **DAILY DO'S:**

1. Inhale essential oils in a diffuser, inhaler, spritzer and other fun ways.
2. Add essential oils in your daily body care regimen.
3. Be careful – and learn the basics. My Aromatherapy 101 article will help.
4. Enjoy the good things in life! There's nothing like one drop of lemon or orange oil that has been solubilized in a 32 ounce glass liter of sparkling water with some liquid stevia as a special soda pop treat.
5. Have fun & be empowered! Using essential oils and other natural therapies is a life-changing experience for most people and remember to enjoy the journey as you learn all about them in our essential oils guide.

#### **DAILY DO NOT'S:**

1. Consume essential oils for "prevention." This is wasteful and dangerous, and I was a victim of the take-a-drop-of-essential-oil under your tongue (or in your water) everyday myth until I irritated my esophagus and developed

acid reflux! The more I learn about EOs, the less I consume them – only for specific health conditions, or my special soda. And, no, it doesn't matter how “pure” or “therapeutic” they are. Daily consumption is NOT the most effective (and medicinal) way to use them, and it has taken me 3 years of trial & error (lots of error) and literally hundreds (if not thousands) of research hours to get to this “revelation.” So, please learn from my mistakes!

2. Believe that “there is an oil for that.” Essential oils have changed my life so much that I have devoted much of my personal and professional lives to sharing the message that they are truly God's Medicine. Seriously, I'm the “oil” guy and I've been blessed with the opportunity to be featured on countless health summits, conferences and documentaries. Yet, let's be real. Like anything, essential oils are limited by what they can do and we should not fall into the trap that they are the end-all cure because misguided hope will disappoint.

Ok, now that we've cleaned house, let's get to work...

## **Aromatherapy for Fragrance**

When people say that essential oils have been used for thousands of years, they're referring to the art of aromatherapy when tribal cultures burned plants to make incense for spiritual and medicinal purposes. Remember, modern-day distillation didn't exist back then and our ancestors never had access to what we know now as “essential oils.” Still, the use of aromatic herbs, roots, flowers and fruits was widely enjoyed.

Throw away the glade plug-ins and wall flowers! They emit toxic chemicals that have been linked to neurotoxicity and cancer, which is why every house should have multiple diffusers running throughout the day. Not only will they help make your house smell and feel refreshing, but they also emit aromatic “volatiles” that have significant medicinal properties.

Research studies have linked inhaling diffused lavender EO to:

- Decreased oxidative stress
- Reduced postnatal depression and anxiety
- Improved mood for people suffering with PTSD
- Enhanced sleep and decreased moodiness
- Increased overall health status

- Prevented allergic reactions

Applying diluted lavender EO directly on cuts and burns has also been shown to speed the healing. On a personal note, I have extremely sensitive skin, and I have a tendency to nick myself pretty good when I shave my face. Whenever this happens, I put a drop of diluted lavender on my cut and the bleeding usually stops immediately!

- For burns mix a 2% dilution of lavender in some thickened aloe gel. Struggling with eczema? A 2% lavender body butter speeds up the healing process. Use equal parts beeswax, cocoa or shea butter, and sweet almond oil (we suggest apricot kernel oil if you're allergic to almonds) to make your butter base!
- For sunburn or dry skin, add 5 drops of lavender in 1 ounce of thickened aloe gel and allow it to chill. The combined relief provided by the lavender and cool touch of the chilled gel are heaven on sunburned skin!

## Daily Essential Oils Guide to Body Care

Next to inhalation, safe topical essential oil application is a must for anyone wanting to experience Abundant Life health and wellness. The benefit is two-fold:

- Essential oils penetrate into the bloodstream within minutes of being applied on the skin, and are completely metabolized within hours. How much and how fast this occurs ultimately depends on the oil used. But this absorption does mean that your body will benefit from the healing chemical compounds in the essential oil for more a limited time, which (unlike drugs that can linger much longer in the body – some even days!) gives you more control of your body.
- When you apply topically, you also receive the inhalation benefit as the volatile organic compounds reach your nose!

We try to do-it-yourself as much as possible in our home and include EOs in everything from our toothpaste to body lotion and liquid hand soap. The aroma in our home is intoxicating and my family and I always get asked why we “smell so good!”

Chances are that you're applying aromatic compounds on your skin as it is with conventional, store-bought body care items. So, why not use the real deal instead of the synthetic stuff that has been connected with cancer, autoimmune disease and neurocognitive disorders?!?

While Americans are incessantly enticed by the intoxicating aromas, flashy packaging, and false promises of sustained youth and beauty from health care products, the global beauty market is expected to reach \$265 billion in 2017! Now, there is nothing wrong with making a buck, but one question we all should be asking is what is the real cost of using these products to our health?

*“Well, nothing.” You may be thinking to yourself. “I don’t eat them, I just put them on my skin!”*

True, but did you know that your skin is the largest organ in your body and EVERYTHING you put ON your skin goes INTO your body! Just think about the price of beauty when you consider the long-term effects of putting chemicals on your body every day!

But don’t worry yourself sick over it. By using our essential oils guide, ALL of your body care products can be made with essential oils!

1. Be sure to visit my wife’s Essential Oil Guide: Body Care Recipes database for tips on how to make everything from flea shampoo for dogs to toothpaste!
2. Also, don’t forget to check out our Essential Oils Guide: Household Cleaners to protect you from all the toxins conventional household cleaning products!

## Guide to Oil Pulling

Love, love, love oil pulling! Anyone can do it and all you need is some essential oils and a carrier oil that’s probably in your kitchen already like olive, coconut or sesame. I have found that it’s the easiest, most effective way for anyone to start using essential oils to get immediate results!

With that said, I still don’t recommend oil pulling every single day. Like most natural therapies that cause a strong detoxifying response, I give my body a break once in a while. Personally, I like to oil pull a couple times per week.

Oil pulling works by detoxifying your oral cavity in a similar way that soap cleans dirty dishes. Because most toxins are fat-soluble, it literally sucks the dirt (toxins) out of your mouth and creates an antiseptic oral environment that contributes to the proper flow of dental liquid that is needed to prevent cavities and disease. The ancient Ayurvedic system for health in India has used oil pulling for years to



treat just under 30 systemic diseases, ranging from headaches and tooth decay to diabetes and asthma.

To help detox, keep your smile bright and shining and freshen up your breath mix essential oils with unrefined, organic coconut oil or another carrier. Here are some tips:

- Like most other detoxification procedures, the best time to oil pull is first thing in the morning, right after you get out of bed.
- All you need to do is swish between 1 – 2 tablespoons of the coconut or sesame oil and 1 drop of an essential oil (or EO blend) in your mouth for 10 – 20 minutes. Easy peasy!
- Don't worry, you won't even notice 20 minutes have gone by if you do this during your normal morning routine (i.e. while you shower, put your clothes on, and prep for the day).
- Be sure NOT to spit out the mixture into your sink or the coconut oil will harden and may end up clogging up your pipes.
- Either spit it out in the trash or in a jar or some other container.
- Immediately afterward, rinse your mouth out with warm water.
- Use salt water for added antimicrobial properties.
- Don't be shocked if the oil/saliva mixture you spit out is milky white or yellow.
- Finally, brush your teeth as normal.

Note: This should be a relatively relaxing process, so don't think that you need to swish your mouth with oil for the entire time – you'll be bound to wear out your jaw muscles! Simply move the oil in your mouth and through your teeth without swallowing any of it.

## OIL PULLING & DAILY ESSENTIAL OILS GUIDE USES

I recommend oil pulling no more than 3-4x per week.

- Add 1 drop of clove, lemon or orange essential oil with 1 tablespoon of coconut oil.
- If you're battling an infection, you may want to would change it up and use 1 drop of an immunity blend as a holistic remedy.

## ORAL CARE

In addition to oil pulling, try using EO instead of (or in addition to toothpaste). One drop of clove, peppermint, or orange on your toothbrush will supercharge your fluoride-free toothpaste, or if you want to make your own remineralizing toothpaste, just combine Himalayan pink sea salt, baking soda, unrefined coconut oil and essential oils. Some of our favorite combinations are:

- Citrus oils like orange, grapefruit and lemon
- Peppermint, eucalyptus and tea tree
- Clove, orange and peppermint

## Morning Immune Booster

Recent research studies suggest that frankincense can kill cancer. The essential oil also promotes health and vitality in neighboring non-cancerous cells through a process known as “cell selectivity,” which is pretty amazing when you think about it! Before we all drink a bottle of frankincense in the race for the cure, it’s important to put things into perspective and remember that the studies out there are *in vitro* (cells in a petri dish).

We still have a long way to go before doctors will start prescribing oils as a viable cancer treatment, but social proof resounds as the testimonials on the Internet support the possibility that people can receive significant benefits from regular frankincense consumption.

In addition to frankincense, my essential oils guide suggests using other EOs that pack a super-powerful antioxidant boost with clove topping the charts. I like to make an immunity blend that includes 1 drop of each of these oils: cinnamon, clove, eucalyptus, lemon, orange, and rosemary.

To help prevent getting sick around flu season and boost your immune system try using my immune boosting shot 2-3x per week at the onset of a cold or around flu season.

## IMMUNE BOOSTING SHOT

### Ingredients

- ✓ 1 packet Lypo-Spheric Vitamin C
- ✓ 1 tsp. raw honey
- ✓ 1 tsp. unrefined coconut oil
- ✓ 1-2 drops *Immune Boost Blend* Essential Oils\*
- ✓ ¼ tsp. organic pumpkin pie spice
- ✓ Tiny pinch pink Himalayan salt



### Instructions

- Mix together in a glass bowl and enjoy twice daily at the onset of a cold, or once per day for prevention.
- Wash down with pure, filtered water.
- Be sure to not use for more than two weeks at a time.

#### **\*Immune Boost Blend:**

Equal parts Cinnamon Leaf, Clove, Eucalyptus, Rosemary, Orange and Lemon Essential Oils

#### **Recipe Notes:**

- This can be enjoyed straight or with a little bit of water to wash it down. Depends on your palate.
- It is not recommended to add this mixture to hot tea because this will kill the enzymes in the honey and vitamin C. If you want to add to your tea, make sure it is cooled down to room temp.

#### **Safety Notes**

1. Be careful not to take this mixture daily for extended periods of time (more than 2 weeks). Our bodies quickly develop resistance and so do bacteria and viruses! Alternatively, consider switching up the protocol with a non-essential oil based product.
2. Do not consume essential oils on a regular basis for "prevention." Not only is it a waste of money, it is oftentimes unneeded and you may end up causing damage to your body. At one point of my early EO career, I was so enthusiastic about using them that I was taking a couple drops of a variety of oils in my mouth (straight, undiluted) every day and I shortly ended up with a mild case of acid reflux and really irritated my esophagus! With that said, there's nothing wrong with adding a drop of cilantro in your guacamole and enjoying some lemon solubilized in your water if you like the taste, but let's not overdo it.

## Remember Quality NOT Quantity is Key!

One thing to remember is that not all essential oils are created equal. In fact, many on the market are veritably worthless to your health because they are over processed, include synthetic ingredients and are not organic. When buying essential oils, make sure they are pure and that you aren't purchasing fragrance or adulterated oils.

Also, take note of those oils that are "food grade" compared to cosmetic grade. Personally, if I wouldn't swallow it, I wouldn't put it on my skin. So, keep a look out for that as well!

I have outlined all the steps you need to take when choosing an essential oils brand so don't worry about making a wrong decision. I got ya covered! What do you think? Ready to use oils now?!?

# CHAPTER 9

## Pet Guide

We get asked about how to use essential oils for dogs and pets all the time, but we specialize in *human* research. This is why we wanted to feature a special Q & A with our friend and colleague, Dr. Janet Roark who knows all things related to pets and essentials!

### **What Pet Owners Need to Know About EOs**

Essential oils (EO) are highly concentrated lipid soluble volatile aromatic compounds distilled from plants. It is important to note that not all essential oils are created equally. When considering whether or not to use essential oils for dogs and other pets, you need to carefully consider the quality of the EO.

Has it been third party tested? Is it considered a verifiably pure essential oil? Many EO's on the market today are what I consider "perfume grade." While these may say that they are "100% pure" on the label, they often contain extenders or other substances in addition to the EO in it that are toxic to small animals like dogs and cats. These should be avoided. If you are not sure as to the quality of the oil you are purchasing, it is best to consult with an expert, such as your local veterinarian.

High quality EOs can greatly benefit your pets. Many essential oils for dogs and other pets have emotional benefits as well as physical benefits. Because EOs are lipid soluble, they can be absorbed into cells through the cell membrane. Since they are distilled from plants, and no two plants are the same, EOs do not show the same bacterial resistance as some of our synthetically made therapies.

This is very exciting as a scientist, knowing that we have one more tool in our toolbox to combat difficult to treat conditions, simply by enhancing an animal's own immune system through a natural approach! There is a lot of research available that shows that many EO constituents have antiviral, antibacterial, antifungal, antitumoral, and antioxidant properties.

## Are Essential Oils Safe to Use Near Animals?

EOs can safely be used around dogs and other pets and they can receive the benefit from them in many different ways. With large animal herbavores such as horses, cattle, llamas and alpacas and even sheep and goats, essential oils for pets applied topically directly to the area of concern, even without dilution or along the spine similar to how you would apply them to a human, is both safe and effective. With small animals such as cats and dogs, you do have to be a bit more careful.

### BIRDS AND ESSENTIAL OILS

Birds are very sensitive to Eos and I typically only recommend using water diffusion with birds. Avoiding the hot oils may be prudent, but I tell bird owners and small animal owners what I tell all my pet owners: I think it's really interesting that so many people will put a commercial, chemical filled air freshener in every room in their house without thinking twice about it, but are worried about harming them with essential oils!

I do love that people are cautious (as they should be) with their pets. In general, each individual animal has preferences and dislikes, and sensitivities, just like different people do... so I always tell people to just observe your pets behavior – if it is behaving normally, all is well – if it is behaving abnormally, that may be an oil that they are sensitive to. They are very good at telling you!

### ESSENTIAL OILS WITH CATS

Cats lack an enzyme in their liver that is important in the metabolism of many types of things. This makes cats susceptible to ALL kinds of toxicity, including plants, NSAIDS (like aspirin, ibuprofen and Tylenol), chocolate and caffeine (methylxanthines), lead, zinc, and many, many types of pesticides.

\*The oils to stay away from, and use something different if you can, are the oils that are high in phenols or ketones as far as direct application (topical or internal) to your cat (basil, birch, cinnamon, clove, fennel, melaleuca, nutmeg, oregano, peppermint, thyme, rosemary, spearmint, and wintergreen.) They are also sensitive to d-limonene containing oils (bergamot, dill, grapefruit, lemon, lime, orange, and tangerine).

## USING EOS WITH DOGS

There are many different sizes of dogs and in general, the smaller the dog, the more you want to dilute the EO. Oils I tend to avoid with dogs include Melaleuca, Birch, Camphor, and Wintergreen simply because there are safer, less controversial oils that we can use that are just as effective.

## POCKET PETS

With rabbits and many “pocket pets” such as guinea pigs, sugar gliders, chinchillas, hamsters, and the like, they are hindgut fermenters, so you want to be very careful when using essential oils with strong anti-bacterial properties around them such as cinnamon, cassia, and oregano, as they have a delicate digestive flora that you do not want to inadvertently disrupt with the use of Eos.

## SPECIAL CONSIDERATIONS FOR ALL PETS

- *Seizure Disorder* – For animals with seizure disorders, there are some oils that are thought to lower the seizure threshold, so those oils should be avoided. That includes Basil, black pepper, Camphor, Eucalyptus, Fennel, Hyssop, Sage, Rosemary, Wintergreen.
- *Bleeding Disorder* – Also, animals with any bleeding disorders or that have difficulty clotting or are being treated with an anticoagulant, they should avoid topical application of oils such as Birch, Cassia, Cinnamon, Clove, Fennel, Oregano, and Wintergreen.
- *Pregnancy Caution* – Caution should be used with pregnant or nursing animals, and hot oils should be avoided or highly diluted. Other oils to avoid include Basil, Cassia, Cinnamon, Clary Sage, Rosemary, Thyme, Wintergreen, and White Fir.

## How EOs Can Help Your Animals

Behavioral issues such as separation anxiety, thunderstorm anxiety, and fear or fear-based aggression: I typically recommend either lavender alone or a combination of lavender and vetiver with great success.

- **Allergies:** This is complex, but with dogs and large animals, I recommend internal use of frankincense, lemon, lavender, and peppermint 2-3 times daily as well as Omega 3 supplementation. I always recommend working with your veterinarian in these cases to determine the source of the

Allergy, because addressing the root cause will help prevent the itching. Sometimes it takes a while to figure it out but it is well worth it, in my opinion.

- **Ear Infections:** cleaning the ears regularly with a natural ear cleaner is essential – you can make one yourself even! Then around the base of the ear, apply diluted lavender, Frankincense, geranium and basil.
- **Neoplasia:** uncomplicated cases can benefit from support with frankincense and sandalwood. I always recommend working with a veterinary oncologist in these cases.
- **Seizures:** frankincense orally twice daily as well as omega 3 supplementation.
- **Transitions:** bringing a new puppy home, or transitions between homes or adding a new animal to a herd, the combination of lavender and myrrh really help with the adjustment period.

There are many other uses for essential oils for dogs and other pets including liver support, kidney support, immune support, and general health

## Applying Essential Oils to Your Pets

The most common thing you will hear are: topically, aromatically, and internal. Caution should be used when starting anything new. Just like you need to adjust a change in food for your animal slowly, introducing EO's should be done slowly as well. Start with a small amount of a dilute EO, and observe your animal's behavior. If the response is neutral but you are not getting the therapeutic effect desired, you can always add more EO or increase the frequency of application, but you do not want to start out with a large amount right from the get-go.

Since every individual is different and has a body chemistry unique to that animal, they each tolerate EO's to a different extent. For example, my puppy absolutely loves EO's, no matter which one I choose, whereas my older Scottish Terrier is much more sensitive and prefers diffusion. So just observe your pet's behavior – if it behaving normally, all is well – if it is behaving abnormally such as trying to rub the oil off of an area that you applied it topically, squinting, rubbing their nose, or trying to get out of a room where you are diffusing, then that individual may be sensitive to that particular oil.



## AROMATIC APPLICATION OF ESSENTIAL OILS FOR DOGS AND OTHER PETS.

1. Nebulizing diffusers or ones that pull oil directly from the bottle of the oil and disperse it into the air: only use open room diffusion where the animal can leave the room if you are using this type of diffuser in your home.
2. Water diffusion is highly recommended with any animal and the best way to begin to introduce Eos into your home or clinic. Start with 1-5 drops of oil in your diffuser. You can use water diffusion in different ways too, in an open room, a closed room, near your animal in a smaller space such as a cage or enclosure, or even via tenting for short periods of time.

With any type of diffusion, monitor your pets behavior during the diffusion and respond accordingly. They will tell you if it's one they like or need or absolutely cannot be around or it's too much.

## TOPICAL APPLICATION OF ESSENTIAL OILS FOR ANIMALS.

Again, start out with diluted oils and add more if needed when you are first starting out.

- **Pet along the spine** – this is the most common topical application I use as it's the best tolerated.
- **Ear tipping**– applying the diluted oil to the tips of an animals ears. Some animals tolerate this, but many do not. Avoid using this type of application with long eared dogs as they may shake their head and get the oil in their eyes accidentally.
- **Applying to paws** – again this is not always very well tolerated in small animals. Be sure to get it on the skin between the paw pads. This is a fairly sensitive area so be sure to use dilute oils.
- **Water misting** – this is great for birds: add a drop of oil to several ounces of water, shake, and spritz on the animal. This is also helpful for large animals if you are trying to cover a larger area or they don't tolerate regular handling.
- **Large animals** – where the hoof meets the skin, or the coronet band. Very helpful when treating foot conditions or lameness issues in horses.
- **DIY** – Adding to topical products such as shampoo or coconut oil.

- **Indirect application** – apply to bedding or an area your animal frequently comes into contact with.

## INTERNAL APPLICATION OF ESSENTIAL OILS FOR PETS.

1. **In a capsule:** 1 drop per capsule, top off the rest with a pet-safe carrier oil like olive oil or coconut oil. The following are NOT recommended essential oils for cats to use topically or internally: cinnamon, clove, fennel, melaleuca, oregano, peppermint, thyme, and wintergreen) as well as oils high in d-limonene (citrus oils).
2. **In food:** usually wet food recommended either mixed with a carrier oil or mixed directly into the wet food.

Remember that with animals that groom frequently such as cats, birds, dogs, rabbits, and chinchillas, that topical application also means internal application. So, if this happens and the oil was applied topically, dilute it by applying a vegetable oil such as Fractionated Coconut oil directly over the area.

## A Special Note About Cats

Recently, there was a crazy post that went viral not using essential oils for cats.

*This was Dr. Roark's response...*

Once I get done with work I will do a FB LIVE tonight to address everyone's concerns with the viral post about essential oils for cats. Please stop sending it to me. And stop freaking out. Your cats are fine. In the meantime, here is my stance on cats and oils, which you can find at [EssentialOilVet.com/frequently-asked-questions](https://EssentialOilVet.com/frequently-asked-questions).

Ultimately, you will hear many things from many people about essential oils for cats. Here's my take: Cats lack an enzyme called glucuronyl transferase. This is important for the Cytochrome p450 liver metabolism pathway. This makes cats very susceptible to ALL kinds of toxicity, including plant, NSAIDS (like aspirin or ibuprofen), Tylenol, chocolate and caffeine (methylxanthines), lead, zinc, many types of pesticides, and many other things.

So which oils do you stay away from? Most highly tested, therapeutic oils (not the ones from any grocery store – the ones that are tested by batch) are so pure that you can use them topically on cats sporadically in a highly diluted form (as

if for infants – 0.25% to 1% maximum dilution). It's not a good idea to use them topically or internally on your cat every single day (with some exceptions.)

\*The oils to stay away from and use something different if you can are the oils that are high in phenols and eugenols as far as direct application (topical or internal) to your cat (basil, birch, cinnamon, clove, fennel, melaleuca, oregano, peppermint, thyme, and wintergreen) as well as oils high in d-limonene (citrus oils).

That being said, I have used a highly tested therapeutic grade tea tree on my own cats without dilution without any ill effects. (I do not recommend you do this, though!) Just like people, every animal is different and you should consult your veterinarian if you are concerned

As far as diffusion – I diffuse everything! I just make sure not to diffuse anything in my kitty's room (where his food is) and make sure he's not "locked" in the room with the diffuser – he will go away if it's one he doesn't like or need. It is recommended that you use a water based diffuser rather than one that pulls oils directly from the bottle.

The main thing is, don't give essential oils for cats topically or internally \*every\* day (with some exceptions), dilute them, only use highly therapeutic grade, tested essential oils, and when in doubt, feel free to ask.

## Essential Oils & Pets – A DIY Index!

Any time Mama Z adds a new DIY recipe to the blog, I will update this database so you can find them all in one place! These recipes will help you avoid toxic chemicals found in store bought flea spray and give you the confidence of knowing exactly what's in the products you're using on your pet.

Many of my recipes include variations for simple options made from an all-natural pre-made product that you can add essential oils to. She calls these her "simple recipes" because there aren't a lot of base ingredients to purchase and mixing them up is a breeze. Cause let's face it, we don't always have time to make everything from scratch!

Here are some of our tried-and-true essential oil DIYs for dogs:

- **DIY Dog Shampoo** – Perfect for keeping man’s best friend shiny and clean.
- **Homemade Dry Shampoo** – For when you just need a little cleanliness boost without a full bath.
- **Tick Repellent Spray** – Keep the creepy-crawlies and jumpy-bities off your pooch.
- **Anxiety Relief Spray** – This DIY is ideal for dog’s with separation anxiety or during times of high-stress.
- **Hot Spot & Skin Treatment** – Soothe irritated and raw skin with this essential oil remedy.

# CHAPTER 10

## 10 Healing Oils

Used medicinally for thousands of years, the potency behind these 10 best essential oils is their ability to support your natural healing systems. Just one drop can provide amazing health benefits, and these are some of the best essential oils for healing that you can find!

### **Essential Oils for Healing Through History**

Truth be told, the best essential oils as we know them today are very new on the scene of plant-based therapies. To be fair, ancient civilizations did employ crude distillations techniques, but the essential oils that were extracted centuries ago were a far cry from the potent, filtered, and pure compounds that we see available to us today. The same is true with extracts, salves and poultices that were made from healing plants. They all contained essential oils and were, thus, very effective at preventing and managing disease. However, they definitely lacked the medicinal strength of the best essential oils that we use today.

Be that as it may, a vital component of ancient culture spanning at least 3,000 years, it appears that essential oils were enjoyed by those in ancient Cyprus, Egypt and Pompeii who first made extensive use of herbs with distillation methods dating back 3,500 B.C. This wisdom sailed across the Mediterranean and evidently reached Hippocrates, who utilized aromatherapy to enhance massage techniques a few centuries before the coming of Christ. Somewhere in the midst of this knowledge transfer, China and India also started to employ herbal remedies, and Ayurvedic medicine embraced essential oils extensively.

As civilizations transferred world power, the technique of using the best essential oils for healing from Greece traveled to Rome, who favored aromatherapy and fragrances. After the fall of the Roman Empire, Persia picked up these healing techniques and perfected the essential oil distillation process.

Sadly, the Dark Ages brought with it a disdain for Hippocrates' holistic approach. However, because the Catholic Church viewed bathing as sin, high esteem was given to aromatics – which coincidentally are also antibacterial – to keep foul odor at bay. Little did they know that their perfume was also helping stave off sickness and disease!

During this era, it is believed that Monks continued the healing tradition of using the best essential oils and secretly kept herbal medicine alive in the halls of their monasteries. Unfortunately, folk medicine was viewed as “witchcraft,” and many herbalists were either burned at the stake or persecuted. Thankfully, the Renaissance resurrected herbal medicine, and physicians such as Paracelsus challenged his medical colleagues with testimonials of successful treating life-threatening concerns like leprosy.

## Essential Oils Meet the Modern Era

What we know as modern “aromatherapy” was not introduced formally until French chemist Rene Maurice Gattefosse first coined the phrase in 1937. Although he wasn’t necessarily a natural health advocate, he became interested in essential oils after a 1910 accident where he badly burned his hand, and used the first available salve in his laboratory: a pure, undiluted lavender oil compound that not only immediately eased the pain, but healed his injury without infection or scar.

Because of Gattefosse’s work, Dr. Jean Valet used the best essential oils to treat injured soldiers in the second world war, and this led to Marguerite Maury being the first person to “individually prescribe” an essential oils healing combination using a Tibetan technique for back massage that treated nerve endings along the spine.

Since then, the best essential oils for healing have become a staple in alternative medicine across the world.

## 10 Best Essential Oils for Healing

The best essential oils for healing are comprised of a complex network of molecules that each carry different effects to the body. Their power to beat disease is so effective that, under the supervision of a natural health expert and herbalist, you may be able to avoid the having to use needless drugs or have unnecessary surgeries.

The list is long, but after careful research I’ve narrowed the top 10 best essential oils that can help you the most! (Note – Of course your favorite essential oils may be different than this list, but this is a great start!) You can learn more about how to use these and other fabulous essential oils in my book, [\*The Healing Power of Essential Oils\*](#).

## 1. CLOVE (*EUGENIA CARYOPHYLLATA*)

Clove essential oil is often considered one of the best essential oils to use as an antiseptic for oral infections and to kill a wide spectrum of microbes to keep disease at bay. To evaluate the effectiveness clove has as an antimicrobial agent, researchers from the University of Buenos Aires, Argentina, took a look at which bacteria are most sensitive to clove's potency. According to their study, clove has the greatest anti-microbial ability over E. coli and also exerted considerable control over Staph aureus and Pseudomonas aeruginosa, two bacteria that oftentimes lead to pneumonia and skin infections.

## 2. EUCALYPTUS (*EUCALYPTUS GLOBULUS*)

Used copiously by the Aborigines for most maladies in their villages, eucalyptus is a potent antibacterial, antispasmodic, and antiviral agent. Like clove essential oil, eucalyptus essential oil has a profound effect over Staph infections. Quite amazingly, recent research from VIT University in India showed (real-time) that when Staph aureus comes into contact with eucalyptus oil, the deadly bacterial completely lost viability within just 15 minutes of interaction! It's also considered one of the best essential oils for respiratory distress and has a familiar fragrance that most people love.

## 3. FRANKINCENSE (*BOSWELLIA CARTERI, FREREANA & SACRA*)

Overshadowed the past several hundred years by its role in the "Christmas Story," frankincense, one of the best essential oils, is finally getting the attention it deserves as one of the most viable healing agents on the planet. The journal Oncology Letters published an article late last year that highlights the ability of this Biblical tree to kill cancer cells; specifically the MCF-7 and HS-1 cell lines, which cause breast and other tumors. Frankincense essential oil has also been used with much success to treat issues related to digestion, the immune system, oral health, respiratory concerns and stress/anxiety.

The healing benefits of frankincense have traditionally centered on disease prevention and anti-inflammatory properties, and researchers have been able to confirm that boswellic acids contain a potent ability to modify the immune system as well. Part of having a more efficient immune system is the regulation of inflammation, as well, which can have effects topically or systemically.

This is why it's important to supplement with Boswellia resins. Formulated by my friend Sunil Pai, MD Integrative Medicine expert and medical director of

Sanjevani Integrative Medicine Health & Lifestyle Center, Bosmeric-SR™ is the strongest natural supplement for pain and inflammation support. Here are the specs:

- Clinically tested, this unique sustained release formulation of patented ingredients delivers superior absorption and release over an 8 hour period.
- Each bi-layered caplet delivers the highest dosages available of Curcumin C3 Complex® (curcumin longa) [250 mg]; Boswellin® PS (Polysal) – 35% boswellic acids + 10% AKBBA + 35% Polysal™ (boswellia serrata); and Ginger Extract (zingiber officinale) 20% Gingerols. In addition BioPerine® (piper nigrum) is added to further enhance bio-availability.
- These ingredients support inflammatory physiological response mechanisms which are critical to the health of the entire body and have been shown to play a crucial role in supporting cardiovascular, immune, neurological, gastrointestinal, joint and connective tissue systems.
- Research now suggest that most, if not all disease, begins with inflammation.

[Check out Bosmeric-SR™ for yourself HERE!](#)

#### **4. LAVENDER (*LAVANDULA ANGUSTIFOLIA*)**

Well-known for its soothing, calming properties, lavender is wonderful for accelerating healing time for burns, cuts, stings, and other wounds. It is jam-packed with antioxidant power, which is why researchers from Tunisia evaluated its ability to treat diabetes and oxidative stress in rats. It's one of the best essential oils for soothing and relaxation but it is more than that.

Published in the journal *Lipids in Health and Disease*, the article tells us that lavender essential oils “significantly protected against the increase of blood glucose as well as the decrease of antioxidant enzyme activities.” Ultimately, scientists discovered that lavender essential oil treatment helped induce a decrease in oxidative stress, which is known to cause heart disease and a slew of other health concerns, as well as increase antioxidant enzyme activities.

Can this be the new diabetes and heart disease treatment? Maybe, maybe not. Either way, it'll be fun to watch the research come out on this topic!



## 5. LEMON (*CITRUS LIMON*)

Various citrus essential oils are widely used to stimulate lymph drainage, to rejuvenate sluggish, dull skin and as a bug repellent. Lemon oil stands out, however, as research has recently discovered that it carries useful antimicrobial and anti-inflammatory properties. Lemon, along with a number of other widely used oils, is now being praised for its ability to combat food-borne pathogens!

## 6. OREGANO (*ORIGANUM VULGARE*)

Several research studies have demonstrated the improving effect on performance, changes in blood count, antibacterial, antifungal and immunomodulating abilities of oregano oil. It's actually quite amazing – the health benefits of oregano seem limitless. To give you a sample of its widespread potency, WebMD reports,

*“Oregano is used for respiratory tract disorders such as coughs, asthma, croup, and bronchitis. It is also used for gastrointestinal (GI) disorders such as heartburn and bloating. Other uses include treating menstrual cramps, rheumatoid arthritis, urinary tract disorders including urinary tract infections (UTIs), headaches, and heart conditions.*

*“The oil of oregano is taken by mouth for intestinal parasites, allergies, sinus pain, arthritis, cold and flu, swine flu, earaches, and fatigue. It is applied to the skin for skin conditions including acne, athlete's foot, oily skin, dandruff, canker sores, warts, ringworm, rosacea, and psoriasis; as well as for insect and spider bites, gum disease, toothaches, muscle pain, and varicose veins. Oregano oil is also used topically as an insect repellent.”*

## 7. PEPPERMINT (*MENTHA PIPERITA*)

Pleasantly suitable for an abundance of oral and topical uses, peppermint may be the most versatile essential oil in the world. Literally, there are few issues that it can't help. Possibly the most fascinating aspect of peppermint is that recent research suggests that it is literally *antibiotic resistant*. According to an article published in the journal *Phytomedicine* in 2013, “Reduced usage of antibiotics could be employed as a treatment strategy to decrease the adverse effects and possibly to reverse the beta-lactam antibiotic resistance,” due to the powerful effects of peppermint oil.

This is absolutely groundbreaking because antibiotic-resistant bacteria have been a major cause of concern for many Americans who are simply ruining their health by taking too many of these dangerous drugs. Can you imagine a world where your doctor prescribes peppermint essential oil for the common cold and flu instead of antibiotics? We can! And we hope that more research like this reaches mainstream media to get the word out.

## **8. ROSEMARY (*ROSMARINUS OFFICINALIS*)**

One amazing healing effect of rosemary that many people are unaware of is its ability to normalize blood pressure. Used for centuries to improve everything from memory and brain function to relieving common aches and pains, rosemary even has a history of stimulating hair growth. But most people don't think of rosemary mimicking their blood pressure pills!

In one of the few human studies evaluating this phenomenon, researchers from the Universidad Complutense de Madrid took 32 hypotensive patients and measured how their dangerously low blood pressure fared under rosemary essential oil treatments for 72 weeks. The results? Simply astounding! In addition to observing that rosemary could raise blood pressure to normal limits in a vast majority of the volunteers, it was discovered that overall mental and physical quality of life was drastically improved, which highlights the far-reaching healing effects that this ancient oil has on health and wellness.

## **9. SANDALWOOD (*SANTALUM ALBUM*)**

Oftentimes used to soothe and heal sore throats, sandalwood is a gentle bactericide that is more potent than most give it credit for. According to research published last year, sandalwood essential oil also has an uncanny ability to inhibit both tyrosinase and cholinesterase, which affects several physiological processes from melanin production to proper nervous system function. The results were so significant that scientists concluded that, *"There is a great potential of [sandalwood] essential oil for use in the treatment of Alzheimer's disease!"*

## **10. TEA TREE (*MELALEUCA ALTERNIFOLIA*)**

Last, but certainly not least, tea tree is one of the healing essential oils with a rich history of use as a local antiseptic for burns and cuts as well to treat a wide spectrum of bacterial and fungal infections (including athlete's foot and jock itch). Known in the science community as "volatile" because of its sheer power in killing microbes, a study was actually conducted to determine whether it

could be damage your DNA. Don't worry, thousands of years of use wasn't done in vain. According to the study published in *The Journal of Ethnopharmacology*, researchers finally put this criticism to rest last year by proving that tea tree oil is not toxic and is completely safe for use.

The way I see it, if an essential oil is so powerful that scientists need to test if it can cause damage to your genes, it has got to be doing something that is turning heads! It's one of the best essential oils for all around use!

And it's not just tea tree oil. All of these oils are super-healers and should be in medicine cabinets all over the world.

## Uses & Applications of Healing Essential Oils

Because they are so potent, you must also dilute the best essential oils in one way or another. The following are some common ways to use them appropriately:

- **Baths:** 10 drops mixed with ½ cup coconut milk and 1 cup of salt makes a fantastic aromatherapy for circulatory, muscular, respiratory, skin and sleep problems in addition to calming your nerves. Generally, it is advisable to avoid potent oils that could irritate the skin such as cinnamon, oregano or clove; instead, use soothing oils like eucalyptus, lavender, and sandalwood.
- **Compresses:** 10 drops in 1 Tbsp. of 190 proof alcohol added to 4 oz. of water. Soak cloth and apply for bruises, infections, aches and pains.
- **Inhalations:** 5 drops in a diffuser or in hot water for sinus or headache relief. Choose your more soothing oils for hot water inhalations usage, like in steam bowls, as hot oils could become quite irritating to the nasal passages used this way!
- **Salves:** A 2% dilution is recommended, which is 12 drops per 1 oz. of oil, for relaxation and to alleviate joint/muscle soreness.

# CHAPTER 11

## 12 Biblical Oils

There is a strong appeal in connecting with our ancient past, and that connection can be a major draw into the world of remedies. Knowing that countless generations have turned to the same healing properties is comforting, and even more so when we can connect it to Biblical times and “prescriptions,” for lack of a better term. When the Author of Life writes a prescription, you take it! With that said, there are conflicting opinions on the topic of essential healing oils of the Bible.

The bottom line for me is that God gave us these healing oils of the Bible for our use and benefit – as God’s Medicine. Let’s walk through the historical record and each oil itself to see how these essential healing oils of the Bible were used then and how that wisdom might benefit us now.

### **Let’s Debunk a Common Myth**

I can’t tell you how many times I’ve heard people say, “If it’s good enough for Baby Jesus, then it’s good enough for me!”

Well, here’s the bottom line: Jesus didn’t use frankincense oil. Or any essential healing oil for that matter.

How can I be sure about this?

Because essential healing oils as we know them today didn’t exist!

Truth is, the magi gave the Christ child gold, frankincense, and myrrh resins. Essential healing oils as we know them didn’t exist back then. Simply put, the essential healing oils of the Bible that we all love and use today require highly advanced distillation techniques that weren’t yet invented.

## Historical Use of Healing Oils

Essential healing oils of the Bible are a component of botanical matter, evident with a simple walk through of a fragrant garden. The aromatic properties escape a rose with the brush of a hand. So there's little question why or how the ancients would have noticed this and utilized it in some form. Oils themselves are discussed in ancient literature dating back thousands of years, with Rome known for its baths, territories of Greece for their perfumes, and anointing oils mentioned in the Bible.

Largely, these were extracts, with many writings indicating the use of olive oil and pressing the oil out. There are indications of crude distillation methods, though, with discoveries of clay-made distillery equipment not unlike our own. While these early distilled oils would have been closer to our modern hydrosols – steam distillation that creates an aromatic water – the idea of extracting, distilling, or otherwise capturing and using the fragrant component of a plant is of old.

## Modern Use of Biblical Oils

In more recent decades, the science of distilling essential oils of the Bible as pure, concentrated components has been honed. As researchers and chemists learned more about chemical composition in the early 1900s, they were able to perfect the ability to isolate these compounds and, later, analyze their exact composition to understand more about their specific benefits. Unfortunately, with that ability came the appeal of synthetics and attempts to mimic the art of harnessing nature from the predictable halls of a laboratory.

As the ancient practice of perfumery began to meld with the newly confirmed healing actions of aromatic oils, the temptation has been to synthesize the fragrance in an attempt to replicate the benefits. There is no replacement for creation, however. As we walk through the commonly cited oils of the Bible, we should remember to honor their intended purpose rather than trying to recreate them as we see fit.

# Breaking Down the Healing Oils of the Bible

You won't find your favorite blend listed alongside your favorite verse, but there are plenty of botanicals and oils listed in the Bible. Twelve healing oils of the Bible in particular have been singled out as potential essential healing oils or aromatic extracts and can even be purchased as such today! Unfortunately, and unsurprisingly, common names of the time are used rather than scientific names. Some, like frankincense, you probably have on your shelf, while others you might not even know how to pronounce. So which are most likely to connect us to the past, and which are just a throwback tribute? Let's look at each to find out.

## 1. ALOES

Wondering why the cactus-like plant is here? Merriam-Webster has a similar thought, by highlighting aloe first as the tropical plant with a healing gel. But then, the bigger picture emerges: *plural : the fragrant wood of an East Indian tree (Aquilaria agallocha) of the mezereon family*. When the Bible refers to aloes, it's the aromatic extract (or mash) of a tree's heartwood, used for healing and especially embalming. Old English borrowed the word, then applied it to the spiky plant we know now. The Bible lists aloe(s) as:

- A symbol of abundance and provision (Numbers 24:6)
- A perfume (Psalm 45:8, Proverbs 7:17)
- An incense (Song of Solomon 4:14)
- Burial ointment for Christ (John 19:39)

While some claim that aloes or aloewood are the same as sandalwood, the direct connection – *A. agallocha* – has a powerful healing oil component itself. Used as an incense and cosmetic oil, aloewood (or eaglewood or agarwood) is known for its benefits as a stimulant and cardiac tonic and can even have some digestive wellness benefits, too!

## 2. CASSIA

Unlike the herb senna, whose proper name begins with Cassia, the cassia of the Bible resembled our cinnamon more than anything. According to an etymology breakdown by BibleHub online, cassia is likely *"the inner bark of Cinnamomum cassia, a plant growing in eastern Asia closely allied to that which yields the cinnamon of commerce. It is a fragrant, aromatic bark and was probably used in a powdered form."* The Bible lists cassia as:

- An anointing oil (Exodus 30:24)
- A perfume (Psalm 45:8)
- Precious commodities (Ezekiel 27:19)

Like cinnamon, *Cinnamomum cassia* is rich in cinnamaldehyde when derived from the bark. If *C. cassia* is not available, cinnamon essential healing oil would be a fair switch.

### 3. CEDARWOOD

Mentioned most commonly as a burned wood for ceremonial purposes, cedarwood is associated with cleansing and purification. These majestic, ancient trees – likely the cedar of Lebanon (*C. libani*) – are still around today, and are a source of antioxidant essential healing oil. According to an analysis of both *C. libani* and the more commonly used *C. atlantica*. The Bible lists cedarwood as:

- A ceremonial tool for cleansing leprosy and (Leviticus 14, Numbers 19)
- A perfume (Psalm 45:8)
- A symbol of abundance and provision (Numbers 24:6, Psalm 92:12, Ezekiel 31:3)
- A symbol of security and stability (Song of Solomon 1:17; 8:9; Zechariah 11:2)
- The choice wood for building, trading and currency (referenced by several verses in 2 Samuel, 1 Kings, 2 Kings, 2 Chronicles, Ezra 3, Jeremiah 22, Ezekiel 17)
- Mentioned by Solomon in his proverbs and sacred writings (I Kings 4:34)

*There are several uses of cedarwood oil. In the cleansing of the Leper... The oil extracted from the cedars of Lebanon was used to embalm the ancient Pharaohs of Egypt and modern scientists have demonstrated the antioxidant properties of the cedarwood oil.*

### 4. CYPRESS

Mostly mentioned as a companion to cedar, cypress is celebrated in the Scripture as a symbol of strength and security. One Bible dictionaries states this about Cypress (Hebrew word *tirzah*): *“The Hebrew word is found only in (Isaiah 44:14) We are quite unable to assign any definite rendering to it. The true cypress is a native of the Taurus. The Hebrew word points to some tree with a hard grain, and this is all*

*that can be positively said of it.*" Most modern Bible translations, however, lists cypress several times as:

- The choice wood for building, trading and currency (referenced by several verses in 1 Kings, 2 Chronicles, Isaiah 41)
- A fragrant hardwood and symbol of security & stability (Isaiah 44:14)
- A symbol of prosperity (Isaiah 60:13, Hosea 14:8, Zechariah 11:2)
- The choice wood for weaponry (Nahum 2:3)

Cypress is the chosen translation likely due to the Mediterranean cypress (*Cupressus sempervirens*), an evergreen from which we derive an essential healing oil. Known simply as cypress oil, it is comprised largely of pinene and limonene and is an effective antibacterial essential healing oil. Whether this is the tree spoken of or anyone burned it for its fragrant release of oil remains to be seen.

## 5. FRANKINCENSE

If you know me at all, you know this is one of favorite oils because of all the research support its used as a natural healer. And if you know the Christmas story, you already know at least one place where frankincense is mentioned in the Bible. Elsewhere, in Exodus 30:34 and Revelation 18:13, frankincense is mentioned as part of incense for a priestly rite and as indication of wealth and prosperity in spice trade. The Bible lists frankincense as:

- A part of ceremonial offerings (Referenced several times in Leviticus 2, 5, 6, 24; Numbers 5, 1 Chronicles 9, Nehemiah 13)
- A holy ceremonial perfume (Exodus 30:34)
- A perfume (Song of Solomon 3:6; 4:6)
- A precious commodity – potential currency (Isaiah 60:6; Jeremiah 6:20; Revelations 18:13)
- The gifts of the Magi to the Christ child (Mathew 2:11)

As a healing remedy, frankincense oil is not only antimicrobial but also an immunostimulant. Could God have been protecting His priests (and Son!) through the use of frankincense?



## 6. GALBANUM

One of the more unfamiliar of the oils, galbanum was listed in the recipe for incense to be used in the heart of the temple. We don't know the exact species referred to, but we know it was a gum that likely came from a plant in the *Ferula* family. The Bible lists galbanum as:

- A holy ceremonial perfume (Exodus 30:34)

Today, *Ferula gummosa* is collected and sold as galbanum. It has exhibited antimicrobial effects and potential for use in oral health.

## 7. HYSSOP

The modern hyssop, *Hyssopus officinalis*, has been used for antifungal, antibacterial, larvicidal and insect biting deterrent activities. However, according to the International Bible Encyclopedia, this hyssop is not native to the area of Palestine and is not likely to be the oil mentioned throughout the Bible for cleansing and rituals. The Bible lists hyssop as:

- A part of ritual cleansing and ceremonial offerings (Referenced several times in Exodus 12; Leviticus 14; Numbers 19; Psalm 51; Hebrews 9)
- The sponge that soaked up the sour wine that was given to Jesus on the cross (John 19:29)
- Mentioned by Solomon in his proverbs and sacred writings (I Kings 4:34)

While *H. officinalis* does seem to accomplish similar purposes, I personally find it more interesting that the strongest contenders for actual hyssop would be an even closer fit for such purposes: thyme and marjoram.

## 8. MYRRH

With well documented use throughout the ages, myrrh is easy to identify and enjoy. It by far, the most decorated oil in the Bible being listed as:

- A precious commodity – potential currency (Genesis 37:25)
- Anointing oil (Exodus 30:23)
- An ointment (Song of Solomon 5:5)
- A perfume (Psalm 45:8, Proverbs 7:17, Song of Solomon 1:13, 4:14, 5:13)
- An incense (Song of Solomon 3:6, 4:6)

- A with mixed edible spices to be eaten (Song of Solomon 5:1)
- The gifts of the Magi to the Christ child (Mathew 2:11)
- Mixed with wine and given to Jesus on the cross (Mark 15:23)
- Burial preparations Nicodemus used for Jesus' in the tomb (John 19:39)

Unlike other products from trees, it isn't the wood that is used but the resin that comes from it. Once exposed to air, it hardens and can be powdered, used as-is, or now, distilled for a healing oil. Interestingly, myrrh and frankincense essential healing oils have a synergistic effect when combined, each improving the others' antimicrobial benefits.

## 9. MYRTLE

Myrtle isn't mentioned frequently, but its presence indicates growth and abundance. It likely refers to the *Myrtus communis* plant, which is grown around Jerusalem to this day. The Bible lists myrtle as:

- The choice wood for building ceremonial booths (Nehemiah 8:15)
- A symbol of provision (Isaiah 41:19; 55:13)
- A symbol of protection (Zechariah 1:8, 10-11)

Myrtle is a low growing plant with flowers that produce an intense, lovely aroma. This is said to be the meaning of Esther's Hebrew name – and she would have likely enjoyed her namesake as a perfume in the king's palace! Today, the essential healing oil specifically has undergone a fair amount of research, revealing itself as antimicrobial and an antioxidant, among other benefits.

## 10. ONYCHA

Perhaps the most obscure on the list, onycha was mentioned in the holy anointing oil "recipe" and nowhere else. While some sources claim onycha is the resin of the *Styrax benzoin* tree, there is little to substantiate the claim. The more commonly accepted view is that it refers to the shell of a mussel, which would have been scraped or powdered and burned. Still others attribute it to balsam or laudanum, a fragrant flowering plant. The Bible lists onycha as:

- A holy ceremonial perfume (Exodus 30:34)

Both *Styrax benzoin* and *Cistus labdanum* are developed into essential healing oils now and can be added to blends and diffused. Neither have been researched thoroughly, though labdanum seems to have good antioxidant capabilities.

## 11. ROSE OF SHARON

A rose may not simply be a rose in this case, as the Rose of Sharon is another disputed for its identity. Usually referred to in a metaphorical sense, it could actually refer to any flower that grows well in unfavorable circumstances. It has been said that the “Rose of Sharon” first appeared in the 1611 King James Version of the Bible. The Bible lists Rose of Sharon as:

- A reference to the “Beloved” (Song of Solomon 2:1)

Contenders include a crocus, tulip, or lily, while there are some who contend that it is the Rock Rose, *Cistus ladanifer*, which is very closely related to labdanum. Without a clear connection and no Biblical “recipe” to indicate ancient use, we are left to imagine the potential of this beautiful, fragrant life in the midst of harsh, thorny crags.

## 12. SPIKENARD

First introduced in the Old Testament, spikenard is probably most well known as one of the expensive perfumes that the woman anointed Jesus with in Bethany. Spikenard – *Nardostachys jatamansi* – was highly prized as a perfume and very precious. It’s still used in some beauty treatments to this day. The Bible lists spikenard as:

- A royal fragrant aroma A symbol (Song of Solomon 1:2)
- A prized, desired plant (Song of Solomon 4:13-14)
- An costly ointment/perfume used to anoint Christ (Mark 14:3; John 12:3)

Although there isn’t much available yet on the benefits of spikenard (beyond perfumery) as an essential healing oil, an isolated compound has shown promising effects as an anti-inflammatory.

## Anointing With Healing Oils

*“Is anyone among you sick? Let them call the elders of the church to pray over them and anoint them with oil in the name of the Lord.” (James 5:14)*

While not all healing oils of the Bible are identifiable, available, or used now as they were then, the study of ancient botanical preparations is fascinating. When we see threads of benefit – antimicrobials as anointing or temple oils, for example, keeping the population healthy – we begin to deepen our understanding of creation and the order that God set into place. The anointing oil, for example, contains fragrant ingredients that would contain at least some of the volatile (essential) healing oils of the Bible no matter how it was produced. “Then the Lord said to Moses, “Take the following fine spices:

- 500 shekels of liquid myrrh [about 6g]
- Half as much of fragrant cinnamon [about 3g]
- 250 shekels of fragrant calamus [about 3 g]
- 500 shekels of cassia [about 6g]
- And a hin of olive oil [about 5 quarts]

*“Make these into a sacred anointing oil, a fragrant blend, the work of a perfumer. It will be the sacred anointing oil. Then use it to anoint the tent of meeting, the ark of the covenant law, the table and all its articles, the lampstand and its accessories, the altar of incense, the altar of burnt offering and all its utensils, and the basin with its stand. You shall consecrate them so they will be most holy, and whatever touches them will be holy.” (Exodus 30:22-29)*

For your own fragrant, daily anointing oil, combine these essential healing oils of the Bible and carrier oil. The antimicrobial and immune effects, fragrance, and connection to sacred rituals of long ago make a perfect combination to carry you through your day healthy and at peace.

- 1 tbsp. olive oil (or other liquid carrier)
- 2 drops myrrh
- 2 drops cinnamon (for the cinnamon and cassia)
- 2 drops sweet orange (for the sweet reed calamus)
- 1 drop frankincense (for good measure!)

Diffuse these healing oils of the Bible periodically or apply topically in sparing amounts when praying over people.

# CHAPTER 12

## 101 Uses

Knowing the concepts of aromatherapy and enjoying the 101 essential oil uses for your home is key to living a clean, healthy and abundant life! But don't worry, you don't have to have a full cabinet of essential oils at home to get a wide – extremely wide! – range of uses. Some of the most gentle and effective essential oil uses are also the most versatile.

Lemon, lavender, and peppermint are three of the most commonly purchased and used oils out there. Aside from some caution against using peppermint directly on small children, all three of these oils are known as extremely safe and effective for most of the population.

### **Essential Oil Uses for Freshening Up**

1. Add lavender to an alcohol or vinegar spray for refreshing linens and creating a bedtime ambiance.
2. Put a couple of drops of lavender essential oil or lemon on a cloth in the closet to remove stale odors.
3. Make a lavender spritz to spray the “monsters” away at bedtime – they’ll be relaxed and ready to snooze!
4. Freshen up an old mattress with a lavender-peppermint or lemon spray, or add the oils to baby powder or baking soda and sprinkle it on before adding sheets.
5. Wash towels with some lemon to freshen up that stale towel smell.
6. Add lemon or peppermint to baking soda and sprinkle in stinky shoes.
7. Wash sporting gear or sprinkle it with baking soda and a lemon peppermint mix to kick that sweaty athlete smell to the curb.
8. Remove cigarette smoke odors with a diluted alcohol or vinegar based spray with lemon and peppermint.
9. Clean pet stains with a castile soap and lemon essential oil, or spray pet beds and pet potty areas.
10. Put a couple drops each of lavender and lemon in a simmering pot on the stove after dinner to cut the heavy cooking smell.

11. Pour a few drops in the bag of your vacuum cleaner for a fresh scent throughout the house.
12. Add essential oils to baking soda and sprinkle on the carpet before vacuuming.
13. Add a few drops to the wash (not the dryer), especially with no-additive unscented laundry soap.
14. Use a drop of lemon as a spot treatment to cut grease and lift stains – especially effective with peroxide!
15. Run another quick rinse with a few drops of lemon in some vinegar to cut the “I forgot to switch the laundry”
16. Add a couple of drops of peppermint or lemon to a gallon of paint to help disperse the chemical fumes.
17. Drop some lemon or peppermint onto sponges or washcloths and run them through the dishwasher for heavy sanitization and refreshment.
18. Put a drop in the inside of the toilet paper roll for a boost of scent every time the roll turns!
19. Brighten potpourri by sprinkling a few drops of your favorite oils onto it to avoid artificial air fresheners.
20. Coat unscented incense sticks in several drops of essential oils and allow to dry for a full day before using.
21. Create a diluted vinegar, witch hazel, or alcohol based spray with your favorite scented essential oils, then spritz into the potty before use for direct odor control!
22. Combine 10-15 drops of lavender and lemon essential oil with baking soda and sprinkle into the bottom of the diaper pail.
23. Lemon and peppermint combined with baking soda sprinkled into the trash can before the bag goes in will keep trash odors at bay.
24. Freshen the car even if you don't have a car diffuser – just add a drop or two to a central air vent for circulated aroma!
25. For more specific car use, choose lavender and bergamot to calm traffic anxiety or peppermint and ginger to minimize car sickness.

## Bonus Recipe: Homemade Laundry Soap

### HOMEMADE LAUNDRY SOAP

#### Ingredients

- ✔ ¾ cup Arm & Hammer Super Washing Soda Detergent Booster & Household Cleaner
- ✔ ¾ cup OxiClean Laundry Baby Stain Soaker
- ✔ ½ bar Dr. Bronner's Unscented Soap
- ✔ 3 glass gallon containers (5-gallon heavy duty plastic buckets work as well)
- ✔ Bottle of any citrus essential oil



#### Instructions

##### *(Stove Top)*

- Grate the ½ bar of soap over LARGE pot on low heat – you can split in two batches if you don't have a large enough pot.
- Add 5 cups of water.
- Stir soap and water until dissolved on medium-high.
- Add OxiClean and Washing Soda in mixture until dissolved
- Remove from heat and let cool for a few minutes.

##### *(In Glass Jars)*

- Pour 4 cups hot water into each of the 3 jars.
- Evenly distribute the soap mixture and 40 drops of your favorite citrus oil to each jar.
- Stir, then add enough cool water to fill each bucket.
- Let each bucket thicken over night.
- And don't forget to stir before each use because the detergent may get lumpy or gelatinize.
- Easy peesy!

**Quick Note:** Depending on whether you have a high-efficiency washer or not, you should use between ¼ – ½ cup scoop per load.

## How to Use Essential Oils for Cleaning

26. Add lemon essential oil to a combination of baking soda, a squirt of dish soap, and a dash of vinegar for a grout cleaning
27. Lemon, lavender, and peppermint blend well with tea tree for a disinfecting spray or air-cleaning diffusion.
28. Mix dish or castile soap with water and lemon into a squeeze-top bottle; squeeze into the inner rim of toilets and scrub.
29. Use your baking soda, soap, and vinegar grout cleaning scrub with lemon and peppermint for a non-toxic shower scrub.
30. Skip the scrub altogether with a daily shower spray. Vinegar, a squirt of soap, and your favorite essential oils, sprayed daily after showering.
31. Combine a gallon of hot water with ¼ cup castile soap and a total of 40-60 drops of any combination of essential oils – lemon and lavender work well here – to clean the floors.
32. Wash windows with vinegar and water boosted with peppermint and lemon. (See our favorite essential oil powered glass cleaner.)
33. Dishes get an extra boost with a drop of lemon in the dishwasher or dishwasher soap compartment.
34. Use a few drops of lemon oil on a rag for polishing silverware.
35. Take dusting to the next level with a drop of essential oil on the rag.
36. Refresh old wooden surfaces with a bit of lemon oil on the polishing rag.
37. Wipe down sinks and surfaces with a diluted vinegar or alcohol based spray brightened with antiviral lemon and antibacterial lavender.
38. Clean the fridge with a few drops of lemon and lavender added to some vinegar, water, and a dash of dish soap.
39. All purpose cleaners can be mixed up and ready to go – try combining all three (lavender, lemon, peppermint) with a bit of dish soap, vinegar or alcohol, and water as an all purpose disinfectant cleaner.
40. Cut grease with lemon oil added to your dish soap.
41. Clean stainless steel with lemon or peppermint in a bit of soap mixed into water.
42. Burned pan? Add some lemon oil to a bit of water and boil to loosen burnt residue.
43. Bugs don't like peppermint – spritz it on them directly or add to baking soda and powder it around bug entrances.



44. Clean cutting boards with lemon and lavender to stop the spread of food-borne illness.
45. Sticky surface? Soak a rag in water and add a bit of soap and lemon oil – lay it over the sticky then wipe it up a few minutes later.
46. Put some baking soda and a combination of lemon, lavender, and peppermint into a mason jar with holes in the lid. Set in the bathroom and shake periodically to reboot its air freshening power.
47. Polish scuffed surfaces with a rag and a bit of lemon oil.
48. Kick your hand soap up a notch with a few drops of lemon and lavender mixed in.
49. Spritz cut produce with diluted lemon oil to minimize browning.
50. The best cleaning tool is good old fashioned motivation – diffuse peppermint for a stimulating energy boost to get you going.

# Floor Cleaner Solution Recipe

Print out these recipe cards and share one with a friend.

## FLOOR CLEANER SOLUTION

### Ingredients

- ✔ 1 gallon of hot water
- ✔ ¼ cup castile soap
- ✔ ¼ cup murphy oil soap
- ✔ Around 25-30 drops of a combination of lemon, lavender, and/or your choice of essential oils. Mix and use to mop.

### Instructions

- › Mix soap and oils together in large bucket.
- › Pour in hot water.
- › Gently stir and use with mop.



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## 25 Ways to Use Essential Oil for Pampering

51. Add a drop of peppermint to toothpaste.
52. Make your own mouthwash with a diluted alcohol base and oils like peppermint, clove, and myrrh.
53. Shampoo is transformed with just a few drops of peppermint or lavender shaken into the whole bottle.
54. Make DIY deodorant with baking soda, cornstarch, coconut oil, and your favorite combination of oils.
55. The most basic lotion is simply coconut oil scented with a bit of lavender oil.
56. Acne doesn't stand a chance against antibacterial lavender oil. Apply a drop neat or slightly diluted to a cotton ball and swab affected areas.
57. Sugar scrubs with lemon, lavender, or peppermint simply can't be beat.
58. Make a soothing facial mask with honey and lavender oil.
59. Rebalance the skin's pH with a witch hazel, lavender, and peppermint toner.
60. Soothe tired feet by diluting peppermint and lemon into an evening foot soak.
61. Dilute lavender into an Epsom salt mixture for a calming bath.
62. Put a few drops of peppermint onto a rag in the bottom of the shower for an energizing start to your day.
63. Melt a bit of beeswax into your coconut oil and lavender mix for an all purpose soothing balm.
64. Massage your aches and pains away; dilute peppermint or lavender into the carrier oil of your choice.
65. Add a bowl of water and essential oils to a sauna to maximize their respective benefits.
66. A vinegar rinse is excellent for conditioning your hair but smells like a pickle jar. Add some lemon and lavender to freshen it up.
67. Fix cracked feet with an overnight application of lavender and coconut oil.
68. Settle into a restorative night of sleep with lavender diffused at your bedside.
60. Create a simple perfume with your favorite oils diluted into a carrier and poured into a roller ball.

70. Beat dandruff with a few drops of lavender and a couple drops of tea tree added to shampoo.
71. Whiten teeth periodically with the odd but effective combination of lemon and fresh, mashed strawberries mixed with coconut oil. Rub onto teeth, let sit for a couple of minutes, then rinse off.
72. Add your favorite essential oils to a small amount of alcohol or witch hazel in a spritz bottle, topped off with water, for a custom body spray.
73. A small spritz bottle of peppermint essential oil in alcohol and water makes a quick and easy breath spray.
74. Peppermint and lavender in coconut oil relieve tension, especially massaged onto the temples for headaches.
75. Diffuse peppermint and lemon before and during exercise routines for energy and endurance.

# Natural, Homemade Lip Balm

Print out these recipe cards and share one with a friend.

## NATURAL, HOMEMADE LIP BALM

### Ingredients

- ✔ 4 Tbls. coconut oil or combination of carrier oils
- ✔ 2 Tbls. beeswax
- ✔ 5-10 drops lavender
- ✔ 5-10 drops lemon or peppermint

### Instructions

- Melt oil and beeswax together on low heat.
- Remove from heat; stir in essential oils.
- Pour into tins or tubes.
- Cool and enjoy!



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## Using Essential Oils for Health

76. Sooth mild burns with lavender and coconut oil.
77. Anti-inflammatory lavender and cooling peppermint are a must for any balm made for soothing sores.
78. A drop of lavender directly on bug bites can soothe itching.
79. Inhale or massage diluted peppermint oil for headache relief.
80. Include lavender in massage oil blends to help relieve body aches.
81. Breathe clear with peppermint added to aromatic chest rub formulas.
82. Or, simply place a drop each of lavender, lemon, and peppermint into a bowl of steaming water. Lean over it and breathe deep.
83. Improve digestion with a drop of peppermint or lavender diluted into honey and added to your favorite drinks.
84. Inhale peppermint to relieve acute bouts of nausea.
85. Soothe psoriasis, eczema, and other inflammatory skin conditions with lavender preparations.
86. Calm an inflamed sunburn with aloe vera, lavender, and peppermint sprays.
87. Diffuse or inhale lavender to lessen the severity of anxiety.
88. Find a boost of energy with stimulating lemon and peppermint diffusions.
89. Melt stress away with lavender rubbed onto temples and neck.
90. Cleanse the air with antiviral lemon and antibacterial lavender diffused.
91. Help curb cravings and appetite with peppermint diffused between meals.
92. Improve focus and calm anxious minds by diffusing lavender during study times.
93. Dilute peppermint onto a rag soaked in cool water, and sponge onto the neck and back of someone feverish. (Head to the doctor if it gets too high!)
94. Keep lemon and peppermint on hand to inhale when morning sickness takes over.
95. Add lavender to compresses for an added anti-inflammatory effect.
96. Make a gentle spray of lavender and water to ease kids' minds that you can take care of boo-boos when they're too old for magic kisses but too young to shake it off. (Do shake the bottle well, however!)

97. Add some diluted peppermint to your clove based toothache remedy and apply with a cotton ball or swab.
98. A drop of peppermint and lemon mixed into a spoon of honey can soothe a painful sore throat.
99. Massage diluted lavender oil around lymph glands and ears to help ease discomfort and promote drainage for ear infections.
100. Put a drop or two of lavender into your humidifier per manufacturer's instructions for a quick, multi-purpose diffuser.
101. Cold sores are soothed with a drop of lavender applied with a cotton ball or swab.

# Sunburn Skin Soother Spray

Print out these recipe cards and share one with a friend.

## SUNBURN SKIN SOOTHER SPRAY

### Ingredients

- ✓ ½ cup water
- ✓ ½ cup aloe vera gel
- ✓ 10 drops lavender
- ✓ 5-10 drops peppermint



### Instructions

- Mix all the ingredients together.
- Pour into a glass spritz bottle.
- Store in the fridge to be spritzed onto scalds or sunburns as needed.

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PART THREE  
Easy Quick-Start Recipes

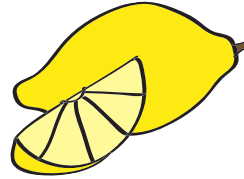
# All-Purpose Cleaner

Print out these recipe cards and share one with a friend.

## ALL PURPOSE CLEANER POWDER

### Ingredients

- ✓ ½ cup baking soda
- ✓ 15 drops lemon essential oil
- ✓ Glass shaker jar



### Instructions

- Mix baking soda and lemon essential oil together and store in a glass container. I like cheese shakers for this because they make it easy to use, but any glass jar will do!

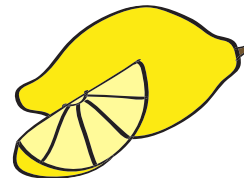
Use as you would a normal cleanser, making a bit of a paste with water and scrubbing with a clean damp cloth. Rinse.

**Notes:** For a little extra cleaning power, spray the soiled area with white vinegar before sprinkling on the cleanser and add an additional drop of a citrus oil like orange or grapefruit!

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# Breathe Easy Roll-On

Print out these recipe cards and share one with a friend.

## BREATHE EASY ROLL-ON

### Ingredients

- 10 ml. glass roller bottle
- 2 drops of peppermint essential oil
- 1 drop of cardamom essential oil
- 1 drop of eucalyptus essential oil
- 1 drop of lemon essential oil
- 1 drop of tea tree essential oil
- 1 drop of rosemary essential oil
- Carrier oil\*



### Instructions

- Add your essential oils to the glass roller bottle.
- Fill the remaining space in the roller bottle with your carrier oil of choice.
- Shake well.
- Apply to your child's chest or bottom of feet to aid with breathing.

\* No matter what allergies you may have, there's a carrier oil that's right for you. You can use any, or a combination of these: Avocado, Fractionated Coconut, Grape-seed, Jojoba, Sweet Almond.

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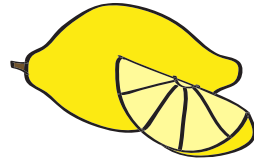
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# Detox Bath

## DIY DETOX BATH PROTOCOL

### Ingredients

- ✓ 1 cup Epsom Salts (plain) or bath crystals
- ✓ ¼ cup Bragg Organic Apple Cider Vinegar
- ✓ 1 Tbl. (15 ml.) Mama Z's oil base or your favorite carrier oil\*
- ✓ 2 drops lemon essential oil
- ✓ 5 drops lavender essential oil



### Instructions

- Mix essential oils and carrier oil (or liquid castile soap) before adding to empty tub.
- Pour in epsom salts or bath crystals.
- Fill your bath tub with as warm of water as you can stand.
- Slowly pour the apple cider vinegar into the running water.
- Soak your whole body for 20-30 minutes.
- During the last five minutes first sit up then kneel and lastly stand.

**Notes:** \* No matter what allergies you may have, there's a carrier oil that's right for you. You can use any, or a combination of these: Avocado, Fractionated Coconut, Grapeseed, Jojoba, Sweet Almond.

#### *Personal Soak Variation – For use on kids or to soak feet/hands only:*

- ✓ ½ cup Epsom Salts
  - ✓ 1/8 cup Apple Cider Vinegar
  - ✓ 1 Tbl. carrier oil
  - ✓ 1 drop lemon essential oil
  - ✓ 3-4 drops lavender essential oil
- Mix the essential oil into the carrier oil first before adding the rest of the ingredients. For hand and feet, soak in a bucket or foot bath.

# Hand Sanitizer

Print out these recipe cards and share one with a friend.

## DIY HAND SANITIZER



### Ingredients

- 10 drops of essential oils
- 1 oz. PET plastic flip top bottle
- 190 proof grain alcohol (or the highest proof alcohol you can get)\*

### Instructions

- Pick and choose the essential oils to meet your desired result.
- Drop essential oils into bottle.
- Then add alcohol to fill the bottle.
- Mix thoroughly until the essential oil is fully mixed.
- Enjoy! It's THAT easy!
- Be sure to give your hands a thorough soak, rub vigorously, and keep wet for as long as possible until your hands air dry.

\* At least 60% alcohol is necessary to sanitize the hands, but this concentration is not adequate for solubilizing essential oils.

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# Immune Boosting “Shot”

## IMMUNE BOOSTING SHOT

### Ingredients

- ✔ 1 serving Lyposomal Vitamin C
- ✔ 1 tsp. raw honey (Manuka honey is our favorite)
- ✔ 1-2 drops Immune Boost Blend Essential Oils\*
- ✔ 1 tsp. unrefined coconut oil
- ✔ ¼ tsp. organic pumpkin pie spice or cinnamon powder
- ✔ Tiny pinch pink Himalayan salt



### Instructions

- Add 1-2 drops of Immune Boost Blend Essential Oils to the coconut oil and mix well, then add this mixture to the rest of the ingredients, mixing well again.
- Enjoy once or twice daily at the onset of a cold, or when exposed for prevention.
- Wash down with pure, filtered water.
- Be sure to not use for more than two weeks at a time.

#### **\*Immune Boost Blend:**

Equal parts Cinnamon Leaf, Clove, Eucalyptus, Rosemary, Orange and Lemon Essential Oils

#### **Note:**

\* This can be enjoyed straight or with a little bit of water to wash it down. Alternatively you can mix it with a cup of warm tea. Depends on your palate.

# Mama Z's Oil Base

Print out these recipe cards and share one with a friend.

## MAMA Z'S CARRIER OIL BASE

### Ingredients

- 54 oz. raw (organic) virgin unrefined coconut oil
- 16 oz. sweet almond oil
- 8 oz. jojoba oil
- 4 oz. vitamin E
- Quart or pint wide mouth mason jars



### Instructions

- Allow the coconut oil to turn to a liquid. Set in a warm place (76 degrees or higher) and depending on the climate this could take 1-2 days. You do not want to get this mixture too warm or it will destroy the natural antifungal and antibacterial properties that you get from a raw organic virgin coconut oil. I have used a space heater to heat a room to 80 degrees or the top of my gas stove while everything is off to gently warm my oil.
- Use a large cooking pot and mix all the ingredients together.
- Store in quart size mason jars.

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- Store in quart size mason jars.

# Pain Away Roll-On

Print out these recipe cards and share one with a friend.

## PAIN AWAY ROLL-ON

### Ingredients

- ✔ 10 ml. roller bottle
- ✔ 5 drops copaiba
- ✔ 3 drops sweet marjoram
- ✔ 3 drops basil (linalool chemotype)
- ✔ 3 drops frankincense
- ✔ Carrier oil (jojoba and fractionated coconut oil absorb quickly and work best)



### Instructions

- Add essential oils to the glass roller bottle.
- Fill the remaining space in the roller bottle with your carrier oil of choice and shake well.
- Apply over problem areas up to 2x daily at the onset of pain.

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# About the Author



ERIC ZIELINSKI, D.C. has pioneered natural living and biblical health education since 2003. Trained as an aromatherapist, public health researcher, and chiropractor, Dr. Z started NaturalLivingFamily.com alongside his wife Sabrina Ann in 2014 to help people learn how to use natural remedies like essential oils safely and effectively. Now visited by more than six million natural health seekers every year, it has rapidly become the #1 source for Biblical Health and non-branded essential oils education online.

Dr. Z is an accomplished researcher with several publications, conference proceedings and is committed to sharing the healing power of natural therapies at churches and events across the globe.

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