

## Essential Oil Safety Tips:

Please consult your doctor if you are taking prescription medications. These statements have not been approved by the Food and Drug Administration. doTERRA products are not intended to diagnose, treat, cure or prevent disease. Pregnant or lactating women and persons with known medical conditions should consult a physician prior to the use of any doTERRA product.

### Epilepsy:

(Please see this link for more information on this condition:

<http://www.everythingessential.me/HealthConcerns/Epilepsy.html#page=page-1>)

Oils not recommended for use: Basil, Birch, Dill\*, Fennel\*, Rosemary and Wintergreen The following blends contain one or more of the above mentioned oils: AromaTouch, Deep Blue, DigestZen, On Guard,

PastTense, ClaryCalm\* and Zendocrine

(\*Use with caution)

---

High blood pressure: Oils not recommended for use: Rosemary and Thyme

The following blends contain one or more of the above mentioned oils: DDR prime, On Guard\*, PastTense\*, Zendocrine\* (\*contain Rosemary)

(Special note: Peppermint is to be used with caution as it has the possibility of increasing blood pressure. If you experience symptoms related to increased blood pressure, monitor your topical use of peppermint closely. Blends with peppermint: AromaTouch, Breathe, Deep Blue, DigestZen, Slim&Sassy)

---

Those using blood thinners: Oils not recommended for use: Clove and Cinnamon (high in Eugenol); and Birch and Wintergreen (high in Methyl

Salicylate)

The following blends contain one or more of the above mentioned oils: Deep Blue, On Guard, PastTense, Slim n Sassy, Whisper and Zendocrine

(Special note: Fennel, Grapefruit and Thyme are the ModernEssential book's recommended oils to

naturally reduce blood clots but are not listed as contradictory with any medications)

---

Those using high cholesterol medication: Oils not recommended for use: Grapefruit  
The following blends contain grapefruit: Slim & Sassy

(Special note: There are contradicting opinions about this caution but to err on the side of safety, we have mentioned it and advise you speak with your doctor)

---

Aspirin allergy:

Oils not recommended for use: Birch and Wintergreen

The following blends contain one or more of the above mentioned oils: Deep Blue and PastTense

---

Topical use recommendations:

Always dilute: Black pepper, Cassia, Cinnamon, Lemongrass, Oregano and Thyme

Dilute if used repeatedly on the same location: Bergamont, Cassia, Cinnamon, Fennel, Geranium, Ginger, Lemon, Melaleuca, Peppermint and Ylang ylang

Photosensitive oils: Bergamot (most photosensitive - avoid sunlight for at least 48-72 hours), Lemon, Lime, Grapefruit

---

Here are the 12 classes of drugs I have discovered to be careful with when using ESO's  
Here are the the 12 classes of drugs to be careful with, when recommending ESO's

1. Aspirin and Ibuprofins types...
2. Anithypertensives drugs.....
3. Anti diabetic drugs.....
4. MAOI'S....
5. ANTIBIOTICS, especially the ones containing Fluorides.....ie Cipro. Levaquin
6. Hormone replacement types..
  - a. Bio Identical hormones, etc....Premarin,

- b. Estrogen replacement therapies...
7. Anti seizure type medications.. especially Eucalptus.. .
  8. The oils I know about for for interfering with enzymes,, that make certain medications work. like Geranium and German Chamomile.....
  9. Oils in the citrus family can cause sun photosensitivity and certain medications being rendered ineffective for utilizations in the body.
  10. Nutmeg not to be used with psychotropic drugs. due to hallogenic effects, vivid dreamings
  11. Immune suppressing drugs like Cyclosporine or fluoruracil are affected by ESO's
  12. Narcotics ,,,,,, certain oils reduce the power of codeine and morphine
- Dr Bajon, Live Blood Analysis

## OTHER Bibliography

AromaTools. Modern Essentials: A Contemporary Guide to the Therapeutic Use of Essential Oils. 5th ed. Orem (UT): AromaTools, 2013. Print.

Essential Oils Overview and Reference Guide, Published by: The Family Tree, 2008. "Proper Use of Essential Oils," Proper Use of Essential Oils. Ed. Essential Oils Book. Everythingessential.me, 2013. Web. 07 Jan. 2014.

Wellness.com, Inc. "Clove (Eugenia Aromatica) and Clove Oil (eugenol)." Wellness.com. N.p., 2014. Web. 07 Jan. 2014.

Westcoast. "West Coast Institute of Aromatherapy." West Coast Institute of Aromatherapy. Essential Oils Blog, 03 March 2010. Web. 07 Jan. 2014.

White, Skylar. "Can You Take Cinnamon With a Blood Thinner?" LIVESTRONG.COM. N.p., 23 Aug. 2011. Web. 07 Jan 2013.

---

[Information compiled by Maria Saab with Rachel Loth]