

The Essentials of Essential Oils

(By Kendal & Co.)

What are essential oils

Essential oils are the volatile, aromatic chemicals, or life blood obtained from plants or plant parts. This includes the leaves, stems, flowers, fruit, seeds and even the bark. Essential oils have been used medicinally throughout history up until about the last 50-70 years as science and medicine through new technologies has given scientists the ability to synthetically reproduce certain chemical compounds commonly found within many different plants and oils. Essential oils are highly concentrated, beneficial metabolites, which act sort of like our "immune system." Like humans, plants must also be able to resist the challenges of bacteria, fungi, viruses and be able to defend themselves against herbivores. They must attract pollinators, thus they serve also as the communication system of plants.

The molecules of essential oils are lipid soluble and very small, giving them the ability to easily penetrate skin and tissue cells and travel throughout the body in a matter of minutes when inhaled, applied topically or ingested by mouth. They are commonly described as able to "pass the blood-brain barrier and access the central nervous system." Once past this barrier, there is the potential to bring benefit or harm. Like a drug, essential oils, while all natural and generally referred to as much safer than pharmaceuticals, can still be toxic if overdosed, and like pharmaceutical medicine must be used sparingly and with research. While essential oils can linger in a healthy body for up to eight hours, generally they are mostly metabolized and eliminated in 1-2 hours, so reapplication every couple of hours may be desirable for an acute need.

There are four basic ways people generally take essential oils: through the lungs (inhalation), through the skin (massage), through the digestive tract (by mouth) and through the absorbent tissues of the body orifices (suppositories or orally absorbed – not swallowed). Holding a drop of a suitable essential oil in the mouth allows them to be absorbed directly into the bloodstream. Swallowing the oils results in a major portion being destroyed by the stomach acids, so a greater amount of oil is required when swallowed than when simply held in the mouth, but since some oils are too strong to be held comfortably in the mouth, and when internal usage is deemed appropriate, swallowing oils in a capsule is an effective alternative. The choice of the usage should best fit the need.

Aromatherapy Use

In aromatherapy, generally essential oils are taken by of some process of diffusion and inhaled into the lungs which can offer both psychological and physical benefits. Not only does the aroma of the natural essential oil stimulate the brain to trigger a reaction, but when inhaled into the lungs, the natural constituents (naturally occurring chemicals) can supply therapeutic benefit. An example would be diffusing eucalyptus essential oil to help ease congestion.

Topical Use

With topical use, essential oils are applied to the skin which are in turn absorbed into the bloodstream. The constituents of essential oils can aid in health, beauty and with personal hygiene conditions. If you are using a high quality 100% pure essential oil essential oil, we strongly insist they should never be applied to the skin in an undiluted form as they are very powerful and concentrated. To apply essential

oils to the skin, essential oils are typically diluted into a *carrier* such as a cold pressed carrier oil. Common carrier oils include coconut oil, olive oil and grapeseed oil just to name a few.

Ingestion Use

Many certified aroma therapists as well as Kendal & Co. strongly discourage the use of ingesting essential oils without thoroughly researching the use, safety concerns and even the consultation of a medical professional familiar with essential oil use. Additionally, not all essential oils can be ingested, in fact many essential oils like Tea Tree while perfectly safe to diffuse and apply topically can be very toxic and dangerous if ingested. There are different protocols for ingesting essential oils, depending on the part of the body that the aromatherapy needs to target. If you don't know these protocols, don't take essential oils orally.

In recent years' oral ingestion has become heavily promoted and popularized by several large essential oil companies in an attempt to sell their products. These companies focus on sales rather than education and safety. Many of average users or those new to E.O.'s fail to realize, just like pharmaceutical medicine, essential oils can be potentially misused and even dangerous if not used correctly and oral ingestion is the easiest way to abuse this.

British and American aromatherapy deals with application of essential oils via inhalation or topically in dilute form. When used in aromatherapy or applied topically (diluted), the oils initially bypass the liver and engage with various cellular structures and neurotransmitters creating the desired effect on the body. After this desired interaction, the metabolites of these essential oils leave the cells and are taken up through the blood and lymph, recirculate in the body and are processed through the liver before finally being excreted through the urinary or intestinal systems. By the time the oils or their metabolites leave the liver, they have largely completed the desired task. This is generally not the case with oral ingestion where essential oils may have time to act upon some digestive system issues, but by the time they reach the small intestine, they are absorbed into the circulatory system and taken up by the liver. There, they are broken down into various phytochemicals, which are then further metabolized.

Taken orally in improper doses, certain compounds of essential oil can quickly accumulate to the point where it could liver failure. In a small child, even small amounts ingested can become extremely hazardous. In an individual with compromised liver function, even small amounts of oils containing taken orally can cause dangerously elevated liver enzymes in a matter of a few days.

Common Methods for Internal Use:

*If ingesting *hot* essential oils such as Cassia, Cinnamon Bark, Clove, Hyssop, Lemongrass, Oregano, Peppermint, Rosemary, Sage, Thyme or Birch/Wintergreen, use extra caution and dilute accordingly.*

Generally, 1 drop is sufficient when ingesting essential oils.

1. Add 1-3 drops (depending on the need and the oil used) to an empty vegetable gelatin capsule and dilute with a carrier oil such as olive oil, or
2. Add 1-3 drops to a glass of water or suitable liquid (never plastic or Styrofoam), or
3. Place a single drop directly onto the tongue and hold tongue to roof of mouth for quick absorption. Alternatively, put the drop on the back of a clean hand and lick it off (avoid getting the oil on your lips or it may briefly cause discomfort). This method allows the effectiveness of the oil to be maximized by being absorbed into the mucus membranes, potentially delaying its absorption into the liver where it is metabolized and the antimicrobial, mucolytic qualities possibly lost or reduced, or

4. A drop or two in a teaspoon, add a bit of honey, lick off with spoon upside down to avoid the lips and swallow. This method transports the oil to the small intestine, or
5. Add a drop on a piece of bread.

Suppository

Pneumonia, chronic bronchitis and lung congestion respond very quickly to essential oils when delivered by suppositories. The essential oils bypass the liver and are fed directly into the heart-lung circulatory system. Thus, they reach the lower bronchial capillaries in their original lipophilic and volatile state, still capable of eliminating pathogenic microorganisms and dissolving and expectorating mucus. If helpful, a suppository can be used every 1-2 hours as needed. A quick way to accomplish a suppository is to put 1-3 drops of Lung Healing blend, Rosemary, Myrtle or another mild oil of choice into an empty capsule and fill the rest full with a carrier oil such as Olive or Castor oil. Lubricate the capsule liberally and insert. Lie down or recline for about 30 minutes as the essential oils dissolve the capsule and move into the lungs. Always test your application on yourself before you apply to your child. Adjust the dilution if needed.

Please Note: Essential oils dissolve plastic, so they are not suitable to be used in plastic drinking containers, humidifiers, CPAP masks and asthmatic nebulizers.

General Use

Dilution Chart
General Guidelines

Amount of Carrier Oil to use	Drops of E.O. to use					
E.O. to Carrier Dilution Ratio:	1%	2%	3%	5%	10%	25%
10 ml (2 teaspoons)	3	6	9	15	30	75
1 oz (30 ml, 6 teaspoons)	10	20	30	50	100	250
2 oz (12 teaspoons, 4 tbsp)	20	40	60	100	200	500

Conversion Chart

30 drops = 1 ml	1 ml = 1/4 teaspoon
150 drops = 5 ml	5 ml = 1 teaspoon
450 drops = 15 ml	15 ml = 3 teaspoons (1 tbsp)
900 drops = 30 ml (1oz)	30 ml = 6 teaspoons (2 tbsp, 1 oz)

These are merely suggestions, not medically approved rules. This information is based on traditional aromatherapy guidelines and 100% purity of essential oils used.

If you are new to using essential oils, we highly recommend you start slowly and preferably using aromatherapy and/or topical use remembering that Kendal & Co. essential oils are highly concentrated, and a little will go a long way. If you are using a new oil or blend for the first time, test it on a very small area first to be sure your dilution rate does not cause skin irritation. Some people test oils at the bend of the arm opposite the elbow or on the wrist. In some cases, the essential oil may be tolerated initially but can cause dermatitis reactions with subsequent use. Cinnamon and Clove (commonly referred to as hot oils) statistically have the capacity to sensitize more than others.

The use of carrier oils when applying essential oils is highly recommended when working with 100% pure, undiluted essential oils. Because of the very small molecular structure of essential oils, carrier oils enhance the delivery of the properties of the essential oils. Rarely is there a reason to use essential oils undiluted when applying topically, although there are definitely exceptions, such as using Lavender oil for burns.

Carrier oils are used to dilute or "extend" essential oils. Using a carrier oil lessens the intensity of hot oils (dilutes the heat), so when applying hot essential oils to the skin, it is suggested that you dilute 1-2 drops in about a tablespoon of carrier oil. Apply to a small area of the skin first to see how your skin responds. For other essential oils, dilute 14-20 drops to 1-ounce (2-tablespoons /30-ml) for daily skin care. You can adjust with more or less carrier oil once you see how your body reacts and according to the need.

If you choose to use an oil undiluted, for example for a mosquito bite or on a burn, as long as you don't experience skin irritation, then use it as you feel best meets your need. Some people are more sensitive than others. Ultimately the user must be responsible to take precautions necessary to avoid misusing the oils or experiencing discomfort. *Use special caution when applying the oils on children or those who may not be able to adequately communicate discomfort.*

Use on Small Children

It is our recommendation that you seek advice from a licensed professional in aromatherapy or a licensed medical expert familiar with essential oil use before "Ever" applying essential oil on small children or babies. Our experience has been for small children, avoid the use of "hot" oils unless the need calls for it, and then only apply to the bottoms of feet with great dilution. For the very young and elderly we use greater dilution than for adults, such as 7-10 drops to 1-ounce (2-tablespoons/30-ml) carrier oil. You can always add more essential oil once you are comfortable with application. Less dilution is needed as children mature. The skin and organs of a newborn are very tender, and if you choose to use these potent essential oils, do so with the greatest dilution possible to achieve the desired results. Always test your application on yourself first and then a very small area on your baby to be sure their skin will tolerate it. When applying the diluted blend on babies and small children, apply to the feet, lower legs and back to reduce the risk of the oil getting into the mouth or eyes.

One of the best and safest places to apply a potentially skin-irritant essential oil such as Oregano or Cinnamon Bark is to the bottoms of feet. We apply 1-2 drops to the bottom of one foot and then rub the bottoms of both feet together. If fighting infection, we feel that 1-2 drops 4 times daily is more effective than 8 drops once a day.

Bathing or Shower Use

For Bathing

- (2) cups Magnesium Chloride or Epsom Salt (or perhaps a cup of magnesium and a cup of Himalayan or sea salt)
- (8-10) drops Essential Oil (choose oils that are gentle on the skin that you've tested and know will be well tolerated)
- (1/2) cup Apple Cider Vinegar (optional)

Combine the salt and essential oil and then add to hot running water. Get the bath water as warm as you can tolerate and then soak for at least 20 minutes for the full effect. Do not add a carrier oil to the bath, as that will inhibit the absorption of the Epsom salt and essential oils. Rather, if desired, apply a moisturizing oil to your skin after the bath.

For Showering

- (2-20) drops, after washing and rinsing, turn off the water, apply to the feet, up the legs, abdomen, back, over the liver, chest, underarms and throat (avoid tender tissues).

Start with just a few drops at a time until you are certain how your body will tolerate this application, then proceed as described. Ultimately you'll likely apply about 20 drops of essential oils. Turn the water back on. Continue to work the oil over your body as desired.

Ingesting essential oils is a topic at the center of one of aromatherapy's culture wars. Let us again try to diffuse some of the tension with common sense. Despite conventional assumptions, topical application of essential oils can be highly effective, as they penetrate lipophilic (fatty) skin tissue effectively and even enter the blood stream via this route. They will be metabolized eventually once they reach the liver.

Antibiotic Formula

Most essential oils are considered anti-viral and/or anti-bacterial and have properties that can be used to support the body in dealing with "bugs", however unlike antibiotics they don't "wipe out everything". Due to the incredible power of essential oils, it is recommended that you do not take them internally for more than 3-5 days as they are generally very effective.

A blend devised by Dr. Friedmann M.D. that has proven to be very successful in place of antibiotics is Clove, Lemon, Cinnamon, Eucalyptus, Rosemary, (all found in Thieves E.O.) with the addition of Oregano and Frankincense. Dr. Friedmann recommends that at the first sign of the flu, take one capsule every four hours for three days, and then take one capsule every eight hours for four to six days.

Application:

Dr. Friedmann suggests taking up to 18 drops (we suggest starting off half that for first timers and working up from there) in a capsule three times a day for up to 5 days at time. This oil can also be applied to the bottoms of feet or diffused to disinfect any bacteria, germs or other microorganisms to help prevent spread of illness.

General Information about Anti-biotics

Antibiotics do kill bad bacteria, that is, the anaerobic kind. Oxygen also kills bad bacteria. As most people know, antibiotics also kill your good bacteria that resides within the GI tract. Yeast, which is always present, but it is held in check by beneficial bacteria and is not affected by oxygen treatments or many essential oils, however once antibiotics come in contact with them, the good bacteria is killed off along with the bad, and the yeast, which isn't affected at all, begin reproducing like wild fire.

References

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