

TOPIC OF THE MONTH

June 2015

Essential Oils

As we wait for our food and medical industries to come up to date with what we now know about food and medications . . . my goal is to give you a tool box of options -- and to let know you have options!

What started off as a project to learn the science behind Ashtanga Yoga — so I could practice and teach based on knowledge and not dogma . . . turned into an eye opening experience that has taken my research much broader into the medical community and food industries.

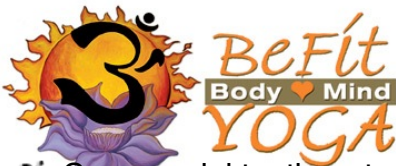
Why avoid traditional medicines, foods, toiletries, and household products? Because we thought chemicals were only dangerous in large amounts . . . turns out we were very wrong . . . Even small doses of chemicals, alone or mixed together can synergize to wreak havoc in dose ranges as low as parts-per-billion ranges. We still don't consider many chemicals we are exposed to on a daily bases a toxic burden on our body that is leading to many diseases. Toxins not only effect our brain more than we realized, they also greatly effect our endocrine system — our hormones. This is one of the causes of the increase in auto-immune diseases we are seeing. And cancers, the alarming rate of people being diagnosed with cancer is scary . . . chemicals, bad food, and medicines that mess with our micro biome are some of the main causes.

However, you are not a sitting duck in a roulette ducking diseases . . . you have an immune system and our immune systems do very well at keeping us healthy as long as we are not feeding it chemicals which confuse the hormonal and immune systems in our bodies.

How did we go so wrong? Hmmm, my best hypothesis is corporations and money! It's sad but FDA approval actually means TOXIC SUBSTANCE TO AVOID! For example many chemicals that are hurting us are fall under a category called GRAS which means Generally Recommended As Safe and go through no further testing . . . This category was meant for items such as baking soda, vinegar, etc. Products we know do not need to be tested. (Testing is long, arduous, and expensive so corporations try to avoid it.) Initially there were only a few products in the GRAS category, but a handful of lawyers have figured out ways for companies to angle their additives into the GRAS category and over the years ingredients now considered GRAS is ten fold what it used to be. For example because of GRAS many additives do not even need to be added to the label because they fall under the category of "artificial flavors" even though they do not actually have any flavor . . . This is also how Monsanto snuck GMO foods into our food supply . . . they got them recognized as GRAS in 1992! And this is also how trans fats snuck into our food supply! So clearly FDA approval means nothing . . .

Sadly we are limited a bit in what I can say and promote on the oils by the FDA. I don't totally agree with this since the FDA has become corrupt; but i still maintain hope it can be cleaned up and one day turmeric and ginger will be FDA approved while GMOs and hydrogenated oils are not . . . So I will do my best to remain within FDA guidelines here, while still making some observations backed by studies that have not yet been FDA approved. Where FDA approval is lacking I will do my best to link studies.

Here are just a few reasons why making our own home made food, cosmetics, toiletries, household products, etc. from whole real foods, herbs, and oils can save our health:



- ॐ Commercial toothpaste is has fluoride in it which is known to impair learning and harm the thyroid, contains carrageenan which leads to leaky gut syndrome, and many anti-bacterials the harm our mouth microbes and lead to gum disease. It is so easy to make your own toothpaste, recipe below.
- ॐ Deodorant has aluminum in it which is linked to Alzheimer's and hormonal disruptions. Also very easy and economical to make your own deodorant with 3 simple ingredients.
- ॐ Soaps harm our skin micro-biome and leave soap scum! Just use oil is a good soap replacement.
- ॐ Household cleaners harm beneficial bacteria and cause airborne pollution — which thanks to a/c and “tightly sealed houses for energy reasons” hangs around longer than it used to. It is also very easy and economical to make your own cleaning products without any chemicals.
- ॐ Anti-bacterial soaps are part of the problem, not solution. They contribute to the anti-biotic resistance problem and kill our beneficial skin microbes, All natural hand sanitizers are quite easy as well to make or you can just rub a diluted essential oil or blend on your hands for protection.
- ॐ And same for the flu vaccine . . . high risk of harm from vaccine injury for very little to zero benefit. Simple solution . . . in the fall and winter just put on dab or two of a protection blend (ex. legends) on before you leave your house.

Many people are still unsure regarding holistic medicine, and it can be confusing . . . allopathic doctors scare you into pharmaceuticals and vaccines . . . new age-y advice sounds like snake oil and venom cures . . . A great deal of discernment and research has been necessary, delving into research data bases, and ancient wisdom through Ayurveda, Chinese Medicine, Plant and Herbal medicines, and folklore. Looking at the ancient medicines has been helpful as we have long term evidence of what works in the body and their side effects — or in this world they are side benefits!

For those who make the effort to research and believe your gut instincts, it can translate into an amazing wealth of information and knowledge about our body and how it works. Nature is very intelligent.

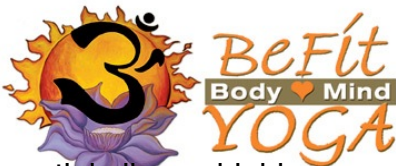
Essential oils are fairly “new” to our plant-based medicines; although ancient traditions like Egyptian, Indian, Romans, Jews, Chinese, English, and Greeks and doctors such as Hippocrates did use crude distillation techniques and herbal concoctions to prevent and treat illnesses and diseases. Their concoctions lacked the medicinal strength of our clean and powerful oil distillation methods today. Most of the old day oils were infused oils.

What we know as essential oils was not formally introduced until 1937 when Rene Maurice Gattefosse treated his badly burnt hand with lavender oil and was quite surprised at the healing power. Through his influence essential oils were also used to treat wounded soldiers in WWI and/or II.

Through the dark ages we then turned against plant therapies and oils/aromatherapy; they got put into a mixed bag with witchcraft, etc. where they “outlawed”. Luckily the catholic church with its use of frankincense and myrrh kept some use of the oils alive, as did the tibetan monks who used the oils secretly in the halls of their monasteries.

So we really only have about 50 years or so of documentation on use of essential oils as we know it. And really over the last decade or two the distillation methods have been much more refined to make more potent oils. They need to be used wisely — they are real medicine.

Essential oils are effective tool for healing and preventing disease in the body.



Essential oils are highly concentrated — for example it takes 150 lbs. of lavender flowers to make one pound of lavender oil. Plants have the abilities to protect themselves; from insects, harsh environments, drought or too much rain — and to attract pro-biotic bugs — and adapt to their surroundings. By using these oils (and eating plants) you are harnessing these protective and healing powers of plants for use in your own body — boosting your immune function and encouraging the good bugs to stay!

Essential oils are so powerful because they are comprised of small molecules that can penetrate your cells — vs. oils like coconut or almond which are larger molecules and cannot pass through your pores. Essential oils are transdermal — meaning they can pass through your skin and into your circulatory system and cellular walls very easily, meaning **Essential Oils address the causes of disease at a cellular level**. Essential oils penetrate the cellular wall and dispel viruses, whereas antibiotics can only kill bacteria outside of the cellular wall. One drop of essential oils contains enough molecules to cover every cell in our bodies. Just one molecule can open a receptor site in our bodies and communicate with the DNA to alter cellular function.

Essential oils even pass through the blood brain barrier boosting brain function, improving focus and concentration, and helping to detox neurotoxins. (The blood–brain barrier is a filtering mechanism between circulating blood and our brain; it prevents entry of toxins which are detrimental to brain cells into the brain while allowing the passage of water, some gases, and lipid-soluble molecules, as well as the selective transport of molecules such as glucose and amino acids that are crucial to neural function into the brain.) Not all small molecules can pass through the blood brain barrier rendering many pharmaceuticals unusable by the brain (thank goodness!) There are times though when the ability to cross the blood brain barrier is essential for treatment of a brain disease or disorder. Frankincense and Sandalwood essential oils to the rescue! Chemical constituents known as sesquiterpenes (frankincense and sandalwood both have these sesquiterpenes) are able to go beyond the blood brain barrier. These sesquiterpenes are known to interact with the neurotransmitter receptors for serotonin, dopamine, and glycine to therapeutically heal brain issues.

Aromatherapy is real therapy

And even if an essential oil did not cross the blood brain barrier, it still can effect your brain through activation of the olfactory sense. Most people do not realize how potent inhaling aromas or diffused oils can be — aromatherapy works primarily through the nose but also through the lungs and skin. The compounds pass through your olfactory — they chemical components bind to receptors in your olfactory bulb impacting the limbic system which is your brain's emotional center. *(From wikipedia: The limbic system supports a variety of functions including epinephrine flow, emotion, behavior, motivation, long-term memory, and olfaction.^[3] Emotional life is largely housed in the limbic system, and it has a great deal to do with the formation of memories.)* For example, a study in 2002 made an “amazing discovery” and was reported in the *Japanese Journal of Pharmacology*; Researchers found that the simple inhalation of [patchouli](#) and rose oil reduced sympathetic nervous activity by 40%, with rose oil reducing adrenaline concentrations by 30%.

(Shinichiro Haze, Keiko Sakai, Yoko Gozu . Effects of fragrance inhalation on sympathetic activity in normal adults. *Jpn J Pharmacol.* 2002 Nov;90(3):247-53. PMID: [12499579](#))

And another study I came across in PubMed that was done in the UK in 2008; (<http://www.ncbi.nlm.nih.gov/pubmed/18041606>) that compared peppermint oil, ylang-ylang, and a control group with no aroma. Peppermint enhanced memory and increased alertness . . . whereas ylang-ylang increased calmness, slowed down the mind, and impaired memory (ha! why it is stress reducing . . . we can't remember why we were stressed out!). Ylang-Ylang is a very flowery essence known for its calming, stress reduction properties while peppermint is know for its uplifting and stimulating qualities.



Essential oils contain three different types of medicinal organic compounds called terpenes, each with its own set of benefits:

- ॐ Phenylpropanoids have antibacterial, antifungal, and antiviral activity. Phenylpropanoids clean the receptor sites on the cells improving communication between your cells. When the cells cannot communicate the body malfunctions, resulting in disease.
 - Oils that contain this type of terpene include: clove, cassia, basil, cinnamon, oregano, anise, and peppermint.
- ॐ Monoterpenes, which are found in most essential oils, help "reprogram miswritten information in the cellular memory."
- ॐ Sesquiterpenes help deliver oxygen to your tissues, which makes it more difficult for viruses, bacteria, and potentially even cancer cells, to survive.
 - Essential oils that contain sesquiterpenes include cedarwood, vetiver, spikenard, sandalwood, black pepper, patchouli, myrrh, ginger, and frankincense.

Essential oils are really **Aromatic Volatile Molecules!** Plants create these oils that we distill out to resist disease from insects, pathogenic bacteria, viruses, fungi, etc. This makes plants **IMMUNOLOGICAL**. Most all oils work to boost your immune system.

They also make oils to attract the good; good probiotic bacteria and maybe bees or hummingbirds for pollination.

So the plants produce these oils for two reasons:

1. Immunological - to protect themselves
2. Attraction of good

When we use their oils the plants give us these qualities. Thank you Plants :)

Adding some basic essential oils like lavender, peppermint, oregano, tea tree, frankincense, lemon, myrrh, etc.! to your medicine chest can:

- ॐ Fight off cold and flu viruses
- ॐ alleviate pain
- ॐ balance hormones
- ॐ prevent and help with a cancer cure
- ॐ heal skin conditions
- ॐ reduce stress
- ॐ relax sore muscles
- ॐ improve digestion
- ॐ reduce cellulite and wrinkles
- ॐ clean your home
- ॐ help maintain a healthy weight
- ॐ reduce chemical exposure by using oils in place of personal care & household products

Quality of Essential Oils is important!

You want to look for **Wild or Organic Certified Therapeutic Grade Pure Essential Oils**. Oils that say natural or pure (without saying therapeutic), or for aroma only mean nothing and are most likely little more



than chemical perfumes; which at the least have no therapeutic value, and at the worst infiltrate us with more toxins.

Essential Oils University on Facebook by Robert Pappas

There is a good facebook page you can peruse, Essential Oils University by Robert Pappas. He was a chemist who used to work for the perfume companies. Once he realized the harm perfume chemicals cause, he jumped ship and got a job working in essential oils. Over the years he developed a facebook page reporting some of his testing of oils, turns out many oils are fakes -- which can be as minor as no therapeutic benefit to causing harm much like perfumes. He will test an oil you send him for free. Reading over the notes on his page is quite helpful : https://www.facebook.com/EssentialOilUniversity/notes?ref=page_internal

Also be careful of buying essential oils pre-diluted; many times they are over diluted and very weak.

If you have tried essential oils and found them not to be effective, I would guess you did not get therapeutic grade oils, I would suggest you try again with therapeutic grade oils.

There are several manufacturers I have found to meet this criteria, **My favorite two being Floracopeia and Mountain Rose Herbs. These two companies not only provide a high quality product but they also are earth and nature lovers and this is their priority over just making money.** There are other oil makers that have high quality oils but use some bad products in their blends and other products.

It is important to remember, fresh herbs, dried herbs, teas, and tinctures also have healing powers. Also consuming lots of vegetables and herbs is healing and medicinal in itself.

Don't Miss the Experience

I love the oils, they are wonderful; but remember where they come from! Don't miss the experience of the real herb or plant or tree when you can get it. When home; grow herbs in your garden! Use mostly your home grown herbs reserving the oils for times when you need extra strong doses or are away from home.

The experience of walking into your beautiful garden in the sunshine, breathing in the air while your bare feet are in Mother Earth, choosing, picking, getting to know your herbs. cutting them, washing them :) Don't miss that experience! It is absolutely lovely.

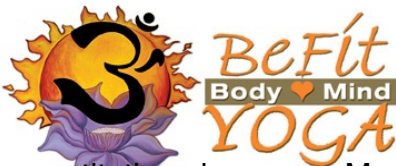
Yes oils can be used as supplements or medicine under the guidance of a doctor, but don't miss the real experience of the whole herb and Mother Nature.

Essential oils don't do the healing -- your immune system does.

As with any good medicine it supports the immune system so your immune system can heal you. Essential oils are great at that, as are many herbs, foods, and alternative therapies like acupuncture and chiropractic, and of course yoga and meditation. Medicines that harm your immune system in trying to heal you usually create more damage. Real health and healing lies in a strong immune system.

All essential oils are immunological. There are basic 3 large categories that the benefits of using oils fall under:

1. **Immunological Intelligence** - The plants being unable to move must somehow protect themselves from insects, fungus, bacteria, drought, too much rain, etc. The plants immune system creates chemical



constituents known as Monoterpenes and Sesquiterpenes, Esters, Phenols, Carboxylic Acids, Aldehydes, Pyrroles, oxides, alcohols, etc. that protect them and / or attract good bacteria to help defend the plant or digest sugars. When we eat the plants or use their oils we get these benefits too. So NUMBER 1 benefit of essential oils is their effect on our immune system which I will go into more detail shortly. This immune boost can help protect us from colds and flus, cancers, bacterial infections, parasites, Improve circulation, and speed our healing processes from cuts, bruises, burns, etc. and have anti-inflammatory properties.

2. **Skin Health** - Most of the oils heal our skin :) Smoothing out uneven tones, healing scars, reducing wrinkles and basically making us look younger!
3. **Mind and Emotions** - Most of the oils directly influence our parasympathetic nervous system reducing stress levels in the body while calming our minds and reducing anxiety

And other small benefits of using essential oils include repelling mosquitos and other bothersome bugs and possibly attracting good bacteria to our skin.

You can use essential oils topically, diffuse, or rarely and with guidance; internally

To use topically, you want to first test one drop on your inner wrist. Many healing oils do have allergic reactions for some people, so always test first.

In **topical applications** you want to take a nickel to dime size amount of coconut or almond oil with 3-4 drops of the essential oil. You can mix them right in your palm and apply.

Areas to apply:

- ☸ anyplace you have pain or itching, etc.
- ☸ neck
- ☸ behind ears
- ☸ abdomen
- ☸ temples
- ☸ upper back
- ☸ along spine
- ☸ soles and tops of feet — this is especially nice just before sleep.

If you know an oil is safe for you to get a stronger therapeutic benefit you can try some of them undiluted as well. There are some oils that can burn your skin so you always want to dilute; for example cinnamon, basil, ginger, oregano, tulsi, etc.

To **Diffuse** you can use the old fashioned candle diffusers (just keep the flame low so as not to overheat the oils) or one of the new electronic diffusers that use less heat. Floracopeia has a nice ceramic one this is better than many of the plastic models I have seen elsewhere.

Epsom salts baths with 4-5 drops of essential oils are also wonderful. Emulsifying the oils in honey or milk and then adding to your bath water is even better . . . and makes for a nice bath.

Internal usage you want to proceed with caution, some are safe — many are not — you don't want to find out the hard way.



Supplements? I've always avoided those. They just don't make sense to me. So many are made of bad ingredients, taken out of proportion, and consumed separately from the whole plant. Just not in my interest But oils may be useful here with the guidance of a health care professional trained in essential oils. Internal use of oils needs to be used cautiously and always under guidance. Don't rely on the internet for internal information on oils! They are very potent and quite medicinal; treat them as medicine.

I do use oils internally rarely — mostly when I travel, here are some of the ways I use oils internally:

- ॐ When I am flying I put one drop of lemon oil in some water and drink it for an immune boost and to kill any food borne pathogens from airplanes or foreign food I may have eaten
- ॐ I will do ONE drop of oregano in 1 TBSP coconut oil & Honey to protect from flu, virus, etc. if I feel I have been exposed or I am coming down with something.
- ॐ I will take one drop of peppermint or digest zen internally if I have to eat on the road, or at a restaurant I am not familiar with; or am having an upset stomach.
- ॐ When traveling and I don't have fresh ginger I will use a drop of ginger oil in my morning turmeric tea.
- ॐ Frankincense . . . one drop under my tongue every night when traveling or once or twice per week when home in PA or Maui as preventative medicine!
- ॐ A drop of bergamot (or chamomile) in an evening tea to promote good sleep and a nice calm evening.

With that being said; essential oils have been in our food supply for a long time! Ever eaten a peppermint patty? They have peppermint oil in them. How about a piece of hard candy? or gummy bears? Yep, essential oils were used as flavoring. And probably not very high quality essential oils might I add! Baby aspirin used to be wintergreen oil . . . now it is chemically made, sadly. Same with most hard candies — now they use chemical flavorings instead which are far worse for you.

Here are few uses to get you started:

- ॐ **To clean the air, add drops of lemon to a diffuser** — or my favorite blend of eucalyptus, rosemary, cinnamon, clove, and lemon (called the thieves blend because the grave robbers in ancient Egypt wore these oils to keep from getting diseases that were in the graves they were robbing).
- ॐ Want energy? Diffuse peppermint.
- ॐ Have a headache? Diffuse Lavender . . . and put peppermint oil on your temples.
- ॐ Have a skin itch, bug bite, rash, or burn? Put a drop of lavender or chamomile oil on.
- ॐ Reduce age spots with Frankincense
- ॐ Thicken hair with rosemary, sage, or lemon
- ॐ Natural SPF skin protection with helichrysum and myrrh or pomegranate
- ॐ Improve acne with tea tree and geranium oils.

If you are unsure which oil to start with, Lavender oil is a good start. It is a stress relieving oil!

- ॐ Lavender oil has also been successfully used to treat depression.
- ॐ Lavender has shown to be effective in relieving migraines.
- ॐ At night time to **promote good sleep diffuse lavender** (and/or basil and thyme). **Or put a drop of lavender oil on your pillow just before drifting off to sleep.** Good sleep is an important part of our health, we need 7-8 hours per night to maintain healthy brain function as we age.
- ॐ Lavender is also good for anything skin related. Just try it if you doubt . . . next time you get a bug bite put a drop of lavender oil on it and observe what happens. Lavender is also very effective for any itch or rash, and for sunburn, and for poison.



Peppermint is another useful oil, not too expensive. It is energizing, is great for homemade toothpaste and or mouthwash (for mouthwash just put a couple drops in some water and gargle . . .)

- ॐ A nice way to help you wake up in the morning and stimulate energy is to diffuse peppermint and wintergreen.
- ॐ Put a dab of peppermint or wintergreen behind your ear to help give you energy.
- ॐ Peppermint is good for relieving headaches as well.
- ॐ Peppermint is also good for digestion, you can rub it on your stomach — or for a more power digestive aid you can take a drop internally.
 - o **To aid in digestion** you can make a blend of the following in a base of almond oil: fennel, ginger, caraway, peppermint, coriander and rub on your abdomen.

And **Lemon** is a nice inexpensive oil to start with — as it cleans the air and energizes you as well. (Be careful when using lemon topically, as it is photo-toxic meaning if you put it on your skin and go into sunshine it will make your skin more responsive to sunlight and you could burn easier.)

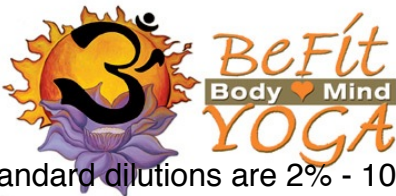
- ॐ You can put a few drops in coconut oil or almond oil and soak your hair once per week. Lemon strengthens your hair.
- ॐ Lemon is great for cleaning — as it has anti-microbial and anti-septic properties.
- ॐ Lemon also helps us detox.
- ॐ Teeth Whitener – Mix lemon essential oil, baking soda and coconut oil and rub on your teeth for 2 minutes and then rinse (I also have heard adding crushed strawberries to this mixture improves the whitening effect.
- ॐ Lemon improves circulation.
- ॐ Lemon is supportive to your lymphatic system.
- ॐ Lemon increases your metabolism
- ॐ And it repels bugs . . .

I like to group my essential oils by what they are, for example:

- ॐ Trees - These are our most powerful medicine for mind, nervous system, and grounding. The trees offer great benefits to our immunity because their immunity is so strong. I view the trees as the kings of the oils.
- ॐ Flowers - Flowers of the plants are the attractors ;) They like to attract pollinators, good bacteria, and people to help take care of them. We wear flower scents to calm us, help us look pretty, and smell pretty.
- ॐ Herbs - These are our medicines.
- ॐ Citrus :) - These are sunshine in a bottle. They are good for your mood and make you smile. Citrus oils are not distilled but the oil is pressed from the rinds.
- ॐ Bushes - are similar to trees and could be classified with trees, the bushes I have are patchouli, tea tree, and vetiver (which is actually a grass we use the root of).
- ॐ Blends - pre mixed oil blends for convenience.

When using Essential Oils topically it is important to dilute. Essential oils are very concentrated — about 70 times more so than the whole plant; diluting them in a carrier oil is much safer and does not weaken their effects; on the contrary it seems the carrier oils pull the essential oils deeper into our tissues.

Here are some standard guidelines for dilution:



Standard dilutions are 2% - 10%. For children under 12 it is safer to work with 1% dilutions. For most purposes I work with about a 10% dilution — that's 60 drops of essential oil per ounce of carrier oil. For people with sensitive skin I recommend a 5% dilution = 30 drops per ounce.

The standard eo bottle is 15 mL which is a 1/2 ounce. Roller bottles are 10 mL = 2 teaspoons or 1/3 ounce, and the small eo bottles are 5 mL which is 1 teaspoon or about 1/6 oz.

Here's a simple dilution guide:

- **1% dilution** (6 drops of essential oils per 1 ounce of carrier oil) – good for sensitive skin (face, genitals, underarms, babies, and 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, scrapes, cuts, and other wounds.
- **50% dilution** (1:1 ratio of carrier to essential oils) – not recommended unless under the supervision of a trained professional.

Essential oils for pain

When you are in pain, it takes your attention and therefore your energy. You want to get out of pain, and I have no judgement on the number of people on pain meds . . . but know there are oils that are very effective at pain without the side effects of NSAIDS or heroin based prescription pain meds.

Thyme and Frankincense suppresses the the COX2 enzyme which is what brings pain and inflammation to sore areas, much in the same way as NSAIDS without the side effects! Thyme mixed with peppermint or wintergreen is a great tonic for stiffness and swelling.

Skin pain -- lavender is good for anything skin related. And excellent in the summer for bug bites, poison, sunburn, and other itches. For itches and bug bites just put a drop of undiluted lavender oil directly on the area. For sunburn I like to put a few drops of lavender oil in aloe vera juice and spray on.

☪ For rashes a mix of lavender and chamomile work well.

For muscle pain -- marjoram is great for muscle pains due to cramps, swelling and spasm. Basil and thyme are also muscle relaxants and great to ease stressed out muscles. Also nice prior to bed. Cumin oil is also good for cramping. (For a cramping muscle (like your foot): Drop a drop of cumin oil on.)

For sprains and strains or pulls, etc: mix together cypress, rosemary, ginger, and peppermint in a base of almond oil and apply topically.

For cuts and scrapes or blisters - mix in a carrier oil such as coconut or almond: eucalyptus, oregano, tea tree oils. This is like your triple anti-biotic ointment :) These three oils are your strongest anti-bacterials, with data available showing they out-perform antibiotics and without any side effects!

For nerve pain or damage -- peppermint oil is best. Peppermint oil increases circulation, reduces pain by having an analgesic effect due to its menthol content.



For Headache : diffuse lavender and rub peppermint on your temples. You can also put a drop of peppermint oil on the roof of your mouth (with your tongue or finger).

Here is a migraine relief recipe to try:

- ॐ 1 medium sized bowl partly filled with cold (i.e. refrigerated) water
- ॐ 2 cups ice cubes
- ॐ 2 drops marjoram essential oil
- ॐ 2 drops ginger essential oil
- ॐ 1 drop [peppermint essential oil](#)
- ॐ 1 small washcloth

Put the ice cubes and the drops of each oil into the bowl of refrigerated water. Stir briefly to mix. The oils will float on top of the water, but that's okay. Place the washcloth into the oily, icy mixture then place the cloth on the patient's forehead, being careful to avoid the eyes (always keep essential oils away from eyes).

The cloth can also be applied to the sides of the neck where the carotid arteries lie. When the cloth warms up, dip it into the icy, oily mixture again and keep reapplying until the headache abates. It's actually quite stunning how quickly it works – for many in less than 10 minutes.

For Arthritis Pain: Lavender, marjoram, eucalyptus, rosemary, and peppermint blended in proportions of 2:1:2:1:1 This exact blend was used in a study and found to be helpful.

For Dysmenorrhea (Menstrual Pain): Fennel, lavender, clary sage, and/or rose essential oils rubbed on your abdomen.

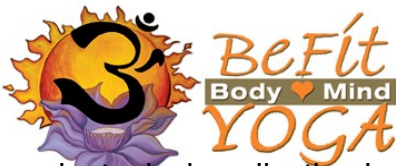
Respiratory stress and/or allergies - diffuse eucalyptus oil, use topically eucalyptus oil, breathe, rosemary, lavender, and/ or geranium.

Some individual oils and how they help heal:

- ॐ Cypress for healing and blood flow
- ॐ Helichrysum (expensive) or clove (not expensive) are two different oils that have been used to help recover from surgeries. They are both anti inflammatories, anti-infectious, immune stimulating, and anesthetic.
- ॐ Wintergreen for pain and inflammation. Wintergreen is good for bones, muscles, and joints. It helps to dissolve calcium deposits.
- ॐ Peppermint is pain relieving, anti-inflammatory, and helps tissues to heal.
- ॐ Sandalwood for cartilage healing. This one is also expensive, but I love sandalwood and the smell of it. It is very calming for the body and mind.
- ॐ Lemongrass is good for torn or pulled ligaments.

For chronic pain, rubbing essential oils on your feet at night before you go to sleep can help. Basil (diluted) and thyme are good for this.

For acute pain, applying oils every 2-3 hours throughout the day can be helpful. Great oils for this are peppermint and frankincense. Also the blend mentioned above for sprains and strains (cypress, rosemary, ginger, and peppermint in a base of almond oil) are also good for acute pain.



For pain, topical application is usually best -- and this is one of the times where undiluted tends to be better -- although it is very important to test the oil on your inner wrist first and only use a few drops when using undiluted. Some oils can not be used undiluted as they burn, for example, basil, ginger, cinnamon, etc. -- it is always best to test it first. If you do burn yourself with an oil quickly get coconut oil or butter on it.

Some oils can be quite potent for pain or illness when used internally — I prefer the whole foods but do on occasion use these oils if I don't have my own fresh or dried herbs available. Some of the most healing oils you can try for pain or illness: you could try a drop of one of these in a small glass of warm water, in honey, or coconut oil;

ॐ frankincense - reduce arthritis pain and kill cancer

ॐ oregano - for illnesses, virus, candida, etc.

ॐ Lemon - a drop in seltzer water is very nice when traveling to protect your GI tract from pathogenic bacteria.

And lets not forget about marijuana's pain reducing benefits . . .

As we slide into talking about essential oils and cancer, I remind you this is not FDA approved literature, but there are thousands of studies and case studies proving their efficacy. And hopefully soon we will have FDA approval on at least some of the most studied oils. In the mean time the FDA has approved pretty much all essential oils for internal usage. At the end of all this information I copied the section on essential oils where it breaks them down one by one showing which ones are FDA approved.

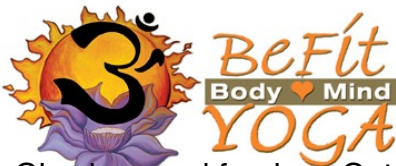
Essential Oils and cancer apoptosis (cancer cell death)!

I prefer to call essential oils Aromatic Medicine instead of aromatherapy. Aromatherapy can be perfume . . . although it will not have any therapeutic properties. Hence the reason for high quality essential oils that you know are from the plant, seed, leaves, etc. These oils have medicinal qualities.

And we have many years of data behind Essential Oils for use in the human body . . . vs. medical science. For example, most cancer studies are done on rats . . . rats have a two year lifespan . . . so we do not have much evidence what happens beyond a 2 year scope in rats. We do have evidence what happens in the human body beyond two years after chemo or radiation . . . (Chemo, radiation, and/or removing the tumor do seem to kill cancer cells or get the tumor out, respectively, however they are not as effective at killing *cancer stem cells* which replicate and spread silently — especially in a body where the immune system has been compromised allowing the cancer to return.)

I certainly understand wanting to get cancer out of your body via any method! I know that when I have a tick on my body, I want it OFF now . . . by any means! At this point I do not trust our allopathic medical model, there are so many details we got wrong about the body (more on this in another topic) so **PREVENTION IS BETTER!**

1. Get the chemicals OUT. There are way to many chemicals approved for use that are known carcinogenic (roundup is a big example). We are bombarded with chemicals in our foods, medicines, household products, cosmetics, lawn care, workplaces, in our water supply, in our atmosphere, and the list goes on. These chemicals are messing with our immune system and leading to cancer and auto immune disease.
2. Get good clean, local, organic vegetables, fruits, raw cheeses, fermented foods, and nuts/seeds IN



3. Give love and forgive. Get over your childhood challenges — this is why most religions and spiritual practices emphasize the importance of “being present”. When you are “present” you are not influenced by your childhood challenges and can respond in a much more mature and loving way. Staying present allows you to Move forward and smile :)
4. Get outside as often as you can, put your bare feet on Mother Earth and breathe deep!

These little things can make a big difference in what happens in your body. Consider Apoptosis — programmed cell death by our body, it is an important part of our health. Cells die everyday, this is why are are constantly rejuvenating ourselves, every 7 years we are completely anew.

cancer comes and goes all the time in the body, our immune system can eradicate cancer pretty effectively given good food and herbs. This is another example where modern medicine does not seem to benefit us; mammograms are not that worthy. They have a high rate of false positives; causing stress and unnecessary surgical procedures that harm the immune system. (Thermography is getting more popular and seems to be a better option for breast diagnosis.)

Which cells your body chooses to die off is important. In individuals with disease it seems healthy cells die while mutated cells live, the opposite is seen in healthy individuals. So program your body for cancer cell apoptosis! Here are two essential oils that do just that:

Pretty much all essential oils can help with a cancer diagnosis, but they work in different ways to eradicate various cancers. As we get more research (it is coming!) hopefully we will find out which oils to use on which cancers.

Frankincense (Boswellia)

Sandalwood — I suggest only the Australian versions since Hawaiian and Indian Sandalwood trees are nearly extinct.

And several others that show cancer cell killing capabilities:

Clove Bud — needs diluted

Cinnamon — needs diluted

Lemongrass

Melissa (Lemon Balm)

Thyme (especially good for breast cancer)

Oregano — needs diluted

Black Pepper — needs diluted

Cardamom

Rosemary

Cypress

Lavender

Also during the process of dealing with cancer it is important to keep mood elevated and get good sleep. Here are a few oils to help you with both:

Mood enhancing oils = citrus — any citrus scented oils that appeals to you. Diffusing these works nicely.



And Sleep promoting oils are important, the best ones = Lavender, vetiver, cedar wood, basil, thyme, and marjoram. Diffusing these in the evening and in your bedroom works nicely.

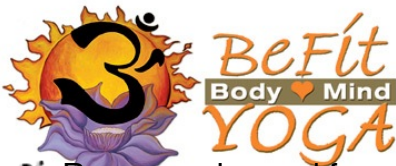
Also there are many herbs that induce cancer cell apoptosis, turmeric being at the top of the list. I prefer to make some version of turmeric tea every morning:

- ॐ My favorite is chop the whole root with a little ginger and a sprinkle of pepper. Steep it for about 15 minutes.
- ॐ When I don't have fresh turmeric root, I use the powder, and mix it various other herbs and black pepper (black pepper improves the absorption of turmeric)
- ॐ When I feel like I need a "heroic" dose of turmeric I use 1/4 cup turmeric powder, about 1" sliced fresh ginger, and a sprinkle of black peppercorns. Put this is about a cup of water and boil down to a paste. I then take 1 tablespoon of the paste, mix it in about a 1/4 cup of grass fed raw milk or cream, and top it with 1 teaspoon coconut oil.
- ॐ Also cooking frequently with turmeric is good. Turmeric is best absorbed in small culinary doses throughout the day, so each time you heat up oil in a skillet throw in a pinch of turmeric powder.

And again, remember marijuana has also been strongly proven to be effective against cancer.

An Essential Oil Medicine Chest would look something like this:

- ॐ Frankincense is one of the most healing agents on the planet. Not only have many articles now been published by journals (like *Oncology Letters*) showing the ability of this holy resin to kill specific cancer cells (MCF-7 and HS-1) which cause breast and other tumors, it is also used successfully for skin health, oral health, digestion, respiratory concerns, while boosting our immune systems and calming our stress/anxiety issues.
- ॐ Myrrh is a very powerful anti-infective that is also very potent for balancing hormones and keeping our skin beautiful.
- ॐ Oregano is limitless in its healing abilities! It is most well known for its anti fungal and anti bacterial abilities and when taken by mouth it cures intestinal parasites, allergies, sinus pain, arthritis, colds and flu!
- ॐ Melaluca (Tea Tree Oil) is a wound healer and also good for your skin. It is a powerful anti septic, anti bacterial and anti fungal. It is the most widely used and tested oil.
- ॐ Clove is an excellent anti-septic, especially for oral health. It also kills a wide variety of microbes keeping away illnesses. Clove kills E.coli, staph, and bacteria that oftentimes lead to pneumonia.
- ॐ Eucalyptus is a potent antibacterial, antispasmodic, and antiviral agent. It is good for breathing and respiratory issues.
- ॐ Lavender is best known for its soothing and calming qualities but it is also good for anything skin related. It heals burns, cuts and wounds, sunburn, and stings, it stops insect bite itches in a second. It prevents increases in blood glucose levels protecting against heart disease and diabetes. It also reduces oxidative stress in our bodies which leads to premature aging and heart disease.
- ॐ Lemon stimulates lymph drainage so it boosts your immune system, It is also good for your skin and hair. It kills bacteria and is excellent internally to help with food borne pathogens. It is both anti-microbial and anti inflammatory.
- ॐ Peppermint used abundantly orally, topically, and diffused . . . it may be the most versatile oil. It reduces pain and is especially effective at nerve pain. It is good for digestion — both internally and topically on your abdomen. It reduces cravings and aids in balancing weight. It relieves headaches. It is uplifting and energizing. It can also reduce the use of anti-biotics.



- ॐ Rosemary is good for your brain and memory, relieves aches and pains, and normalizes your blood pressure. It also stimulates hair growth.
- ॐ Sandalwood is often times used to soothe and heal sore throats, it is very healing for anything nerve or nervous system related. It is very effective in treatment of alzheimers as well.

Stress and Mood and sleep

Essential oils to reduce stress, many of these oils also support your adrenals:

- ॐ Lavender
- ॐ Cedar wood
- ॐ Cinnamon
- ॐ Patchouli is a good anti-depressant, is a pine that has a grounding calming scent. It also reduces inflammation, prevents infections (kills the tetanus virus), Improves metabolism and weight loss, balances sex hormones, strengthens hair and skin, reduces scars and heals wounds, reduces insomnia, natural bug repellent, natural deodorant, natural diuretic.
- ॐ Vetiver - is a calming pine.
- ॐ Rose . . . (but very expensive to get therapeutic grade)
- ॐ Chamomile
- ॐ Ylang ylang (a nice flowery scent)
- ॐ Sandalwood oil - creates a calming and harmonizing effect for the mind, reduces tension and confusion. (It is also traditionally used in Ayurveda for the treatment somatic and mental disorders.)
- ॐ Bergamot is also a good anti-depressant, it reduces stress, it stimulates digestion, cures infections, good for skin, scars, wrinkles, reduces pain, natural deodorant, reduces cavities.

And take Epsom salts baths . . . A nice relaxing bath = chamomile, lavender, coconut oil, and Epsom salts.

Essential oils that promote sleep:

Lavender and cedar wood, which we have available here and they are not so expensive, other oils that promote sleep are vetiver (a pine), basil, thyme, and marjoram. Placing cedar wood oil on your feet before bed has another benefit . . . cedar wood is also a bug repellent (remember cedar closets?), this makes me feel like I am repelling bed bugs while I sleep :)

Some nice diffuser mixes for your bedroom night time:

Note: My diffuser takes about 20 drops of oil and diffuses for 6 hours so quantities depend on how long you are diffusing for — use slightly more of the first oil in each mix:

- ॐ Ylang Ylang, bergamot, lavender, marjoram, valerian
- ॐ lavender, clary sage, ylang ylang, vanilla
- ॐ geranium, marjoram,, patchouli, sweet orange
- ॐ chamomile, rose, palmarosa

You could also mix these with a carrier oil and apply to bottoms of your feet, back of neck, back of knees, behind ears, or on wrists. Use 2 drops of the first oil listed and one drop of each of the others.

For focus when I am working or my daughter is studying I like to diffuse:

Cedarwood
Peppermint
Vetiver



Rosemary

Vetiver and cedarwood are best for brain health while rosemary is good for memory.

Rosemary is also good for your brain, improving memory as well as giving you energy. Rosemary, vetiver, and cedar wood are the oils best known for your brain health.

Essential Oils for Weight Loss

- ॐ Grapefruit oil tops the list with its d-limonene which is found in citrus peels and improves metabolism
- ॐ Peppermint improves weight loss because it suppresses cravings and improves digestion.
- ॐ Cinnamon oil helps to balance blood sugar levels with assist in weight loss and preventing diabetes.
- ॐ Ginger Oil contains gingerol which is anti-inflammatory and boosts metabolism as well.

These can be taken internally by putting one drop in water (after testing on yourself), or put in a carrier oil and rubbed over cellulite areas to help reduce cellulite.

Essential Oils to balance your chakras, what every yogi loves to balance :)

To use, place a a nickel or dime sized amount of coconut or almond oil in your palm, add a few drops of the essential oil, and rub into the area of the chakra:

7th chakra - jasmine and frankincense

6th chakra - geranium, lavender, rose, spearmint

5th chakra - lavender and patchouli

4th chakra - cedarwood, rose, sandalwood

3rd chakra - juniper, lavender, Rosemary, vetiver

2nd chakra - rose, Rosemary, ylang ylang, juniper, sandalwood, jasmine.

1st chakra - patchouli, cedarwood, sandalwood, vetiver

Essential Oils and body care

This is an area where we can greatly reduce our chemical load. Personal care products are some of the most toxic. Do you know that the average woman who uses cosmetics, lotions, lip stick, fingernail polish, hair gel, etc. walks out the house in the morning with over 60 known carcinogenic on her body! You don't have to live like this. Essential oils make it easy and pleasant :) to make your own personal care products.

For body care ... I will share a little secret ... I don't use soap. Nor do I make my own with lye. I am not so sure about lye, even though "they" say it is safe, I am Leary since when handling it you can't touch it or inhale it as it will burn So I use:

1 quart coconut oil to 30 drops lavender oil and just rub rub rub it in under the shower. Geranium oil is also good for your skin, reducing wrinkles, nourishing it, and it stimulates your lymphatic system all the while repelling insects :) And it has a pleasant scent. You can combine both oils in your oil soap if you like, or alternate.

If I do feel like I need to scrub, here is a link to two body scrubs I make, one is coffee based (used coffee grounds, cardamom, cacao nibs, sea salt and ginger oil :) and the other if sugar, honey, peppermint oil and vanilla bean based: <http://www.befityoga.com/philosophy-lifestyle/yoga-nutrition/> Scroll down to see the scrubs, also on this page are homemade toothpaste and deodorant recipes using essential oils



Lotions are filled with toxins, pure oils are filled with medicinals. Why choose oils over lotions?

Lotions are filled with petroleum based oils which disrupt hormone function leading to breast, prostate, and other cancers. Oils nourish our skin, and additional massaging the skin is very good for us too:

ॐ Massaging oils onto your skin calms your nervous system, the skin has over 20 million sensory neurons.

ॐ Massaging your skin releases oxytocin in to our blood stream . . . this is the LOVE hormone responsible for bonding, loving, caring, and sharing attitudes improving our behaviors and moods :)

In addition massaging oils on our skin even improves the benefits by nourishing our skin microbes, they feed on oils and fatty acids, so oiling our skin feeds our good microbes . . . we want our skin microbes to hang out with us longer! Here is why:

ॐ Skin Microbes reduce skin infections — this is why dry skin is more prone to infection.

ॐ The good microbes block bad bacteria from getting into our skin protecting us.

ॐ ANTI-AGING!! Both carrier oils and especially essential oils heal our skin and keep us looking younger, part of this is because the essential oils also heal us from the inside out. If you want beautiful external skin, then focus on your internal skin lining your gut and other vessels — the health of the internal skin determines the health of our external skin.

ॐ And we have evidence showing that our skin microbes can communicate with our gut microbes improving over all immunity.

Here are some great skin recipes:

For a morning wake up facial moisturizer I use 100% organic kukui nut oil with a few drops of spearmint essential oil. For night time for my face I like 1/2 cup hemp seed oil with 10-12 drops chamomile essential oil.

For night time light body moisturizer: I mix 1/2 cup each of almond and coconut oils with 10-15 drops each of Frankincense and Thyme essential oils

For a night time heavier moisturizer: I mix 1/2 cup each avocado oil and shea nut butter with 30 drops of patchouli OR frankincense OR marjoram.

For daytime pick me up moisturizer: I mix 1/4 each of Mango butter, shea butter, and almond oil with some wild orange essential oil. In the winter I use cocoa butter instead of shea butter.

(Wild Orange is good for anxiety, depression, and fear.)

How about a tropical paradise body butter?

Ingredients

1/4 cup shea butter (best for moisturizing skin) or coconut oil

1/2 cup mango butter

1/4 cup sweet almond oil or avocado oil

2 TBSP organic pomegranate seed oil

50 drops organic sandalwood essential oil

How about an anti-aging lotion . . . that also is a good sunblock? Try 1 cup coconut oil with 2 TBSP pomegranate seed oil.

If you do get a sunburn, a nice sunburn spray is to fill a spray bottle with water and add Lavender, frankincense, and peppermint. You could also put a little aloe vera juice in with the water.



Best for skin, reducing wrinkles and scars while benefitting your lymph:

Geranium

Frankincense

Lavender

In a base of jojoba (which is also good for reducing scars) or coconut or almond or any base oil you prefer.

Skin Care (Mature Skin): 7 drops Cistus, 4 drops [helichrysum essential oil](#), 4 drops [frankincense-myrrh co-distillation](#) and 2 drops [chamomile essential oil](#) in 2 oz [rosehip seed oil](#).

A nice "**band aid**" if you get a little cut on your hands is plain Myrrh Oil. Myrrh oil has wound healing properties, helps stop bleeding, helps to prevent infections; and is also great for moisturizing your hands.

For **Oral health** the best oils are clove, peppermint or spearmint, and orange or lemon. Also very effective are cinnamon, frankincense, myrrh, and manuka for controlling mouth bacteria and preventing gum disease.

- ॐ [Clove](#) and [lavender](#) to battle canker sores – dilute 1 drop with 2 drops of a carrier oil and apply twice daily.
- ॐ [Peppermint](#) to temper halitosis – add 1 drop with toothpaste, or gargle with peppermint infused water daily.
- ॐ [Clove](#) and orange to soothe sensitive teeth – apply 1 drop each neat (straight) on affected tooth and gums.
- ॐ Cinnamon, clove, [eucalyptus](#), [rosemary](#), and orange or lemon to whiten teeth – add 1 drop of either oil with homemade toothpaste, or make a paste of baking soda and coconut oil, add a few drop of either essential oil and brush on your teeth, leave on for 2 minutes.
- ॐ [Lavender](#) to relieve blood blisters – dilute 1 drop with 2 drops of a carrier oil and apply twice daily.
- ॐ Myrrh for mouth infections, you can put a drop in water and gargle with it.

Commercial Toothpaste and deodorants are loaded with toxic chemicals from aluminum to fluoride . . . even many “healthy alternative” toothpastes still have an emulsifier known as carrageenan. Carrageenan is an extract from red seaweed that has been shown to be destructive to your digestive system — similar to salmonella . . . it has been shown to cause inflammation, ulcerations, and bleeding. Today it is much safer to make your own, here are my recipes:

Homemade Toothpaste

1 cup coconut oil - not liquid not completely solid, “stir-able”

1/4 cup bicarbonate (baking soda)

1 TBSP White cosmetic clay (for whitening)

20-30 drops of your favorite essential oil - I like cinnamon oil, or allspice, or peppermint . . . and you can go overboard ;) I like to make two toothpastes . . . one for nighttime, one for morning . . . since peppermint is stimulating peppermint, spearmint, and wintergreen are great morning toothpastes. Cinnamon is calming and therefore nice for a night time brushing.

Stir together, put in a jar.

Homemade Deodorant

1/2 cup coconut oil - not liquid not completely solid -- “stir-able”

1/4 cup bicarbonate (baking soda)

1/4 cup cornstarch

20-30 drops of your favorite essential oil -I like tea tree oil or lavender oil or eucalyptus or lemon.

Stir together and put in a jar. Some people like to add a little epsom salts to this.

A nice hand sanitizer that does not add to our anti biotic resistance problem or contain triclosan:

About 10 drops of each in a small spray bottle (I like to reuse rose water spray bottles):

Cinnamon

Clove

Rosemary

Orange oil

Fill half full with witch hazel and top off with water.

Essential oils to repel bugs . . . Use these topically on your skin, or diffused, or sprayed on countertops, etc.

(Avoid DEET and other chemical bug repellents; they are toxic to your skin, can cause mood changes, insomnia, it can burn your eyes, and in worst cases cause severe neurological damage.)

ॐ A nice **bug repellent**; lemongrass (citronella is made from lemongrass) and cedarwood in a coconut oil base, and rub on your skin or diffuse.

Simple Spritzer Bug Repellent

2 ounce Bottle (spritz this on your clothes, hair, and face, or countertops to help combat ants, etc.)

Combine the following:

- 4 tablespoons of distilled water
- 2 teaspoons of vodka
- 5-6 drops of any combination of the following: peppermint, spearmint, cedar wood, eucalyptus, Lemongrass, or see side panel of oils that naturally repel insects.

Mosquito Repellent, try a base of sesame and castor with cinnamon and lemongrass.

Cautions:

Essential Oils & Phototoxicity

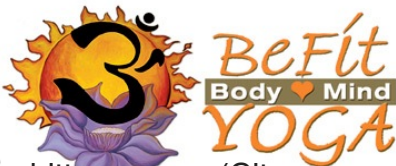
Phototoxic Oils which are photo sensitive meaning certain essential oils are more responsive to sun light due to a presence of radiation absorbing substances (bergaptene or a chemical element called furanocoumarins). These oils, if worn in the sun, can increase your risk of sun burn or phototoxicity reactions; including discoloration (reddening) of your skin that may be temporary or permanent, inflammation, burning, or blistering. Mostly it is the citrus oils that are phytotoxic; but others can be depending on your sensitivities and your skin. The most phototoxic oils are:

ॐ lemon (Citrus limon)

ॐ lime (Citrus aurantifolia) - Distilled lime is not.

ॐ bergamot (Citrus bergamia)





- ☪ bitter orange (Citrus aurantium var. amara). Sweet orange is NOT
- ☪ Cumin
- ☪ Grapefruit

Other Essential oils that may be phototoxic depending on your skin include:

- ☪ Clementine
- ☪ Celery leaf & seed
- ☪ Ginger
- ☪ Cinnamon

As always, **test on yourself first**, even very good oils some people can have allergic reactions to. And when in doubt, **it is best to dilute**.

Pregnancy - Oils that effect hormones should be avoided while pregnant, they include: Basil, cinnamon, clary sage, clove, cypress, fennel, jasmine, juniper, marjoram, myrrh, rose, rosemary, sage, and thyme.

If you are on blood thinner meds/heart medications avoid: Clary Sage, Cypress, Eucalyptus, Ginger, Rosemary, Sage, and Thyme.

Essential oils for cleaning too!

EWG.org the Environmental Working Group explains that commercial cleaning products can cause numerous health problems including asthma, allergies, birth defects, cancer, and chemical burns. You want to avoid these poisonous products from “scented” cleaners to air freshers to dryer sheets!

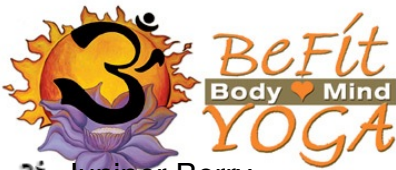
A clean environment not a sterile environment is what we want. Sterile environments don't teach our immune systems how fight off germs and bad bacteria. The bacteria in our soil and around our house “vaccinate” us from many illnesses just from being exposed to small amounts of them. Instead of vaccinating with aluminum (among other adjuvants) and fetus cells . . . how about a vaccination with dirt? And many household chemical cleaners not only kill the bad bacteria, but also the good. This is like cleaning with anti-biotic disrupting the balance of immunity and digestion. Don't kill the good guys . . . and avoid the chemicals. It's easier than you think.

You really don't need clorox, oregano oil works better! Essential oils effectively kill MRSA, e. coli, salmonella, the flu virus, staph, listeria, and pneumonia. They effectively kill bacteria, viruses, and fungi without promoting resistance like anti-biotics do.

Essential oils are relatively easy to obtain, how low toxicity, and degrade quickly in water and soil making them environmentally friendly :)

Some of the best antimicrobials, antibacterials, antiseptic, degreasers, and mold and mildew killers are:

- ☪ Cedar wood oil
- ☪ Cinnamon
- ☪ Clove
- ☪ Eucalyptus
- ☪ Grapefruit



- ॐ Juniper Berry
- ॐ Lavender
- ॐ Lemon
- ॐ Lemongrass
- ॐ Lime
- ॐ Peppermint
- ॐ Pine
- ॐ Rosemary
- ॐ Sweet orange
- ॐ Tea tree (aka Melaleuca)

You can use any of these oils in place of some of my recommended oils. Here is the entire inventory of how I clean my home and studio:

In my Rainbow vacuum I put a few drops of lemon, or the thieves blend; Eucalyptus, rosemary, clove, cinnamon, and lemon. Makes the house smell good and kills 99.9% of all bacteria :)

Disinfectant Sprays (for cleaning the outside of toilets or anything you want to disinfect):

Peroxide and vinegar deliver a 1-2 punch that beats bleach without killing us. Interestingly, mixing the two together was not as effective, so first spray peroxide and wipe off, then vinegar with essential oils and wipe off:

- ॐ Dark spray bottle with peroxide only.
- ॐ Spray bottle, filled with white vinegar and 5-6 drops tea tree oil and 2-3 drops clove oil.

For Spray bottles, I like to re-use pellegrino, perrier, or glass vinegar bottles. Their screw caps match up to the screw caps on most sprayers you can take from plastic bottles. For storage, I pull the sprayer out and put the lid on. Some essential oils can break down plastic (lemon is one of them) so you do not want your pre-made cleaning products that have lemon in the in contact with plastic for storage. To put the sprayer in the bottle just for use should not be long enough for the lemon to start to break down the plastic.

Toilet Bowl cleaner - dump about a 1/2 cup baking soda into toilet bowl, add a pour of white vinegar, 6 drops lemon essential oil + 2 drops tea tree, scrub with brush.

Rosemary & Lemon Soft Scrub for bath or kitchen - 2 tablespoons castile soap, 3/4 cup baking soda, a couple tablespoons of water — just enough to make a paste, 5-8 drops rosemary or juniper essential oil + 5-8 drops citrus essential oil of your choice. I keep mine in a small flat mason jar and scoop out as I need it using a scrubby washcloth, sometimes I put a pour of vinegar at the back of the tub so it lightly coats the tub before I toss in the Rosemary Lemon Soft Scrub.

For Mold and Mildew - 1 cup white vinegar + 5 drops clove oil. Place in a squirt bottle. Clove and vinegar are both excellent mold killers. I spray it on and do a gently scrub when I clean, and once or twice per week after a shower I just spray it around the areas that seem to attract mildew and let it sit. Slowly week after week I have noticed the mildew receding.

Disinfectant Spray - I use this to clean up little messes here and there or doggie mis-haps. Citrus Splash all Purpose spray cleaner:

- ॐ 1 1/2 cups water



- ॐ 1 cup white vinegar
- ॐ 20-40 drops citrus essential oil (sweet orange, lemon, lime or grapefruit).

Floor cleaner:

- ॐ 1 gallon warm water in a bucket
- ॐ Pour in 1-2 cups white vinegar
- ॐ Add a few drops pine essential oil

Glass cleaner:

- ॐ 2/3 cup rubbing alcohol
- ॐ 1 cup white vinegar.

Put in a spray bottle (I like to reuse my rosewater spray bottles as they just keep smelling like roses :). I like to use old bandanas for windows and mirrors instead of rags. Bandanas leave less fuzzies. Some have recommended newspaper . . . but I don't get newspapers and the circulars are mostly colored ink these days — I can't feed colored ink newspapers to my worms therefore I would think it would not be good for me to be handling it soaked with rubbing alcohol and vinegar . . .

Dusting spray for wood furniture - This makes your wood furniture beautiful:

- ॐ 2/3 cup olive oil
- ॐ 1/4 cup white vinegar
- ॐ 30-40 drops rosemary, lemon or orange.

Put in a spray bottle, shake before using.

For electronics, screens, keyboards; I buy cheap rot gut vodka and put that in a spray bottle. Just spray and wipe down. Vodka is higher proof (more alcohol) than most rubbing alcohols and less likely to leave behind moisture in your electronics.

A lemon or oil soaked cloth gets rid of tarnish on silver ware.

Dilutions - how to create a dilution. This is from Dr. Eric Z's website:

Creating a 2-3% dilution is considered safe by most experts:

- 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)

My favorite carrier oils are: Jojoba, coconut, kukui nut, sesame oil, shea butter.

My Essential Oil Staples:

1. Lavender



- 1.1. Relaxes body and reduces anxiety
- 1.2. Very Healing for skin — heals wounds and burns
- 1.3. Relieves insomnia
- 1.4. Support hormonal balance
- 1.5. Reduces high blood pressure and cholesterol and blood sugar
- 2. Frankincense**
 - 2.1. Fights Cancer
 - 2.2. Reduces inflammation
 - 2.3. Boosts immune system and fights infections
 - 2.4. Cleanses and detoxes body
 - 2.5. Heals scars, sun spots, and acne (jojoba helps reduce scars too; putting a few drops of frankincense in a base of jojoba can help reduce the appearance of scars).
 - 2.6. Improves depression and mood and can increase spiritual awareness
- 3. Melaluca (tea tree oil)**
 - 3.1. Kills fungus and yeast
 - 3.2. Eliminates parasitic infections
 - 3.3. Heals gum disease
 - 3.4. Improves acne
 - 3.5. Reduces dandruff
 - 3.6. cleanses poisons
- 4. Peppermint**
 - 4.1. Improves focus energy and concentration
 - 4.2. supports digestion - reduces nausea, acid reflux, and bloating
 - 4.3. Good for breathing! Fights respiratory and sinus infections
 - 4.4. Anti-Viral to the flu
 - 4.5. relieves muscle aches and pain
 - 4.6. fights bad breath and odor
- 5. Lemon** (photo-toxic do not use topically in the sun — see more info below)
 - 5.1. Cleanses body and lymphatic system supporting immunity
 - 5.2. Improves weight loss and can reduce cellulite
 - 5.3. Reduces fatigue
 - 5.4. Kills bad bacteria
 - 5.5. Improves mood and reduces anxiety

(If I could throw in yet another it would probably be **oregano** oil . . . It is a very powerful oil loaded with anti-oxidants, is very cleansing and good for illnesses and infections, and supports digestion and breathing . . . And Myrrh too due to its strong anti-infective properties.)

My Favorite Blends:

- 1. Digestive blend** (Ginger, peppermint, fennel)
 - 1.1. Any digestive upsets, leaky gut syndrome, or heartburn this blend can help with. Digestion is a very important part of our health.
- 2. Protection blends** known as Legends, Thieves, On Guard, etc. can help Protect against viruses if put on prior to exposure. They contain: clove, orange, cinnamon, eucalyptus, and rosemary. OR Rosemary, eucalyptus, lemon, cinnamon, clove
 - 2.1. The above blends date back to ancient times, in the grave robbing days the robbers wore these mixes of herbs to effectively protect from the disease and bacteria that were in the graves. I like to



use them as a shield to protect me from colds and viruses — preventatively — Kind of like my flu shot ;)

3. **Breathe** (laurel leaf, eucalyptus, menthol, peppermint, tea tree, lemon, ravensara, cardamom)
 - 3.1. Any respiratory issues, also very good at eliminating phlegm in your lungs.

I have decided to sell Floracopeia and Mountain Rose Herbs Essential Oils, blends, flower essences, hydrofoils, and some carrier oils at our studio, here are links to both wonderful companies. Many of the oils I have in stock, and what we do not have I can get for you in a jiffy.

www.floracopeia.com

www.mountainroseherbs.com

Deeper information on some oils

Cinnamon + Essential Oil Recipes

by David Crow, L.Ac

Overview:

Cinnamon (*Cinnamomum zeylanicum*) is one of the most popular spices worldwide. It's produced from the inner bark of several species of evergreen trees from the genus *Cinnamomum* belonging to the Lauraceae family.

The use of the spice has been historically documented since ancient not only as a food condiment but also as a preservative, antibacterial and antifungal disinfectant. *C. aromaticus* was also used as a therapeutic in several conditions, especially in the acute and infectious digestive and respiratory diseases. Ancient civilizations, such as Egyptians, used cinnamon topically in massage oils and scrubs as a remedy for both internal and skin conditions.

(And below, I'm sharing some of my recommended recipes)

In modern medicine, cinnamon is used primarily as an aromatic mixed with other therapeutic herbs with similar or complementary effects. Medical research showed that cinnamon plays an important role in regulating blood sugar levels, which could be very useful in addressing type I and II diabetes.

Cinnamon essential oil is frequently used commercially in the Food, Beverage and Cosmetic industries. Using an organic, responsibly harvested source of cinnamon essential oil is very important in terms of quality, purity and refinement.

Therapeutic Actions & Benefits:

Topically applied, cinnamon stimulates peripheral circulation and relieves joints and muscle pain. Cinnamon oil is very potent, packing considerable heating power, that's why it needs to be used in a highly diluted form (1% dilution is recommended) using a carrier or massage oil.

Applied locally, diluted cinnamon oil has soothing, anti-inflammatory properties which are extremely useful in muscle and joint pains, inflammation and to promote overall musculoskeletal health. Cinnamon oil also stimulates peripheral and cerebral circulation and has a decongestant effect on airways. Massaged on the abdomen, it stimulates digestion and is considered an adjuvant in regulating appetite.

Cinnamon essential oil has a spicy, easy to identify, slightly pungent scent. It has potent warming properties. Used in aromatherapy, it has calming and soothing effects on anxiety, insomnia and depression. The



cinnamon aroma is associated with an uplifted, feel-good, carefree mood. It also enhances the romantic mood and the capacity to interconnect with other individuals. Cinnamon boosts cerebral circulation and metabolic activity.

List of specific therapeutic actions:

- Respiratory: clears airways, aids expectoration, adjuvant in colds and flu, decongestant
- Nervous: alleviates anxiety, calms nervousness, uplifts mood, enhances romantic mood
- Circulatory: stimulates peripheral circulation, protects blood vessels
- Immune: tonic, adjuvant in viral and bacterial infections, boosts metabolism
- Topical: relieves joints and muscular pain, antibacterial, antifungal
- Energetic: fights mental or emotional fatigue, has uplifting properties, induces a feel-good mood, enhances romantic mood, encourages creativity, cleanses energies, promotes positive thinking, increases relaxation. Emotionally, it encourages human interaction and promotes closeness and connectivity with oneself and with others.

Ayurveda:

Cinnamon is usually used in people with kapha dosha associated illnesses — more precisely diseases associated with cold sensation and slow metabolism. It enhances the flow of pitta energy, by warming tissues and supporting Agni (digestive fire).

Traditional Chinese Medicine:

In TCM, Cinnamon is considered warming and believed to strengthen the Yang and invigorate blood. Cinnamon is believed to warm and invigorate the Qi and the energy channels — promoting circulatory health and aiding in muscle and joint pain.

Aromatic profile:

- Scent: Spicy, earthy, pepper-like, pungent, penetrating with a sweet, delicate, herbaceous dryout
- Note: base to middle
- Blends well with: basil, clove, fennel, ginger, marjoram, gingergrass, vetiver, palmarosa, agarwood, cedarwood, davana, nagarmotha
- Safety: Highly irritant in pure form. Always use in diluted form

How to Use Cinnamon Essential Oil:

Cinnamon essential oil can sensitize skin and be highly irritant to the skin and mucous in its pure form a mucous membrane irritant and strong skin sensitizer. Use Cinnamon essential oil in very low dilution (1%) and always do a patch test on your skin. Using Cinnamon essential oil for internal purposes is contraindicated.

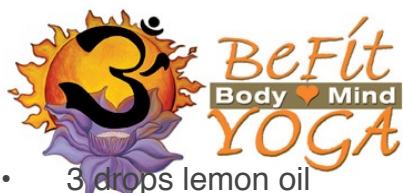
For massage oil, use one drop of cinnamon essential oil in 0.5 oz of carrier oil. The resulted oil has relaxing, warming and soothing properties.

For the diffuser is recommended to use cinnamon essential oil in a blend, such as 1 drop cinnamon to 5-6 drops citrus oil. When diffused, cinnamon promotes relaxation a feel good mood and happiness.

Cinnamon Essential Oil Recipes:

Immunity booster:

- 2 drops cinnamon oil
- 3 drops clove oil



- 3 drops lemon oil
- 1 drop rosemary oil
- 1 drop eucalyptus oil

Diffuse as many times as preferred, or apply on the bottom of the feet diluted in 0.5 oz carrier oil

Room scenting (promotes positive energies, uplifts):

- 1 drop cinnamon oil
- 3 drops clove oil
- 3 drops cedarwood oil
- 6 drops tea tree oil
- 6 drops lemon oil

Diffuse or dilute in 2 cups of water and use a spray bottle

Vetiver Recipes

The roots of the plant undergo steam distillation in order to produce the oil. Vetiver essential oil is painstaking and labor-intensive to manufacture, which drives its price up.

To reduce cost, it is often diluted with less expensive and therefore less effective oils, or even synthetic fragrance oils. This is why I advise you to make sure you are buying the oil from a reputable source and getting only the real deal.

- **Injury blend** — Blend four drops vetiver, three drops lavender and two drops bergamot in 1 oz. carrier oil. Massage into affected area.
- **TMJ blend** — Blend four drops helichrysum, three drops white fir and two drops vetiver in 1 oz. carrier oil. Massage into jaw muscles morning and night.
- **Arthritis blend** — Blend four drops frankincense, three drops marjoram and two drops each rosemary and vetiver in 1 oz. carrier oil. Massage into affected area.

Rest and Rejuvenation blend:

You will need:

- 4 drops Vetiver essential oil
- 4 drops Clary Sage essential oil
- 4 drops Ylang Ylang essential oil
- 5 drops Lavender essential oil
- 1/2 cup grapeseed oil

Combine oils well and store in an airtight container.

Dr. Eric Z compiled a nice list of healing blends that you can mix and experiment with on yourself. This allows you to customize the blend to what your internal ecosystem needs :) Here is his very useful list:

DIY Blends

To make an **Immunity / Cellular Rejuvenation Blend**, combine equal parts of several of the oils below. There is no “magic formula.” You’ll need to find something that works for you.



Basil

Black Pepper

Cardamom

Cinnamon

Clary Sage

Clove

Fennel

Frankincense

Helichrysum

Lemongrass

Melissa

Myrrh

Oregano

Peppermint

Rosemary

Sandalwood

Tea Tree

Thyme

To make a **Joyful Blend**, combine equal parts of several of the oils below. There is no “magic formula.” You’ll need to find something that works for you.

Citrus Oils (bergamot, clementine, grapefruit, lemon, lime, orange, tangerine, yuzu etc.)

Frankincense

Lemon myrtle

Melissa

Sandalwood

Vanilla

Ylang ylang

To make a **Digestion Blend**, combine equal parts of several of the oils below. There is no “magic formula.” You’ll need to find something that works for you.

Anise

Carraway

Fennel

Ginger

lemon

Peppermint

Rosemary

Tarragon

To make a **Respiratory Support Blend**, combine equal parts of the oils below. There is no “magic formula.” You’ll need to find something that works for you.

Cardamom

Eucalyptus

lemon

Peppermint



Bobbi Misiti
www.befityoga.com
717.443.1119 bobbi@befityoga.com

To make a **Muscle Soothing Blend**, combine equal parts of several of the oils below. There is no “magic formula.” You’ll need to find something that works for you.

Balsam/White Fir

Birch

Chamomile

Clary Sage

Cypress

Frankincense

Helichrysum

Juniper

Lemongrass

Marjoram

Osmanthus

Peppermint

Rosemary

Yarrow

Wintergreen



Here are the essential oils that are FDA approved for internal use. Remember though personal internal use should be done only with direct supervision of a doctor or person highly trained in essential oils. And most of the use of these oils is in foods where the oils are greatly diluted.

Special thanks to Dr. Eric Z for sharing this information in one of his posts. drrericz.com

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
Medicago sativa L.

Allspice
Pimenta officinalis Lindl.

Almond, bitter (free from prussic acid)
Prunus amygdalus Batsch, *Prunus armeniaca* L., or *Prunus persica* (L.) Batsch.

Ambrette (seed)
Hibiscus moschatus Moench.

Angelica root
Angelica archangelica L.
Angelica seed
Do.
Angelica stem
Do.

Angostura (cusparia bark)
Galipea officinalis Hancock.

Anise
Pimpinella anisum L.

Asafetida
Ferula assa-foetida L. and related spp. of *Ferula*.

Balm (lemon balm)
Melissa officinalis L.

Balsam of Peru
Myroxylon pereirae 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 annuum 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 I.
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 lexiuosus 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.

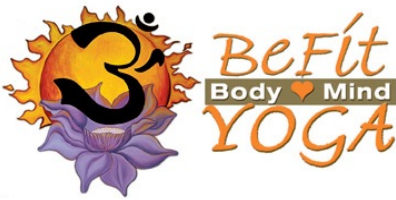
Orange, sweet
Do.

Orange, sweet, flowers
Do.

Orange, sweet, peel
Do.

Origanum
Origanum spp.

Palmarosa
Cymbopogon martini Stapf.
Paprika



Capsicum annuum 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.

Ylang-ylang
Cananga odorata Hook. f. and Thoms.

Zedoary bark
Curcuma zedoaria Rosc.

[42 FR 14640, Mar. 15, 1977, as amended at 44 FR 3963, Jan. 19, 1979; 47 FR 29953, July 9, 1982; 48 FR 51613, Nov. 10, 1983; 50 FR 21043 and 21044, May 22, 1985]

Resources:

- <https://www.naha.org/explore-aromatherapy/safety/>
- <https://www.accessdata.fda.gov/scripts/cdrh/cfdocs/cfcfr/CFRSearch.cfm?fr=182.20>
- <http://onlinelibrary.wiley.com/store/10.1002/>
- <https://umm.edu/health/medical/altmed/treatment/aromatherapy>