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RESPONSIBLE USAGE OF ESSENTIAL OILS

# RESPONSIBLE USAGE OF ESSENTIAL OILS

By Lorene Davies, *EssentialOilsAcademy.com*

Essential oils are incredibly effective, fast acting, and potent. Use them wisely and responsibly, you'll be amazed at the improvement in your health and wellbeing!

## GENERAL WISDOM FOR USAGE

When using pure therapeutic (as opposed to recreational) essential oils, less is more. They're 100% pure, no additives or compromises, high-energy, and finest quality. You'll need much less oil to get the same results you may have been getting with recreational brands.

- **KNOW YOUR OIL**

Make sure you know the specifics of the particular oil and brand you're using. Lavender is not always lavender. In the sense of the word that the varying varieties and chemotypes will render differing results. Know the specifics of the oil you're working with.

- **PROTECT YOUR OILS**

Keep your essential oils way from light, heat and air. Your investment will last longer, and the potency will be maintained.

Keep the lids on tightly

Don't store in high-light areas.

Keep in cool, dry storage area.

- **NOT IN YOUR EYES**

If somehow an essential oil has gotten in your eye, or the eyes of a child, dilute with a carrier or vegetable oil. NEVER USE WATER to attempt to dilute. Using water to try to rinse the eye will only drive the oil in deeper. Use whatever carrier or vegetable oil you have on hand, dilute, the discomfort will be over before you know it.

- **HOT OR INTENSE OILS**

If an essential oil is too 'hot' or the tingle/heat is too intense, simply apply a carrier oil to the area, it will calm down very quickly.

- **INTERNAL USE**

When internal use seems needful, check with your natural health care provider for guidance; using essential oils as natural antibiotics or for internal cleansing may make sense for a short term, so get guidance, and only use internally for recommended duration, which is typically 10-14 days.

- **TOO MUCH OF A GOOD THING IS TOO MUCH**

Water is a good thing, right? The fact is, our body is over 70 percent water.

We need water for drinking, we need water for washing our hair, our bodies, for food preparation, and we like having water to play in – swim in, boat in, fish in, etc . . . you get the idea.

As much as we need water, as much of a good thing as it is, we can get too much. We can actually drink too much and get water intoxication, water poisoning, and we can die from drinking too much water! Drinking too much water can kill us. Google it, you'll find the stories. Not to mention that we can drown in too much water.

We CAN get too much of a good thing.

Same is true for essential oils, as is for water. We can get too much of a good thing, whether we're children or adults. It's one of the reasons for this eBook – to teach essential oils usage responsibly.

- **PHOTOSENSITIVITY**

Essential oils of citrus are typically photosensitive, and therefore not recommended for use before going out in direct sunlight. If you need them, and you know you'll be out in the sun, put 'em where the sun don't shine - - on the soles of your feet.

- **USE DURING PREGNANCY**

Use only the essential oils that are safe and appropriate for use with children during pregnancy. Since there's a developing fetus that is also ingesting the oils that mama is using, we want to make sure that both mama and baby are using the oils responsibly.

Additionally, it's not recommended that essential oils be used orally while pregnant. Ever.

- **UP YOUR NOSE**

Using nasal sprays, netti pots and other nasal applications can be very helpful when done judiciously, not over-zealously. Dilute appropriately for use, use only as needed, with wisdom. NOT recommended for use with children under the age of six.

- **OREGANO & THYME ct. THYMOL**

Oregano and Thyme ct. thymol are amazing oils with incredible healing properties; also high in phenols they can therefore be hard on the liver if taken for an extended time.

Use only when needed, under supervision of your natural health care professional, for short duration of 10-14 days.

Dilute to 1% when using topically.

Not recommended for use during pregnancy, lactation, or with young children.

Not recommended for use with children younger than 12.

Not recommended for use with the very elderly, with people who have hepatitis or other liver challenges.

- **PEPPERMINT**

Peppermint is not for use with children under the age of 30 months. The menthol content is too intense for them. Use the gentler Spearmint instead.

Use at least an hour or two before or after any homeopathic remedy.

Residue from applying Peppermint can remain on your fingers. Use a non-dominant finger for application, to avoid accidentally rubbing your eyes.

- **WINTERGREEN & BIRCH**

Both Birch and Wintergreen are fresh, alive, yummy aromas that it can be tempting to overuse, as well as for children to want to 'eat'. Please don't.

Because they're high in salicylates, they're contraindicated for those using anticoagulant meds such as Warfarin or Coumadin.

## ESSENTIAL OILS USE WITH CHILDREN

The growth, development and maturation of children's bodies call for child-specific essential oils, child-specific dilution, and in some cases, different applications than that of adults.

One caveat is that anything you learn about essential oils usage with children is also applicable to essential oils usage with the elderly, infirm or immune-compromised - an important aspect of essential oils usage as well. So anywhere you read 'children or kids', apply the same info to usage with the elderly and immune-compromised.

## ESSENTIAL OILS FOR KIDS – SAFE, EFFECTIVE, AFFORDABLE, FAST ACTING

When supporting children's health and wellness, rather than using toxic meds, there's no wiser choice than essential oils – provided they're pure, and they're used appropriately.

- **THE BODY KNOWS WHAT TO DO WITH THEM**

Pure organic essential oils are much more easily tolerated by the body than synthetic meds that inevitably cause a secondary health issue. Such is the case with antibiotic use, which inevitably results in thrush or yeast overgrowth, also known as candida.

- **ANTI-VIRAL**

Essential oils can and will address viral infections, antibiotics won't. When my children were young, and at times diagnosed by the pediatrician with a viral infection of some sort, he would tell us, 'it's just going to have to run its course.' UGH. That's never what a young mom wants to hear. Kids are suffering, everyone is losing sleep, life's routine is interrupted, and we're basically being told that there's nothing that can be done.

Years after my children have been to their pediatrician, I learned that in fact there's plenty that can be done when viral issues are in the air or start to take hold. Knowing that many essential oils are very effective anti-viral agents, and can either shorten the expression of viral infections, or prevent them altogether, it makes sense to use them at the first sign of viral exposure or symptoms.

I may not be able to turn back the hands of time to help my own children with the flu, but there's plenty I can do to spread the word to young moms and dads today. That's what we're doing [HERE](#).

- **DANGEROUS MEDS**

Drugs and medications can be more dangerous than the virus you might be trying to get relief and heal from.

- **YOUNG BODIES AREN'T DESIGNED TO HANDLE HEAVY MEDS**

The young not-fully-developed livers of children don't handle heavy drugs well. It can be very taxing to their systems, weaken them and make them susceptible to future illness.

- **MEDS WEAKEN IMMUNE SYSTEM. OILS STRENGTHEN**

Antibiotics are degenerative. They weaken young immune systems, destroy healthy bacteria in the gut, and then the children have to overcome the illness, and the side effects of the medication that was given for the illness.

On the other hand, essential oils are generative. They're also intelligently selective. They eliminate the 'bad' bacteria, maintain the 'good' bacteria as they support and strengthen the immune system.

As you're learning how to use and benefit from essential oils, learning how to appropriately use them with children is one of the most important aspects to essential oils education that you can learn.

## WHY USING ESSENTIAL OILS WITH KIDS IS DIFFERENT THAN ADULTS

As we know, essential oils are powerful plant compounds; albeit natural plant compounds. If they're not used responsibly they can cause challenges and in some rare cases, irreparable harm. Think of it this way. . .

### Children Aren't Mini-Adults

- Children's skin is more tender and sensitive than adults; we can't use the same intensity nor amount of essential oils with them. At times, we can't even use the same essential oils.
- Children's internal organs are still developing and maturing. They don't have the same capacity to process as adult internal organs can. For example:
  - Children's lungs aren't fully developed till approximately age 3.
  - Children's livers aren't able to tolerate high phenol essential oils as adults with fully matured livers are.

**And Now, the Rest of the Story . . .**

Now that you have a little background into the 'why' of using essential oils differently with children, and with the appropriate use of essential oils as our primary message, following are some of key points to use as guidelines when working with therapeutic grade essential oils and children:

**GENERAL RESPONSIBLE USAGE GUIDELINES FOR USE WITH CHILDREN****DON'T USE ORALLY**

Unless otherwise indicated, its best to use essential oils by either applying to the soles of the feet, applying topically when diluted appropriately, diffused, misted, in compresses, in prepared food as a light flavoring, in a bath or foot bath.

**STORE OILS SAFELY**

Do not leave your essential oils bottles where they're accessible to children. Or pets for that matter. Keep them tightly capped at all times, so that if children do get a hold of them, they're not able to access the essential oils inside.

**NOT IN THEIR FACE**

It's best to keep essential oils away from the eyes and face of little ones. Unless there's a specific 'face thing' you're addressing.

**SPECIFIC RESPONSIBLE USAGE GUIDELINES FOR USE WITH CHILDREN****ACCIDENTALLY IN THE EYE**

If somehow an essential oil has been smeared into a child's eye, remember to dilute in the same way as you would with an adult – with a carrier or vegetable oil. NEVER USE WATER to attempt to dilute. Using water to try to rinse the eye will only drive the oil in deeper. Use whatever carrier or vegetable oil you have on hand, dilute, the discomfort will be over before you know it.

**CARRIER OILS & LOTIONS**

Use carrier oils and lotions that are organic, safe and appropriate for use in diluting essential oils you'll be using with children. Grapeseed, Sesame or Fractionated Coconut oil are exceptionally good. Grapeseed is often the first choice for use with baby due to its hypo-allergenic nature.

**NASAL APPLICATION**

Occasionally someone will want to use a nasal spray application or netti pot for a young child. Nasal spray application is not recommended for children under the age of six. For children older than six, use nasal application with the same responsible usage guidelines as noted throughout Nature's Farmacy.

**NO SPICES**

There are many essential oils for use with children that are effective, get the job done, and aren't hard on children's systems, so leave the spicy oils like cinnamon, clove, oregano and others of that nature, for the adults in the house.

**OREGANO**

Oregano is high in phenols and therefore can be hard on the liver of youngsters. It's not recommended for use with children younger than 12. In fact it's also not recommended for use with the very elderly, with people who have hepatitis or other liver challenges.

**PEPPERMINT**

Peppermint is not for use with children under the age of 30 months. The menthol content is too intense for them. Use the gentler Spearmint instead.

**THYME THYMOL**

Thyme ct. thymol, just like Oregano, is high in phenols and therefore can be hard on the liver of youngsters. It's not recommended for use with children younger than 12. In fact it's also not recommended for use with the very elderly, with people who have hepatitis or other liver challenges.

**WINTERGREEN**

Wintergreen is such a fresh, yummy aroma that it can be tempting for children to want to eat! Wintergreen is not recommended for use with children.

## ABOUT THE AUTHOR

### Lorene Davies

With a passion for health and wellness sparked in her teenage years, Lorene began studying any and all 'alternative' health information she could find to improve her own health and stamina. Her college courses were built around the same objective.

As a young mother, Lorene quickly learned that allopathic medicine was incapable of caring for her family as well as she felt was necessary to support the quality of life they had envisioned.

Seeking answers to her own health challenges, and those of her 5 children has kept Lorene on the cutting edge of health, wellness and energy healing modalities for over 35 years.

Over time, her philosophical views evolved from 'fighting the war on disease' to embracing and recreating our innate birthright of vibrant health, pleurably!

This lead her to the in-depth study and integration of nutrition, raw foods, energy healing, and the study of plant sourced medicines, extracts, oils and herbs.

For over 15 years she has worked closely with, been taught and tutored in the world of aromatherapy. Simultaneously excavating her own emotional and energetic challenges and life-hurdles.

Her own life-path has uniquely qualified her to teach and train others in the use of nutritional protocols, life-giving essential oils and energy healing.

Her heart and passion for assisting and inspiring others to embrace their own spiritual nature, innate knowingness and sovereignty that she refers to as our 'Divine Brilliance' has become a driving passion, while continuing to assist others in reclaiming their vitality, and improving their health with the gifts of Mother Nature, comes through loud and clear!



I believe that truly nurturing ourselves with natural foods, organic elements of the earth such as pristine essential oils, compassionate thoughts, and loving relationships, all promote a deeper connection to our own bodies, innate wisdom, inherent divinity, and awareness of Spirit in our life.

Lorene Davies