

Introduction to the Internal Use of Essential Oils



With Jade Shutes and the School for Aromatic Studies

The Journey

- My Qualifications
- My Interests
- Our Goals



Ingesting essential oils is a topic at the center of one of aromatherapy's culture wars.

Kurt Schnaubelt




It is an uphill struggle even within the aromatherapy profession to obtain even the smallest level of acceptance that oral use is sometimes the best route to use.

Rhiannon Harris – LinkedIn Discussion on Internal Use




Mixed messages

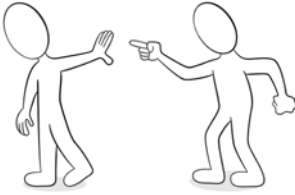
- Never take essential oils internally.
- Take them without consideration or thought.
- Journals sharing information on using essential oils undiluted or internally.
- Kurt Schnaubelts book: The Healing Intelligence of Essential Oils
- The impact of MLM’s on subject. – Influenced by Dr. Penoel.



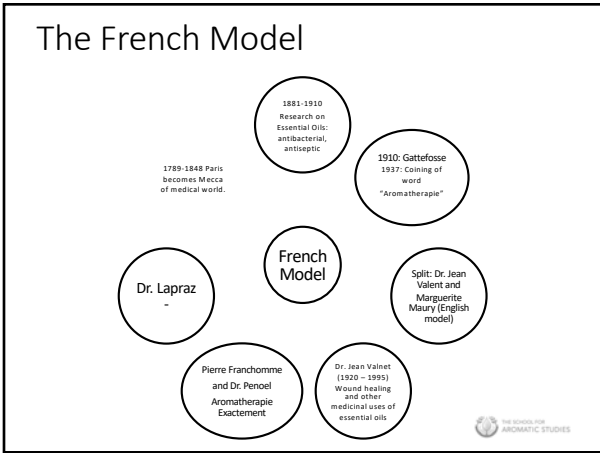
Realistic expectations

- What is a reasonable expectation that could potentially benefit all?
 1. Acceptance that the internal use of essential oils have therapeutic potential, when done with respect and basic knowledge.
 2. Acceptance that the treatment of some conditions should be done under the support/guidance of a trained healthcare provider/aromatherapist.
 3. Acceptance that individuals have a right to self treat utilizing the diverse methods of application.
 4. Acceptance and encouragement to receive education on the internal use of essential oils.






How did we get here?



Origins

- The French Approach
- Beginnings: treatment of infectious disease
- Dr. Lapraz was an early student of Dr. Jean Valnet in France. Dr. Lapraz and his colleagues subsequently developed considerable medical practices safely treating patients with medicinal plants and essential oils.
- Dr. Jean Valnet, Dr. Penoel, Dr. Pierre Francomme
- Currently, has over 100 years of safe continuous use.




France


- 1 •Endobiogeny
- 2 •Infectious Disease
- 3 •Cultural uses

Endobiogeny


- **Endobiogeny** is a theory terrain that assesses how the internal (endo-) life (bio-) of the body is generated and sustained (-geny). It is a systems theory of biology that considers the endocrine system to be the true manager of the body.
- The endobiogenic concept was conceived by Christian Duraffourd, MD, and its teaching developed by Dr. Duraffourd and Jean-Claude Lapraz, MD.



Aromatherapie exactment



- Focus on the treatment of infectious pathologies utilizing internal applications of essential oils.



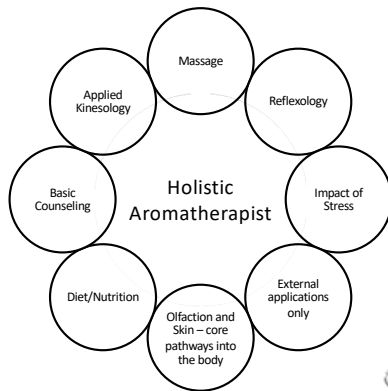
Cultural uses in france

- Essential oils can be recommended in France by herbalists, naturalists, in chemist shops etc. In France Herbalists do not officially exist (since a law in 1941 giving chemists the sole rights to sell herbs) herbalists work under the guise of naturopaths, growers and producers, health advisors etc. Essential oils fall under European law as being a dietary complement, anyone can sell them and even organic shops can recommend that customers use certain oils internally.
- Internal use is talked about everywhere, using essential oils internally is mentioned even in magazines for general public etc. I am not saying this is a good thing, it is just part of the 'cultural use' of essential oils.

Widely Available at Pharmacies: OTC (Over the Counter)



The English Model



Link to Blog Post:

<https://aromaticstudies.com/models-for-aromatherapy-french-english-and-the-emerging-new-model/>



What's Happening in the United States?

- Herbal Companies, small and large, have been incorporating essential oils into a variety of products.
- Herbalists are beginning to understand the application of essential oils and beginning to work with them internally for themselves and their clients.
- Let's look at a few examples.....



Integration into Herbal Preparations



Immune Glycerite Compound (Formerly Children's Glycerite)

- Echinacea angustifolia & purpurea (echinacea), Prunus spp. (wild black cherry bark), Eriodictyon californicum (yerba santa), Inula helenium (elecampane), Hydrastis canadensis (goldenseal), Ligusticum porteri (osha), Verbascum thapsus (mullein), Zingiber officinale (ginger), **essential oils of bitter orange, sweet orange, lemon and ginger**, potassium sorbate 0.1% in a base of vegetable glycerine and spring water.

SUPPLEMENT FACTS	
Serving Size: 2 sprays Servings per Container: 177	
Amount per Serving: 156 mg Herb Weight Equivalence	
Proprietary Formula: † *	
Propolis Gum, Red Root, Echinacea R, L & S, Baptisia R, Thuja Herb, Poke R, Usnea Lichen, Hyssop Herb, Licorice R, Lomatium R, Goldenseal R, Arnica Flower, Lo Han Guo, Clove S, Fennel EO, Peppermint EO.	
† Certified organic, ethically wild-harvested, or imported.	
R=	root, L=leaf, S=seed, EO=essential oil
*Daily Value (DV) not established	
Other Ingredients: Grain Alcohol (45-55% by volume), Deionized Water, Vegetable Glycerin.	

Throat & Gland™

Supports Lymphatic System & Immune Response

Natura Health Products

SUPPLEMENT FACTS		
Serving Size: 2 capsules Servings Per Container: 30		
	Amount Per Serving	% Daily Value
Proprietary Formula †		
Propolis Gum	792 mg	*
Elderberry (<i>Sambucus nigra</i>)		
Forsythia (<i>Forsythia suspensa</i>)		
Honeysuckle (<i>Lonicera japonica</i>)		
Elder Flower (<i>Sambucus nigra</i>)		
Yarrow (<i>Achillea millefolium</i>)		
Boneset (<i>Eupatorium perfoliatum</i>)		
White Willow (<i>Salix alba</i>) 30% salicin		
Ginger (<i>Zingiber officinale</i>) EO		
Peppermint (<i>Mentha piperita</i>) EO		
Eucalyptus (<i>Eucalyptus globulus</i>) EO		
† Certified organic, ethically wild-harvested, or imported.		
EO=essential oil		
*Percent Daily Value not established.		
Other ingredients: Vegetable Cellulose, Non GMO Soy Lecithin, Coconut Oil, Chlorophyll		

Flew Away®

Immune System Support and Seasonal Defense

Natura Health Products

Supplement Facts	
Daily Serving Size 2 Capsules Servings Per Container 30	
AMOUNT PER SERVING	
Calories 20	
Cinnamon bark, Supercritical CO ₂ Extract ▲ (Cinnamomum spp.)	56 mg†
Cinnamon bark EtOH Extract ▲ (Cinnamomum spp.)	500 mg†
(33 mg† cinnamaldehydes and 45 mg† total phenols in combined extracts)	
†Daily Value not established.	
Other ingredients: Vegetable glycerin, soy lecithin (non-GMO), capsule [vegetable cellulose]	
▲ = Certified Organic Ingredient	

Cinnamon Bark
Helps maintain normal blood sugar*

aqueous ethanol (EtOH) extract

(E)-Cinnamaldehyde (77.1%), (E)-beta-caryophyllene (6.0%), alpha-terpineol (4.4%), and eugenol (3.0%)

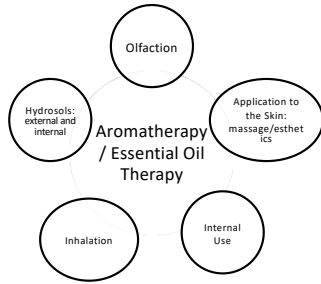
A60001
[006] 1411-0312
gaia 101 Gaia Herbs Dr., Brevard, NC 28712
www.GaiaHerbs.com

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

Integration of French/English Models in North America

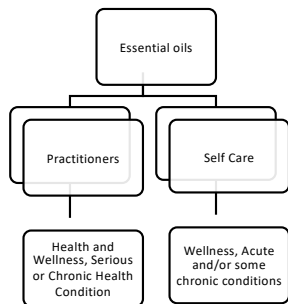


Aromatherapy / essential oil therapy



THE SCHOOL FOR AROMATIC STUDIES

Herbal and Aromatic Medicine



Self Care (Family Care)



7Song



- Complex diseases need 'complex' treatments.



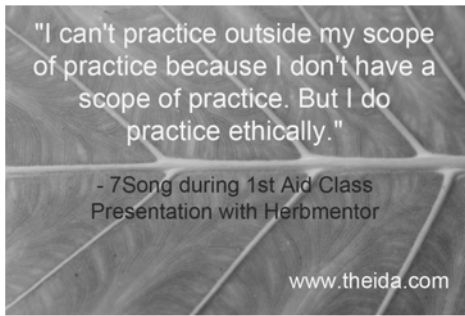
Responsible Self Care

- **Rules of Home care:** practice in your framework of knowledge and experience. For those new to aromatherapy, get some basic education, get to know your body.
- First aid example: cuts, scrapes, bug bites, repellants, but the neighbor running over with a gash in his arm caused by a chain saw: 911 911! It is outside of my scope of knowledge. Something I am sure 7Song could deal with quite calmly. (LOL)
- Know thyself.
- Become familiar with current concepts of health and illness.
- Know your limitations.
- Have a support network.
- Know your essential oils.
- Understand what you are accepting responsibility for.
- Have diagnosis and go from there.

The Practitioner - Info



The Legalities of it all



Scope of Practice and Aromatherapy associations

- Massage therapy, esthetics, reflexologists, nurses, etc. have scope of practice.
- Herbalists and Aromatherapists do not have a scope of practice, per se, but honor their field but being responsible and ethical.



The FDA and Aromatherapy

- Misunderstanding about what they regulate.
- They 'regulate' cosmetics – currently voluntary not mandatory.
- Emphasis on GMP's – Good Manufacturing Practices.
- The FDA does **NOT** regulate aromatherapy in general. Just cosmetics.



Internal Use



The oral route is indicated for:

- digestive/gastrointestinal disorders
- infectious diseases (preventative and 'treatment')
- immune support
- candidiasis/thrush
- liver support
- preventative to tropical diseases
- colds, coughs, flu
- insomnia
- anxiety
- periodontal disease
- mouth ulcers
- gynecological infections
- urinary tract infections
- terrain support
- nervous system imbalances, etc.




The single most important

- Genuine and Authentic Essential Oils are the necessary and prime consideration.


THEN

- Understanding the individual.
- Understand the essential oil.
- Medications.



LABEL: Do not use essential Oils Internally

- AHPA requirements
- Legal liability
- FDA labeling requirements for Dietary supplements versus Cosmetic products



Sublingual	Upper respiratory congestion, respiratory tract infections, anxiety, immune enhancement, sedate, energetic properties, nausea, etc.
Vaginal suppositories	Vaginal infections (vaginal candida), vaginal irritation and/or dryness
Rectal suppositories	Hemorrhoids, rectal fissures, acute or chronic bronchitis, systemic infections, immune system/preventative, digestive disorders
Oral	Digestive disorders, infections, immune enhancement, candida infections, nausea, liver detox/cleanse, colitis, preventative to tropical diseases, colds, coughs, flu, sinusitis, oral candida, periodontal disease, mouth ulcers, depression, anxiety, insomnia
Nasya	Sinus congestion, dryness of the nasal passages, stiffness in the neck and shoulders, headaches, hoarseness, mental lethargy

□ Taking essential oils in water without a dispersing agent always carry some risk of mucus membrane irritation and possibly acid reflux depending on the essential oils used and the person's digestive condition.
- Rhiannon Lewis

Water: Excipient value

- I don't tell people how to use the oils. I would say that, if for me personally, I don't see anything wrong with, you know, during the course of a day you want to put one drop of oil, you know like a peppermint oil, or even a lemon, or whatever, in a 16 ounce glass of water or whatever. That's not gonna hurt anybody. The problem is when people start doing 10 drops of oil 5 times a day....."
- Dr. Robert Pappas during an interview with Nyssa Hanger.

Want to drink them? Here is a better way.

- ONLY 1-2 drops per glass of water and Use solubol! Yes, it's that simple.
- Suppliers:
 - <http://www.aroma-zone.com/info/fiche-technique/dispersant-solubol-aroma-zone>
 - In Canada: <http://www.buygreenonline.ca/product/solubol-250>

RESPECT AND KNOW THE DOSE:

More is not better!

- 1 drop = 21-25mg
 - Glass or plastic pipette: 16-17mg = drop
- Appropriate dosage: 1-2 drops, 2-3x a day
- Acute Treatment dosage: 3-4 drops, 2-3x a day



Understanding Dosage

- Measurement by weight: grams
- 1 drop essential oils = approx. 23-28milligrams
- 1ml = 24 – 35 drops (avg. 30 drops)
- 6-12 drops per day (upper limit when treating acute infections only)
- Average dosage: 2 drops/3x day (t.i.d.)
- NOTE: If you use a pipette, the drops will be much smaller. 2-3 drops = 1 drop from bottle

Microliters

- Measurement by volume: liters, mls, microliters (μL)
- Sage (*Salvia lavandulaefolia*) 50microlite were found to benefit memory recall in young adults.
- 1ml = 1000 microliters
- 50 microliters = 0.05% 1ml =
- approx .015 drop (given 30 drops per 1ml)



Summary of Dosage

- Standard Daily internal dose: 1 drop per ten kilograms of weight (60kgs = 132lbs) = 6 drops per day
- Do not exceed 12 drops per day. (approx. 1/3ml)
- Use only with adults and children over the age of 6, cough syrup exception for younger children (not infants)
- With phenol rich essential oils (e.g. Winter savory, Thyme ct. thymol or thujanol etc) always dilute down in a carrier oil.

Understanding Acute Oral Toxicity

- LD50 is in grams to kilograms of body weight to cause death in 50% of control group
- E.g. Oral LD50 Eucalyptus 3.32g/kg bw (mice)
- 1kilogram = 2.2lbs
- The average person in US weighs: 130lbs or 58.97kg
- $58.97 \times 3.32g = 195.6g$ (acute lethal dose)



LD50 Acute Oral Dose

Acute Oral Dose: Majority of oils
>5gm/kg



Acute Oral Dose: Basil 1.4g/kg



Use of hydrosols internally

- Great for children and adults alike.



Safety Concerns

- Infants
- Pregnancy
- Multiple pathways / Multiple product
 - How many products is too much?
- Medication: Possibilities rise as dose increases
- Lack of relationship with essential oils



Safety Concerns

- Widespread promotion of ingesting essential oils without concern for safety or education
- Contraindications for specific health conditions (e.g. ginger or cinnamon for individuals with duodenal ulcers)
- Interactions with Allopathic Meds
- Unknown potential of chronic toxicity from daily intake
- Overdose
- Irritation to gastric mucosa (e.g. cinnamon bark, oregano, peppermint, when taken undiluted internally)
- Lack of education on the why's, how long, etc.

Safety Guidelines

- Do not exceed more than 6-10 drops a day.
- Avoid use on children under the age of six unless otherwise indicated (e.g. cough syrup).
- Avoid utilizing with individuals who have gastroesophageal reflux.
- Avoid the one shoe fits all pitfall.
- Don't hand out unless you know the medicine individuals are taking and possible sensitivities!



GMP at Home

- Sanitize all tools
- Store all essential oils properly: date/label
- Clean kitchen
- Sanitize all glass containers that will hold e.g. capsules
- Wash hands
- Pull hair back



Relationship

- Relationship with the essential oils: What do you know about each one you use?



Thank you for Attending!

Please Remember To Be:

- ✓ Responsible
- ✓ Ethical
- ✓ Safe
- ✓ Aware
- ✓ Empowered
- ✓ Respectful
- ✓ and Educated!





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