



Webcast Questions from Session 5 - 09/21/16

-1h 55m 17s - Is there a safe protocol for using oregano oil capsules internally?

If the essential oil is diluted in olive oil it is safer than if not. Either way, there is some degree of risk from taking too many too often for too long. Start with one capsule per day maximum and stop immediately if you start feeling onset of heartburn or intestinal sensitivity. If you have a tendency to acidity in the GI tract it is best not to use it. Whatever you are using it for there are better alternatives, especially if the condition is already inflammatory.

-1h 54m 2s - I live in the tropics and am bitten every night by stinging ants. I've been putting 1-2 drops of peppermint oil on a few tissues and putting them on the corners of my bed and this helps keep the ants away. My question is, since this is a nightly practice, will the chronic use of peppermint oil end up harming me and if so, are there any other oils that work to repulse ants? Thank you!

Sorry to hear...I experienced the same many times in India. The best solution is some kind of barrier such as fine mesh netting. Whether the oil will bother you over time depends on how strong it is in the air at night....the stronger it is the more likely it might start to irritate you. You could try other oils instead, such as lavender, or palmarosa, or citronella. Each species of insect tends to be susceptible to certain oils and not to others, so it requires some experimentation.

-1h 53m 28s - I have added a single drop of Frankincense to a tsp of honey and added this to tea. I find the grounded effect of the oil to be soothing when feeling under the weather. Would it best to simply take the tsp of honey with the oil by itself? Much appreciated. You can do it either way as long as you are sure of the quality of the oil, as frankincense is highly adulterated. The grounded effect may or may not be related to the oil. You can also chew on a tear of frankincense resin as an alternative to the oil.

-1h 46m 42s - It would be beneficial to have actual respiratory system recipes for each of the doshas. Is there a ratio base for low vs high dermatotoxic essential oils? In other words, is there a maximum number of drops for high dermatotoxic potential such as cinnamon, cloves? Using honey for a diabetic will require cinnamon EO.

For highly dermatotoxic oils such as cinnamon, the dilution ratio should be 1% or less. For oils that are generally regarded as low dermatotoxic, even 10% dilution is safe, and in some cases can be applied neat. However, in both cases there is also the potential for error, as some people cannot tolerate any oils at any ratio on their skin, so this should also be considered.

Diabetics should not be using honey. Nobody should be consuming cinnamon oil internally, diabetic or not, as it is one of the most potent irritants of the GI tract. The use of cinnamon in powder form is quite safe up to doses of ½ teaspoon as part of an herbal regimen for type 2 diabetes.

-1h 45m 40s - For someone that has problems with recurrent aspiration pneumonia, and a poor ability to cough, Can you recommend a blend that would dry secretions by way of a chest rub and or diffuser.

Inula and frankincense could be beneficial, along with the general respiratory synergy we have covered so far. More recipes and blends coming in module 7.

-1h 43m 24s - A few days ago, a friend's kid by mistake applied undiluted oregano oil directly onto his skin and had an obviously strong dermatotoxic reaction. What do you do in that case to get rid of any oil residue on the skin and stop therefore the dermatotoxic burning effect?

Wash with milk and then apply coconut oil.

-1h 42m 19s - I had viral bronchitis, but now I have bronchial spasms. Any suggestions for EO uses

Broncho-spasmolytic oils are antispasmodic for the respiratory system; these include eucalyptus, lemon balm, tulsi, rosemary and thyme.

-1h 40m 58s - Q: What can I use instead of honey in cough syrup, since I am allergic to honey?

You could try agave or yacon syrup.

-1h 22m 16s - I grew a bunch of Tulsi, 5-6, pots and now that it's Fall, I'm wondering if it's easy to cut the stems and let them dry to make a tea?

Yes, you can use the entire aerial parts of the plant to make tea.

-29m 53s - My two girls, ages 6 and 8 came down with influenza b (viral). I've been using in the diffuser: rosemary, eucalyptus, peppermint, tulsi, ginger, clove bud and clary sage. It has served a double purpose: help with some of the symptoms (cough, congestion) and helped to avoid airborne contagion to other members of the family. I've also been giving them an Ayurvedic tea with ginger, Vitamin C in juices, and have been helping them with diet. Having said that, is there anything else you would recommend I'd do? For example, I've heard there are essential oils that aid in bringing down fever. As for expectorant function is there any other form of application other than using the oils in the diffuser that you would do under this given condition?

I would not use essential oils as a primary treatment for bringing down children's fevers, as children are more susceptible to adverse reactions to oils. Drinking hot aromatic teas that induce sweating are the first choice. The methods of using oils for the respiratory system include diffusers, steam inhalation, chest rubs, compresses, baths and showers....expectorant oils that have been listed can all be used in these ways.

-16m 40s - what is the time frame between using isopathic therapy and EO's as I have read you can't use EO's and homeopathics together do you know much about this and why can't you use them together.

There are widely diverging opinions about whether essential oils and other strong fragrances and flavors counteract homeopathics, at what dose, how long and how close to the remedy, and so on. Whenever there are widely diverging opinions about something there is a very highly likelihood that either no one really knows, or it doesn't really matter.

-16m 8s - Hi, I'm an interfaith minister and wondering about what oils are good in home hospice when someone is facing death and/or actively dying?

The first choice is any oil that the person really likes. Historically, the major choices are the "sacred scents", including frankincense, sandalwood, palo santo, and agarwood. We will discuss these in detail later, including some of the exotic blends that can be used for this and other spiritual purposes.

-12m 1s - What about EO's in relationship to head injuries/ and or concussions. What would you recommend?

I would not recommend using essential oils for treatment, as they enhance cerebral circulation with unknown individual reactions based on the type and severity of the injury. After the patient has past the recovery stage according to allopathic medicine, if symptoms persist light and careful use of mild oils such as lavender could be tried slowly.

-7m 10s - Where can we get Inula racemosa (not available at Floracopeia)? Thank you! We are ordering it and will have it in stock shortly.

3h 54m 1s - David, can you please remind me which respiratory oils are especially good for regulating the terrain of the mucus membranes? Like prophylactic properties of keeping the trachea /bronchi healthy? Calming, soothing, restoring balance? I remember you mentioning that in the Pharmacy of Flowers course but didn't see it in the therapeutic property list for module 4. Or would that be the balsamic ones? Thank you!

All the respiratory oils have benefits for regulating the terrain of the respiratory system, especially eucalyptus and the conifers.

1d 10h 44m 31s - aaand one more concerning Aromatherapy studies: Regarding the pyramid of education spoken of earlier: Does full certification by the NAHA or IFA (UK) bring you to the level of naturopath considering basic medical knowledge, or does a full diploma in aromatherapy stay within providing care on the level of grass root home medicine?

There is no full diploma in aromatherapy unless you go to a full program in the UK. NAHA certification is not the same as a naturopathic medical degree: NAHA certification is 500 hours of home study, a naturopathic degree is 4 – 6 years of medical school.

1d 10h 45m 20s - Still figuring out the best use of my new diffuser:) In general, how many drops of EO would be a good ratio in a diffuser that holds 100ml of water? Thank you!

There is no specific amount with water diffusers...the more oil you put in, the stronger the fragrance that comes out.

1d 10h 48m 36s - Regarding monographs: How does a therapeutic property like anthelmintic (for bergamot for example) work, considering we do not take an EO internally? Is that a property discovered by in vitro studies?

Some of the monographs mention some of the benefits of internal uses of oils, which comes from either in vitro studies, or from the French system which uses oils in internal preparations. In this specific case it is irrelevant and I will take it out of that monograph....thanks for catching that.