**Safety Guidelines For Using Herbs and Essential Oils**

The herbs taught in this course are considered safe if used in standard doses. They are widely used with great benefits by many people, and are easily available. Please follow these safety guidelines:

1. Start with one herb only, unless you are already familiar with taking herbs on a regular basis; this allows you to see what effects that herb has.
2. Start with a low dose of an herb in a finished form, ie tincture, capsule or tablet. Herbs that are in tincture, capsule or tablet form will come with dosage levels on the product; use the lower end of that dose for at least a week to get familiar with the herb. Common aromatic herbs such as chamomile and mint can be used according to the standard dose of 1 teaspoon dried herb per cup hot water, 1 – 3x day.
3. Discontinue use if any adverse reactions occur.
4. If you have a history of inflammatory GI symptoms it is best to avoid herbs unless you know which ones benefit you, or you are working with a trained practitioner.
5. If you are on medications, consult with a trained herbalist before starting herbs; avoid all herbs that have established herb/drug interactions, such as kava, St. John's wort and ginkgo.
6. Do not consume alcohol with herbs, other than the alcohol found in tinctures; this is especially important with kava.
7. If you are sensitive to alcohol you can find alcohol free extracts, and you can add the tincture to hot water to drive the alcohol off.
8. Do not take herbs while pregnant or nursing, without specific guidance from a trained practitioner.
9. Essential oils can be safely used in a diffuser, by inhalation of a few drops from the palms of the hands, a few drops on a compress, or a few drops on a bath. Do not use more than 5 drops at a time, and do not take essential oils internally. Additionally, essential oils can be added to a carrier oil for external uses for pain conditions. A simple and safe recipe is 1 – 2 drops per tablespoon carrier oil; do not exceed 10 drops application.