



## Webcast Q's + Comments

### Session 3 - 08/31/16

-1h 53m 49s - Some companies make Oil of Oregano for immune support. Some are in capsule form, others as CO2-extracts. Is it actually safe to take these, or only as limited doses sporadically? Thank you!

The stronger the concentration of the product, the larger the dose and the more frequently it is taken, the more risk of inflammation. Take small doses of a dilute product occasionally to be on the safe side, and only if you find benefit and no adverse reactions.

-1h 49m 46s - Please explain about how the oils effect the limbic system Thks

We will be discussing this specifically in modules 12 & 13

-1h 39m 15s - I understand that some EOs are extremely toxic to cats. Which are OK/not OK to diffuse when cats are present? I have a nebulizer.

All essential oils are potentially toxic to cats. Diffusers put out a relatively dilute concentration of oils, and as long as the cat is not closed up in a closet with a diffuser, normal atmospheric diffusing should be fine. The problem is when people try to apply the oils on the cats directly.

1h 39m 9s - What is african bluegrass oil

A relative of lemongrass and citronella.

-1h 12m 58s - David - how to use Lavender Oil safely for Dysbiosis?

You can read the study in the "lavender studies" titled **Essential oils in the treatment of intestinal dysbiosis: A preliminary in vitro study.**

The best way would be to drink lavender tea, along with tea of some of the other aromatic herbs mentioned in the study.

-54m 45s - do hyrosols have low dermatotoxic potential?

Yes, that is one of their big advantages. Most can be sprayed directly on the skin for numerous benefits.

-37m 48s - Are there oils primarily effective for males? e.g. clary sage & florals are so effective for the female...and do these same characteristics carry through into animal aromatherapy?

In perfumery there is some distinction between fragrances considered more feminine and those considered more masculine. Females seem to have a greater sensitivity to fragrances in general, which we will discuss in the modules on the limbic system. The floral fragrances are more widely used for female hormonal balance, but many of the effects such as anti-inflammatory and relaxant are also applicable to males. Essential oils are being used on animals, but the risk of toxicity is even higher than on humans because of their smaller size and different metabolism. I suspect that animals probably have different associations with masculine and feminine scents than humans do, depending on the animal.

-17m 58s - what about bark? tree bark...conifers or?

Not clear what the question is. Yes, some oils are distilled from tree bark, such as cinnamon.

-11m 31s - Why are there so many varied products in a shelf store product, shampoo as an example and are they necessary thks.

Do you mean why do products have such long lists of terrible sounding ingredients? Usually because companies have not found good ways to stabilize and preserve ingredients that are perishable, and because they want to create certain effects such as thickening, coloring, fragancing, foaming, etc.

10m 24s - Is there a set number of essential oil drops that can be placed in a carrier oil in a roll on bottle?

The higher the concentration the stronger the fragrance, but the higher the risk of skin irritation. Start with the dilution ratios given in the safe uses files, and put those mixtures in the bottle.

-7m 28s - In the handout on absorption, you referred to glands in the brain that are affected. which glands are these?

When inhaled essential oils first stimulate the structures of the limbic system such as the olfactory bulb and hypothalamus, and from there go on to influence the endocrine glands such as the pituitary. We will discuss this in more detail in modules 12 & 13.

1h 9m 19s - In the monograph on frankincense David suggests adding 1-2 drops of the oil to skin lotion or cream. Per what volume of lotion or cream? Thanks!

A low concentration would be in  $\frac{1}{2}$  - 1 ounce lotion or cream.

1h 31m 10s - I am curious as to the comment you made in the first session r/t "Therapeutic Grade" I have not seen any company who is abusing this statement and the companies seem to go to a great extent to explain this statement is to explain their process of ensuring their oil is a high grade and to the best of their knowledge, unadulterated. And their oils are 3rd party tested to ensure purity. I don't believe there is anyone who can say 100% of the time their oils are "Perfect", it is going to happen to all companies at some point. It is not always intentional to dilute or alter for profit; foreign items will from time to time enter into the process. What matters is that when the company realizes this, that they act immediately to correct.

Simply using the term “therapeutic grade” is misleading, because there is no such grading system. The abuse happens when people are told that oils other than their particular brand are not “therapeutic grade”.

The only reason oils are diluted or altered is for profit: adding lower cost ingredients increases the volume of the bulk oil. Sometimes this happens before a company receives the oil without them knowing it, sometimes after; either way, the consumer is at risk. Third party testing is sometimes done on random samples, sometimes not at all; sometime a GC from one good batch will be used multiple times for many batches.

1h 44m 17s - Can you explain why you say don't take the oils internally?

There is a high risk of inflammatory reactions in the mucosa of the digestive system, toxicity to the liver and brain.

5d 16h 45m 21s - Hi David. there is a dilution rate stated where 15ml is equal to 1 Tablespoon. In Australia (not sure about the UK as well), 1T is equal to 20ml. 1 teaspoon is equal to 5ml. This may cause some users of EO's here to add an extra drop of EO into the carrier which could be too much. What are your thoughts on this? One other dilution question, it states to dilute bath oil blends into a carrier oil first - is this ALWAYS? I know many who don't, they either drop the EO drops straight from the EO bottle OR, make a safer alternative placing drops into EPSOM salts to create a fragrant Epsom bath. I have been told Epsom baths are a toxin removing bath. Is this true? Is it ok to regularly have a detoxifying Epsom salt bath (with or without EO's), or is that also too much of a good thing being bad? Thank you

To make matters worse, different essential oils have different size drops. An extra drop will probably not cause any problems. The greater the number of drops going directly on the bath water, the greater the risk of skin irritation. Mixing with salt is a good way to disperse the oils and avoid direct skin contact that happens when the oils float on the water. Epsom salt baths have mild relaxing and detoxifying effects, as with soaking in mineral springs. A good dose is 1 – 2 cups bath salts in a typical tub, 30 minutes at moderate heat 2 – 4x week.

6d 7h 18m 44s - Hi David loving this course so far... I noticed on your website that essential oils aren't compatible with homeopathic treatment... I've been using isopathic treatment which is a form of homeopathy and wondering if you can explain why EO's aren't compatible with and is there a time frame between using EO's and isopathy treatment so as to not council out.. So both treatments can be successful... I would like to understand what's involved here please if you could explain.. Thank-you regards Kerrie

There is no consensus about the effects of essential oils on homeopathics...some say oils neutralize them, some say they don't, some say once the homeopathic is metabolized the oils are fine, some say to just not store them together, etc. We mention this out of respect for the possibility that there could be a neutralizing effect in some cases. The simple solution is don't store them together, and give the homeopathic remedies some time to work before using aromatherapy. How much time, nobody knows...some are strict and say never, other say it doesn't matter. When there is this much difference of opinion, it is always questionable whether there is a real issue or not. We should also consider that

aromatherapy is not the only thing thought to neutralize homeopathics, there are also things like coffee, other strong fragrances in the environment, etc, so at some point it becomes a pragmatic question of how isolated we have to be in order for a subtle remedy to work.

6d 20h 41m - Which essential oils get better with age? How can one tell if an older oil has oxidized? Thank you!

Sandalwood, vetiver, agarwood and patchouli are the main ones that get better. The two ways to tell about oxidation is through expensive sensitive chemical analysis, or finding that an oil is more dermatotoxic.

## Session 2 - 08/24/16

asking through the fb page:

Hi everyone! I'm reaching out to you all for a resolution to my problem. I purchased the Student kit with the little tester bottles and stopper type lids ... I can't open them!! Well, I did use my teeth to open one - not so smart :- ( I have Carpel Tunnel in my hands so maybe that's the problem but whatever it is ... I need to be able to open the oils :- ) any suggestions?

Sorry I didn't answer this sooner.

These are standard sample vials used in the industry. The advantage is they stay tightly closed, the disadvantage is they stay tightly closed. Just wiggle the lid around to get it off.

-1h 8m 53s - David Please answer this. I have a license as a Marriage and family therapist MFCC or MFT and it's a License. can I practice with that license for example for depression anxiety etc. I am also a HIGHLY educated and certified Aromatherapist. You mentioned other types of licensed profession but didn't mentioned my profession California Licensed MFT for more than 30 years. Please answer this question

Yes, you can practice aromatherapy. However, I don't know if your license allows you to say that you are treating depression or anxiety. The issue isn't about using aromatherapy, it's about making medical claims.

1m 21s - How do you decide is an oil is best used by diffusion or topical. What are ALL the factors that go into that decision for you?

As we get into the modules on therapeutics we will learn more about how to use oils and blends for specific purposes, and when to chose one application over another.

## Session 1 - 08/17/16

-2h 2m 14s - What if we have a poor sense of smell?

Some of the applications of essential oils will be affected, and some won't. Specifically, if you can't enjoy a beautiful fragrance, its effects on the moods will be reduced, because those effects come from the pleasure response to perceiving the oil. Many applications won't make a difference, however, such as applying preparations to skin conditions. Aromatherapy may be able to restore some degree of damaged or lost sense of smell, but it is very individual.

-1h 59m 56s - I have a lot of doTerra oils at home. What is your take on those?

Every company has some high quality oils and some low quality ones. The larger the company, the harder it is to get artisanal products that are produced in limited amounts, and the higher the risk of the company entering the general market and contaminated supply chains. The more a species of oil is in demand and the more ecologically endangered it is, the more risk of contamination and adulteration.

-1h 58m 11s - 1) If I were to travel to Corsica, where would you recommend I go? Am mostly interested in the wild crafted oils, like *Helichrysum italicum*. 2) Are the oils that you are selling truly pure and not stretched or altered?

Corsica is a small place and you can easily find all the distillers. More and more of the helichrysum is being distilled from cultivated plants, as the wild ones are increasingly under stress. Most of the oils from there are wildcrafted, but don't expect to be able to buy any large amounts of helichrysum, even if you go directly to the distillers, as most of them are seeing decreasing harvests every year, and have large companies paying in advance for large volumes. We buy oils directly from distillers we know personally, most of whom we have visited and documented; most of these also have several types of organic certification, and we also test our oils. Many people report that they have found a distinct difference in quality.

3h 38m 10s - Hi, everybody from Romania on my first online seminar

Hi, and welcome...hope everything is good in Romania...