

dōTERRA® eBOOK

INTERNAL USE
of Essential Oils

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CHAPTER Why use essential oils internally?

When you want to experience the uplifting, energizing, or calming benefits of essential oils, aromatic use provides a quick, easy way to get the benefits you want. When you want to soothe, moisturize, nourish, or soften the skin, topical use of essential oils can efficiently deliver the desired effect. What then, is the advantage of using essential oils internally? While internal use of essential oils is a mystery to some, research has found plenty of safe, beneficial uses for essential oils internally. Yes, aromatic and topical use of essential oils provides a variety of benefits; however, internal use can be equally beneficial when done properly. Internal essential oil use offers some exclusive benefits for the body that aromatic and topical use simply cannot accomplish.

The benefits of internal use

One of the most common reasons for ingesting essential oils is to reap the internal benefits they hold for the body. Each essential oil possesses a different chemical structure that will provide the body with unique properties and benefits.



Internal use also provides a way to add safe, natural, potent flavors to food and beverages. Not only will the addition of essential oils to entrées, drinks, snacks, and baked goods provide a simple way to experience the benefits of essential oils, it will also add a potent, unique flavor to anything edible.

Is it safe to use essential oils internally?

If you have never used essential oils internally before, it might seem strange to consume something so powerful and potent. However, essential oils come from plants, fruits, and compounds found in nature, and therefore present a safe way to receive internal benefits. You are most likely already incorporating essential oils into your daily diet, as many of the foods we eat contain a small amount of essential oil. Because our bodies are designed to **metabolize** and process natural compounds like plants and fruit, we are already equipped to metabolize essential oils. Essential oils are merely high concentrations of natural compounds—the part that gives plants their taste and smell. While some essential oils are never appropriate for internal consumption, there are plenty of oils that can be safely taken internally and processed by the body—much like other substances found in nature.

As you will read in chapter two, there is substantial research to support the validity of safely using essential oils internally.

Keep in mind that not all essential oils are safe for internal use—some essential oils are never appropriate to use internally. We will discuss these essential oils more in chapters two and four.

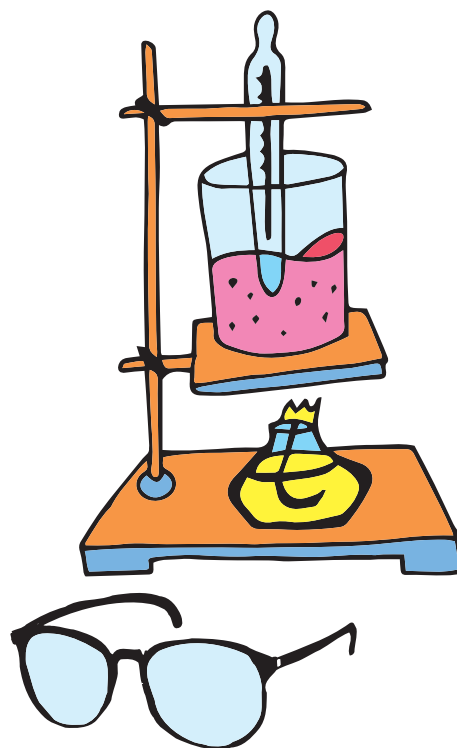
Metabolism: the life-sustaining chemical reactions that occur in cells that help the body with growth, reproduction, resiliency, and response to the environment.

The science behind internal use

As mentioned, we already consume small amounts of essential oils in our daily diet, so our bodies are equipped to process these types of nutrients. Like other things we consume, essential oils are processed through our body when taken internally, providing the body with specific benefits.

When an essential oil is ingested, it is transported through the gastrointestinal tract, directly into the bloodstream, where it is then carried throughout the rest of the body. As lipid soluble compounds, essential oils can easily be transported to all of the body's organs, even the brain. Because essential oils can be delivered to the organs of the body, they are processed (like other things we consume) through metabolism by the liver and other organs, and then excreted.

While our bodies are designed to metabolize and process natural compounds like essential oils, it is important to remember that the body can only handle essential oils in appropriate doses. You'll learn about appropriate dosage later, but remember that when using essential oils internally, always consider dosage and consumption levels on an oil-by-oil basis. Each essential oil contains different chemical components that will cause unique reactions within the organs and cells of the body. By considering the chemistry and recommended dosage for each individual essential oil, it is possible to safely reap the benefits of internal usage.



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CHAPTER Research

While many have debated the internal use of essential oils for years, the practice is continually confirmed and validated through research and studies. Researchers continue to confirm the safety of internal use of essential oils, and there is substantial information to help users stay within the safe parameters of internal use.



Essential oils that are considered to be safe for internal use:

Copaiba	Lavender	Oregano	Turmeric
DigestZen®	Lemon	Peppermint	Wild Orange
Frankincense	On Guard®		



In addition to this list of essential oils that have substantial documentation of safe use, it is important to remember that there are some essential oils that can never be used internally due to their chemical makeup and effect on the body.

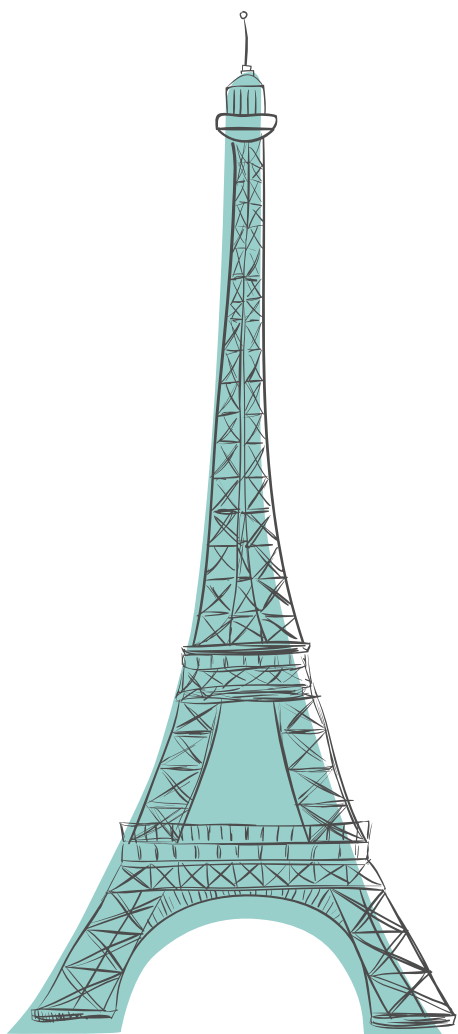
The following dōTERRA® essential oils should never be used internally, in any amount:

<i>Arborvitae</i>	<i>Cypress</i>	<i>Eucalyptus+</i>	<i>Wintergreen</i>
<i>Cedarwood</i>	<i>Douglas Fir</i>	<i>Spikenard</i>	

+dōTERRA Eucalyptus oil comes from *Eucalyptus radiata*, which is not intended for internal use. Other dōTERRA products like On Guard® include *Eucalyptus globulus*, which is safe to use internally.

Research

Continued research shows that internal use of essential oils is not only safe, but that it can provide the body with significant benefits.



The French Model

The French Model for essential oil application advocates the internal use of essential oils to achieve specific benefits. This model was backed by prominent professionals in the world of aromatherapy like Jean Valnet, Paul Belaiche, and Henri Viaud. The French Model substantiates the idea that essential oils can be used internally for a variety of wellness benefits, as long as correct dosage is applied.

As the amount of available research on internal essential oil use grows, traditional internal usage practices are validated, and new uses are continually being discovered. Despite this research, some believe that any ingestion of essential oils will cause toxicity. In the next chapter, you will learn about dosage and toxicity—most importantly that toxic reactions only occur when someone uses a contaminated essential oil, essential oils not approved for internal use, or uses essential oils in an excessive dose.

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CHAPTER

Safety guidelines

When it comes to safely using essential oils internally, there is a lot to consider. Most importantly, we must remember that not all essential oils are created equal—each essential oil has its own chemical makeup, its own set of benefits, and reacts with the body in its own way. In addition, essential oils are not created equally because harvest, production, and testing can vary from distributor to distributor. This means that while some essential oils are pure and thoroughly tested, others include fillers, preservatives, or impurities that lower the quality of the oil, and make it unsafe for internal use.

Appropriate doses

You must also consider your own personal health history, and any health conditions before using essential oils internally. Consult with your physician before internal application, and consider your personal state of health.

Once you've considered all of the safety factors, you must still use essential oils in appropriate doses to ensure safety during internal use.

Whether you are using essential oils aromatically, topically, or internally, using the proper dosage is the best way to maintain safe use. While the appropriate dose will vary from person to person based on health status, age, size, and the oil itself, there are a few general guidelines that will help the user to stay within the parameters of safe use for internal application.



Getting Started

For internal use, it is best to start with the smallest dose possible, 1–2 drops. From here, the dose can be increased as needed (again, this will depend on the age, size, and health status of the individual, as well as the desired benefit they are trying to achieve.)

Recommended Dose

Dilute 1 drop in 120 ml of liquid. Generally speaking, beyond a certain point, increasing the dose will no longer add benefit, and taking too much can be potentially harmful for the body. It is better for the user to take smaller doses and repeat the dose every 4–6 hours as needed.

Daily Dose

Typically, no more than 20 drops of essential oils should be consumed internally within a 24-hour period, but this maximum can be higher or lower depending on the oil in use. If the user gets close to the maximum, any dose should be discontinued for an extended period of time to ensure safety. Lower daily doses are recommended when using an essential oil internally over an extended period of time, rather than isolated accounts.

Strong oils

Each essential oil has a unique chemical makeup, which causes different reactions within the body as the oil is processed through the body's systems. When used internally, some essential oils should not be placed directly on the tongue or directly in the mouth and swallowed due to their individual chemical design and how it effects the body. Some oils are merely too strong to be taken directly, or without altering the application method. These oils can be taken internally by putting one or two drops in recipes or placing one drop of oil in at least 120 mL of liquid. The following are considered “strong oils” and should be used cautiously due to their potency:

Oregano

Sensitivity

As mentioned, the safe internal use of essential oils varies from individual to individual. An essential oil may have an effect on one person and not on another, which is why it is important to consider internal use on an oil-by-oil basis.

Essential oils cannot cause true allergic reactions

It is important to know that essential oils do not contain allergens, and therefore cannot cause a true allergic reaction. An allergic reaction occurs when the body experiences an abnormal immune reaction following exposure to a protein molecule that is typically harmless. CPTG® essential oils are made up completely of volatile aromatic compounds found in nature; they don't contain any protein molecules—so they cannot create a true allergic response.

While essential oils cannot cause allergic reactions, they can still cause sensitivity reactions in some people because we each have different sensitivity threshold levels. When sensitivity to an essential oil occurs, it can create symptoms that are similar to an allergic reaction.

How will I know if I am sensitive to a particular oil?

Sensitivity to an essential oil can cause responses in the skin, digestive system, respiratory system, and other areas of the body. Some of the signs of an essential oil sensitivity include pain, swelling, or tenderness in the skin, skin irritation, difficulty breathing, and stomach upset.

How to handle essential oil sensitivity

If you develop a sensitivity to an essential oil, you can easily manage your essential oil application to avoid sensitivity or discomfort. Since sensitivity to an essential oil is not the same as an allergic reaction, you may still be able to use that essential oil with a different form of application. For example, if you experience sensitivity after using an essential oil internally, you may still be able to use that oil aromatically or topically.

Essential oil sensitivity can also be caused by dosage. If you've experienced sensitivity with a particular essential oil in the past, you can try diluting the oil, or simply take a smaller dose to see if the sensitivity was caused by a high dosage of the oil.

If you ever experience a sensitivity reaction to essential oils in the digestive system, it is important to immediately discontinue use of that oil. If a large amount of oil was consumed, contact poison control immediately. If only a small amount of the oil was consumed, you can help subside the sensitivity by drinking plenty of fluids. If the reaction becomes prolonged or severe, it is always wise to seek medical attention.

Toxicity

Essential oils are completely safe to use internally, as long as the appropriate dosage is observed. In the most extreme cases, exceeding dosage recommendations for oils can lead to toxicity. Toxicity is when a substance reaches a point that it becomes harmful or damaging to the body. Any substance (even natural, seemingly harmless substances) can become toxic if used in an inappropriate dose.

Although essential oils have a potential for toxicity when used in incorrect dosages (just as water, minerals, vitamins, and other substances do), the toxic dose of an essential oil is always far above the recommended dosage. An individual would have to far exceed the dosage recommendations for an essential oil to put themselves within the dangerous range of toxicity.

4 CHAPTER

How to use essential oils internally

Now that you know the benefits of using essential oils internally, that they have been proven safe to use, and how they interact with the body, you might be wondering, “How exactly do I use essential oils internally?” There are many methods for internal essential oil application that even essential oil beginners can enjoy. Below are a few simple ways to use essential oils internally.

Water

To enjoy the internal benefits of essential oils, you can always add a drop or two to a glass of water. Not only will essential oils add potent flavor to plain water, but this provides an easy way to use essential oils internally. Dilute one drop in 120 mL of water.



Cooking and Baking

Adding essential oils to your favorite food dishes and baked goods is a wonderful way to experience the flavor-enhancing benefits of essential oils, not to mention their benefits for the body. The smallest amount of essential oils can enhance the flavor of any entrée, beverage, dessert, marinade, or any other dish that can use complimentary flavors.



A few things to remember before you get started

If you are just getting started with internal use, take a look at the tips below to ensure proper application.

- Always follow the recommended directions for use. Check the labels of essential oil bottles or essential oil supplements to ensure that you are following the manufacturer's instructions for intended use. If you have specific health concerns or conditions, it is always a good idea to consult your physician before using essential oils.
- Always start with one drop. As mentioned, essential oil application should be considered on an oil-by-oil basis. By starting with a small amount, you can become more acquainted with each essential oil and how your body responds to the oil's chemistry. Then, you can increase the number of drops you are using to achieve the desired results once you know how your body reacts to each individual oil.
- Always verify that the essential oils you are using are free of contaminants and impurities in order to protect your body from harm. While dōTERRA® uses third-party testing and analytics to ensure each essential oil bottle reaches high standards without chemical impurities, this isn't true for all essential oil distributors. By using thoroughly tested, high quality essential oils, you'll be able to safely and easily use essential oils internally.
- Always use essential oils that are recommended for internal use. Remember, there are some essential oils that should never be used internally—in any amount. Always check labels and instructions for use to ensure the essential oil is meant for internal use.

Cooking with essential oils

For centuries, essential oils have been used to add flavor to meals because of their potent nature and ability to enhance natural flavors. When cooking with essential oils, remember, a little goes a long way. Because essential oils are so concentrated, even the tiniest drop can provide a serious amount of flavor.



When cooking with essential oils, rather than adding an entire drop to your dish, dip a toothpick into the bottle to extract flavor and stir the dipped toothpick in with the other ingredients. You can always add more flavor, but adding too much essential oil could overpower and even ruin the dish.

It may take some experimentation, but as you start to use essential oils to flavor and enhance your food, you will soon experience the benefits that these natural extracts have to offer, and enjoy your favorite recipes even more.

Essential Oil Recipes

Now that you've learned all about internal use of essential oils, are you ready to get started? Below are some specific recipes you can try out.

Soup

Italian Chicken Soup (5ml Oregano oil)

<https://www.doterra.com/US/en/blog/recipe-italian-chicken-soup>

Main Dish

Blackened Salmon with Mango Salsa (5ml Lemon oil)

<https://www.doterra.com/US/en/blog/recipe-blackened-salmon>

Chicken Souvlaki and Tzatziki (5ml Oregano)

<https://www.doterra.com/US/en/blog/recipe-chicken-souvlaki>

Side Dish

Italian Bread Dip (5ml Oregano)

<https://www.doterra.com/US/en/blog/recipe-italian-bread-dip>

Lemon Waldorf Salad (5ml Lemon)

<https://www.doterra.com/US/en/blog/recipes-lemon-waldorf-salad>

Dessert

Apple Pies (5ml Lemon)

<https://www.doterra.com/US/en/blog/recipe-apple-pie>

Peppermint Black Bean Brownies (5ml Peppermint)

<https://www.doterra.com/US/en/blog/recipe-black-bean-brownies>

Wild Orange French Toast (5ml Wild orange)

<https://www.doterra.com/US/en/blog/recipes-wild-orange-french-toast>

Snacking Chocolates (5ml Peppermint)

<https://www.doterra.com/US/en/blog/recipe-snacking-chocolates>

On Guard® Popcorn (5ml On Guard)

<https://www.doterra.com/US/en/blog/recipe-on-guard-popcorn>

Drinks

Raspberry Limeade (5ml Lemon)

<https://www.doterra.com/US/en/blog/recipe-raspberry-limeade>

Essential Oil Ice Cubes (5ml Wild Orange, 5ml Peppermint, 5ml Lemon)

<https://www.doterra.com/US/en/blog/recipe-essential-oil-ice-cubes>

Lavender-Blueberry Milkshake (5ml Lavender)

<https://www.doterra.com/US/en/blog/recipes-lavender-blueberry-banana-coconut-ice-cream-shake>