



Webcast Questions from Session 9 - 10/26/16

-1h 53m 59s - One of my favorite teachers, KP Khalsa, knew of a man who had incredible results treating vata patients with paralytic conditions with pure clove oil. He would actually slather the affected dermatomes in their entirety with the clove oil neat. When KP told us this, I was absolutely appalled. I can only assume they were safe because they were not pitta individuals and thus had no dermatotoxic reactions, or perhaps they did but it was irrelevant as they were able to at least temporarily relieve their symptoms of paralysis or semi-paralysis. Not the safest technique, but fascinating nonetheless, and very encouraging as a potential future treatment for paralysis, as well as speaks volumes about the power of the oil.

This was probably done in India, and not the US. There are many unorthodox treatments in other parts of the world, and some of these are dramatically helpful; unfortunately they can also be very harmful, and in places like India these go unreported.

-1h 52m 21s - What oils and other therapies are helpful for Dupuytren's contracture and Reynaud's Disease? (two separate questions)

Sorry, I thought I heard you say De Quervain's on the call. I would start with warm compresses using Mahanarayan oil as a base, and adding oils such as helichrysum and black pepper for circulation. I would do this not just on the hand but on the wrist and arm as well.

-1h 48m 53s - Birch & wintergreen EOs are extremely hepato- and nephro- toxic. They effectively poison the liver & kidneys. They are also neurotoxic & can lead to seizures and even death. They're extremely effective for MSK pain, so people can get carried away, but there have been multiple documented issues of mostly athletes going over the top with products containing these oils & effectively poisoning their internal organs via the skin, along with at least one death of a 16yo student athlete. It's so important

that people know this so they don't overdo wintergreen or birch oil and inadvertently poison themselves!

Yes, please read the monographs. The vast majority of commercial products are from low quality synthetic salicylates, so it is possible that much of the toxicity is from that; however, even true botanical birch and wintergreen are high in salicylates and should be treated accordingly.

-1h 45m 51s - Are ravensara and ravintsara different oils?

Yes, different species. Ravensara is *Ravensara aromaticum*, ravintsara is *Cinnamomum camphorum*.

-1h 45m 4s - Not a question, just letting you know..I have a friend who recently got injured and sustained whiplash and a concussion, and the DoTerra rep told her to take 25-30 drops of frankincense essential oil directly under the tongue! She says it helps a lot, which is great but advised her to stop if she notices any mouth or stomach sensitivity and use the herb instead. Wow, DoTerra! Not cool!

Hopefully it is not an oil that is contaminated with synthetic compounds, which is highly likely with frankincense oils.

-1h 45m - Grapefruit Juice is contraindicated when taking certain medication (statins). If grapefruit oil is used in a topical preparation, will it still interfere with absorption of the medication?

It is highly unlikely that the absorption of the essential oil molecules would be sufficient to affect the liver's detoxification pathways in the same way as drinking the juice.

-1h 38m 32s - I fell directly on my tailbone 4 weeks ago and am still in pain and have trouble sitting. Of all the oils mentioned, which would be best for this type of pain and healing?

Sorry to hear; it is possible that you have a fracture of the coccyx. I would apply warm compresses with essential oils of helichrysum and frankincense, along with the Trauma Oil listed in the source file last module.

-1h 34m 50s - How do you treat restless leg syndrome?

Massage and acupuncture are primary treatments. Lavender, helichrysum and chamomile are all good essential oils to try in a carrier for application before bed. Nutrition and herbal medicine are very important, depending on the individual.

-1h 27m 25s - did I hear you say there was a discount offered from one of the salve suppliers? Details please. Thanks

Banyan Botanicals offers a 10% discount using the code shift10

-55m 46s - In response to David's mentioning that headache can be from energy rising to head, countered by foot massage... My son once had a high fever and terrible headache. I sat him on a chair in the bathtub, soaking his feet in a tub of water as hot as he could tolerate., to draw the energy down. Very shortly, the pain was relieved, he relaxed, the fever broke and he was able to sleep.

Yes, foot soaks in cold water is an old folk remedy for headaches, and sometimes very effective.

-45m 14s - Do You have a suggestion for a carrier oil for scalp or foot massage? Thank You!

Sesame and coconut are both good.

-36m 53s - Before he finally had surgery. my husband had severe pain episodes from a hernia, However, when we learned that the actual cause of the incapacitating pain was gas, he chewed fennel seeds if he started to have pain and the effects were miraculous.

Yes, sometimes very simple kitchen herbs and spices can have miraculous healing effects.

-35m 35s - What about someone who has the reverse, where they find the sense of smell to be extremely strong. Do they have a different form a neurological degeneration?

This is more related to chemical and environmental sensitivities. Here is a response to a similar question in the herb course; these are herbal preparations that are taken a drop or two in the sinuses to help balance the nervous system and support healthy olfactory functions:

Here are a few examples of nasya medications that might help by strengthening the nervous system through direct application of herbs to the sinuses:

<http://www.trihealthayurveda.com/product/dhanwantharam-101/>

<http://www.trihealthayurveda.com/product/ksheerabala-101/>

<http://www.trihealthayurveda.com/product/kunkumadi-thailam/>

I make no guarantees about the effectiveness for this condition, as it is very individual, but desensitizing the nervous, immune and olfactory systems through the use of such medication is a principle in Ayurveda. Start with one drop in each nostril one time per day of one of the oils, work up to 2 or 3 per day, discontinue if adverse reactions occur. Let me know if it seems helpful.

-25m 11s - You mentioned using tea tree oil for toenail fungus. I have been using Jublia (Efinaconazole) for over a year and notice some clear nail (about half), but it is very expensive and I'm wondering if you'd recommend using tea tree oil and if so would you apply it undiluted to the nails? Or should I continue with the Jublia since it has had a positive result.

You could continue since you are getting good results, but you could also try something like this:

<http://www.aviva.ca/shop/products.asp?itemid=4720>

You will need to continue applying the formula twice a day indefinitely, as fungus is practically indestructible.

-22m 15s - Do top-note oils merge with the others, or do they evaporate and disappear? I have read that top-note oils have the smallest molecules and thus evaporate more quickly. Is this so, and if so, what is the mechanism?

Top note oils evaporate more quickly than lower notes. I am not an expert on chemistry, but I believe that evaporation rates for essential oils are based on other molecular factors other than their size. For example, the diffusivity range of aromatic molecules released by flowers is dependent on the molecular bonding in the flower, not the size of the molecule, so even large aromatic molecules can diffuse quickly and to a large distance.

-12m 40s - Please comment on Argan Oil (Verbena Tea Tree) as a massage oil. Is this carrier oil used the same as other massage oils with blending essential oils?

These are two separate species. Argan is a carrier oil, verbena is an essential oil; verbena tea tree seems to be the name of a blend. Argan can be used as a carrier oil, but because it is heavy and has a stronger fragrance you would want to use it at about 10 – 20% dilution with lighter carrier oils.

4d 15h 6m 16s - Hi David. I was shocked when I found out Listerine used to be a floor cleaner! Not surprising that it, too, creates a burning sensation when used. I decided to make a hydrosol of it in a used 'toilet duck' bottle and it is the most amazing toilet cleaner!! My question regarding the toilet, I was advised to put a couple of drops of peppermint essential oil into the toilet bowl water to aid urination, particularly helpful for men with prostate issues (provided they sit to urinate, not stand)..does this have credibility? If yes, would it be safe if someone who is pregnant with the baby's position putting pressure on the bladder, or are we just best to keep peppermint oil away at all times? I also use a peppermint oil hydrosol spray around the home to keep spiders and

mice away, so I am concerned now, learning that it is not a suitable oil to use when pregnant or breastfeeding. Thank you!

Advising someone to put essential oils in the toilet bowl to help urination is a brilliant marketing strategy to get people to consume oils, but it has no basis in reality.

4d 15h 21m 41s - Hi David. Could you please explain how a 'hot' oil hydrosol (eg peppermint) can also be 'cooling' when spray-misted on the body on a hot day.

Essential oils often have both heating and cooling effects, depending on how they are used. For example, peppermint creates a cooling sensation on the skin, but it can also create contact dermatitis. Hydrosols can have the same paradoxical effects, just to a lesser degree.

From Course Community Group:

From Aileen Kilfeather:

- I've been studying aromatherapy for a dozen years now and fortunately have learned to take a cautious approach to essential oils. One of my favorite things to do is to use hydrosols when applying aromatherapy to the elderly (I was caregiver to my Mom til age 97), children and pets - yes I do animal aromatherapy for the family's dogs, cats and even horses. Here is a blend of hydrosols I created for my 9 year old granddaughter who is susceptible to coughs, colds & allergies - again your input is really appreciated...

1) Tea tree hydrosol - antiviral, antibacterial

2) Lavender Hydrosol - antimucolytic, immunity enhancer, ENT, care & it smells nice

3) Helichrysum Hydrosol - airway decongestant, ENT care, anti-infection

I tell her to spritz the hydrosol blend on her face with her eyes closed and take a deep breath.....

- David asked for input on what we are doing with all his wonderful training, so I thought I'd share...

1) My husband has lung and sinus issues so I've been using a diffuser at bedside and a nebulizer in his office...this is my current blend and the whys ..To a Base of Tea Tree & Eucalyptus dives (pipertone c.t.), I've added...1) Ravantsara aromatica (antiinflammation, antibacterial, antiviral, antirheumatic, decongestant, expectorant & boosts oxygen intake

2) Myrtle Green (Backhousia citriodora), because it is gentle and antibacterial, expectrant, decongestant & clears sinuses

3)Laurel because it's mucolytic and expectorant.

I'll post again on some hydrosol blends I've made for my granddaughter. I would love anyone's input. Thanks in advance

These are all good ideas, and you should be seeing good results. The only concern could be that the tea tree hydrosol may cause skin sensitivity on the face of a child if done too often.