

PROTOCOLS AND RECIPES

Essential Oils Suited for Casual Ingestion in a Glass of Water

Dosages: *Generally one drop is always enough when ingesting essential oils. For some essential oils a range of drops is given, reflecting experience that the occasional second or third drop to come out of the bottle is well tolerated. For some oils no quantity is given. This does not mean everything but one drop is too much, it simply reflects the fact that there is not that much experience exists in the community about ingesting larger quantities.*

Anise Seed: *one to three drops on a sugar cube or in a glass of water stabilize heartbeat and breathing*

Bay Laurel: *one to three drops. Stimulant, antiinfectuous*

Cardamom: *a drop will help digestion but also ease emotional upset*

Carrot Seed: *one to three drops are taken sporadically or as part of a program of liver regeneration*

Celery Seed: *can be taken once or twice three days in a row to drain toxicity from the kidneys*

German Chamomile: *can be taken*

Ingesting: The Easy Way

The discussion about the safety and overall viability of ingesting essential oils has gone on in side and outside of aromatherapy for a long time. In all this time this discussion managed to remain a superficial back and forth of talking points provided by different parties with vested interest. It is obvious that entities engaged in the manufacture and distribution of adulterated oils, knowing about the added natural or synthetic chemicals, would warn against ingesting essential oils. There are also essential oils which are quite toxic when ingested (see Part One, The Plant Language Reader or the general aromatherapy literature). A question immediately arises: Should authentic Lemon oil not be ingested, because adulterated essential oils may contain harmful chemicals and because some ketone containing essential oils maybe toxic? In other words limiting the discussion to a general Ingestion yes or a general ingestion no, really does not offer meaningful answers.

It appears from all the experience gathered in aromatherapy and from what is known about the toxicity of quite a number of essential oils that ingesting a drop of such oils is harmless. A more meaningful