

# Essential Oils and Kids



**Dr. Sarah LoBisco - BreakFree Medicine**



**YOUNG LIVING®**  
ESSENTIAL OILS  
Independent Distributor

# Disclaimer

- This information is solely for purpose of providing you with relevant product information.
- You should consult with your personal physician or other health care provider before taking any supplements or nutraceutical support products to discuss the appropriateness of the products, potential interactions with medications, allergies and other sensitivities.
- YLEO is a wellness company. We believe essential oils are a positive addition to any health regime, no other supplements or pills have the same constituents or actions as essential oils.



# What You'll Learn Today

- What are essential oils?
- Elements of Safety:
  - Quality
  - Dosage
  - Caveats and Controversy
- How to use essential oils
- Some useful and practical applications for little ones, highlighting the Kidscent Collection<sup>®</sup>
- How to sign up for wholesale privileges to purchase your own essential oils

# WHAT IS AN ESSENTIAL OIL? In Simple Terms

- A volatile substance derived from plants, containing the natural smell and characteristics of the plant
- Extracted primarily through steam distillation
- Potent, volatile, and versatile



Essential Oils Desk Reference

Wikipedia.com

NAHA.org

Nahrung. 2003 Aug;47(4):252-5.

# WHAT IS AN ESSENTIAL OIL?

## Geek Terms

- Contain plant secondary metabolites- needed thrive
- Plant primary metabolites- think photosynthesis- needed to be alive
- Immune support and support many functions to assist with wellness, work along various pathways in the body

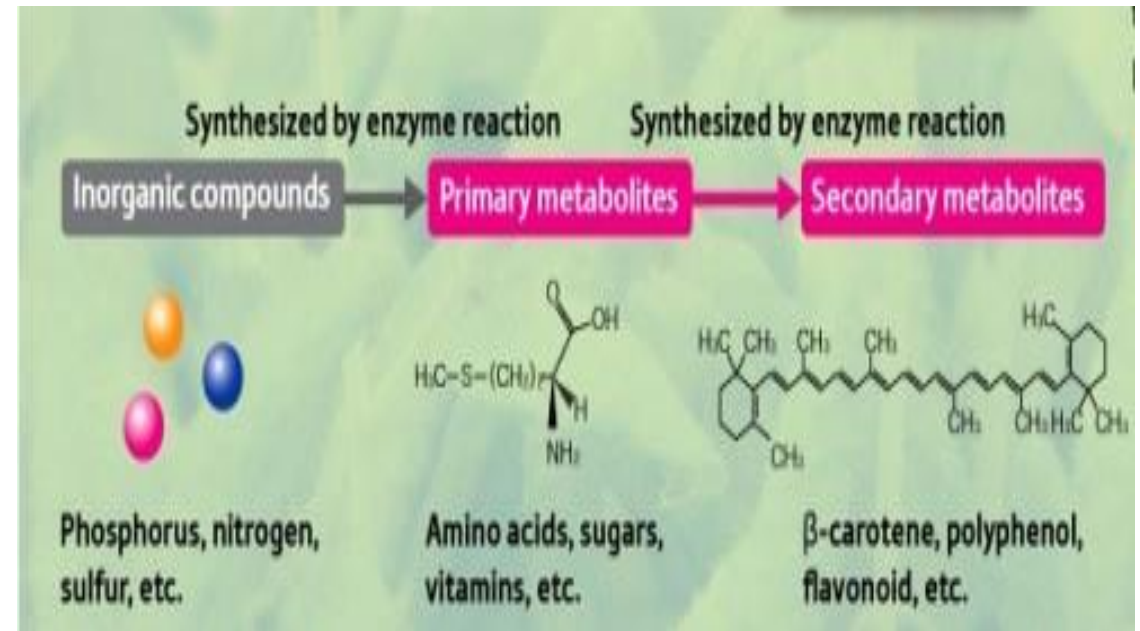


Photo from <http://www.plantscience4u.com/2013/02/primary-and-secondary-metabolites.html#.VhghSiu8nak>

NAHA. What are essential oils? NAHA.org.

Proceedings of the Nutrition Society (2004), 63, 621–629

Wang, D. Secondary Metabolites from Plants. Department of Forestry, NCHU

[Adv Biochem Eng Biotechnol.](#) 2000;69:1-39.

<http://www.biologyreference.com/Re-Se/Secondary-Metabolites-in-Plants.html#ixzz3o1vjvgzB>

# QUALITY FROM SEED TO SEAL



Seed



Cultivate



Distill



Test



Seal



# Consistent, Verifiable, Quality

Oils are tested in Young Living's own internal labs, as well as in third-party facilities.

- GC/MS
- Heavy metals analysis (which aren't usually distilled)
- Microbial contamination
- Flash Point
- Optical Rotation
- Refractive Index, and
- Specific Gravity
- Fourier transform infrared spectroscopy



# Therapeutic, Quality Oils:

- Guarantees that the hundreds of different **chemical constituents are present** and intact in order to produce the intended **physiologic response**
- Guarantees **no pesticides**, herbicides or fertilizers are present
- Inferior quality or adulterated oils will **not** produce therapeutic results and could be **toxic**





# One drop = 4,000,000,000,000,000,000 molecules ("A four plus 19 zeros")

- *An oil may consist of hundreds of **different and unique chemical compounds**. They are very complex in chemical structure.*
- *Any given oil may contain anywhere from **80-300** or more chemical constituents*
- *It is the **synergism** of all the constituents that contributes to the therapeutic effects and functions of the oils*



Dr. David Stewart. *Blood Brain Barrier Essential Oils Desk Reference 4th ed.* USA: Essential Science Publishing; 2007.  
*Essential Oils Integrative Medical Guide 2nd ed.* Life Sciences Press; April 1, 2003.  
*Reference Guide for Essential Oils.* Abundant Health; 2007.  
*The Healing Power of Essential Oils. 1<sup>st</sup> ed.* Lotus Light Productions; 1996  
*The Therapeutic Benefits of Essential Oils, Nutrition, Well-Being and Health.* Dr. Jaouad Bouayed ed. 2012: 157.

# Essential Oils & Mommy-To-Be

## Pregnancy

- Safe oils: geranium, German chamomile, neroli, sandalwood, rosewood, gentle baby, lavender, myrrh , rose.
- Avoid: basil, calamus, clary sage, fennel, hyssop, nutmeg, rosemary, sage, tansy, tarragon.



# Children

Many EOs are appropriate for use with children, and they should be diluted prior to use

- Pediatric dosage should be applied for all little ones and never give a child the dose you would give an adult.
- Always dilute the oils with an organic carrier oil such as almond, coconut, or olive oil when applying oils to sensitive skin or on children.
  - Small Child- 1 drop
  - Child- 3-4 drops small child
  - Adults- 3- 8 drops
  - Baby ½ drop or less
  - Diffuse 10-15 drops

# Is It Safe, Really?

*...Training and certification in aromatherapy for lay practitioners is available at several schools throughout the United States and United Kingdom, but there is no professional standardization in the United States, and no license is required to practice in either country. Thus, there is little consistency in the specific treatments used for specific illnesses among practitioners. This lack of standardization has led to poor consistency in research on the effects of aromatherapy, because anecdotal evidence alone or previous experience has driven the choice of oils, and different researchers often choose different oils when studying the same applications. However, there are now specific courses for licensed health professionals that give nursing or continuing medical education contact hours, including a small research component and information on evaluating/measuring outcomes.<sup>1</sup>*

National Cancer Institute – PDQ Cancer Information Summaries.  
Aromatherapy and Essential Oils (PDQ®) Health Professional Version.

# A Critical Look At “Toxicity”

- *J Toxicol Clin Toxicol.* 1994;32(4):461-4.
  - After swallowing almost a full bottle (10ml) of a commercial product of tea tree oil, a boy was brought to the hospital. The article indicated the boy was in critical condition, but in reality, the boy had NO symptoms after 5 hours
- *J Paediatr Child Health.* 1993 Oct;29(5):368-71.
  - Another imbibing-happy incident of 41 little ones who swallowed 30 ml of eucalyptus, which is two full bottles of a typical 15ml essential oil (the equivalent of 350-750 servings). Thirty-three were asymptomatic and of the four children who ingested over 350 serving, two of the children exhibited NO symptoms and the other two had no lasting effects.
- *Phytother Res.* 2000 Sep;14(6):452-6.
  - In a study with possible contact dermatitis from repeated use, a strange combination of essential oils, including benzoin and “spike” lavender (compare this to lavendula angustifolia) was used, which biases the study results.
- *Evidence-Based Complementary and Alternative Medicine.* 2014.
  - A recent review article collected 71 cases of patients of aromatherapy experiencing adverse effects up to date. There was only one fatality and adverse effects couldn't be confirmed to be related to pure, standardized essential oils.
- CDC. Prescription Drug Overdose in the United States: Fact Sheet. CDC website. October 17, 2014.
  - *Deaths from drug overdose have been rising steadily over the past two decades and have become the leading cause of injury death in the United States.1 Every day in the United States, 114 people die as a result of drug overdose1, and another 6,748 are treated in emergency departments (ED) for the misuse or abuse of drugs.2 Nearly 9 out of 10 poisoning deaths are caused by drugs*

# Kidscents® Collection



# GeneYus

An excellent blend to diffuse for young minds while focusing and concentrating on projects.

## Ingredients

Caprylic/capric glycerides, Boswellia sacra† oil, Callitris intratropica† wood oil, Cedrus atlantica† wood oil, Melissa officinalis† leaf oil, Picea pungens† tree oil, Bursera graveolens† wood oil, Ferula galbaniflua† resin oil, Prunus amygdalus dulcis oil, Citrus aurantium bergamia† peel oil, Commiphora myrrha† oil, Santalum paniculatum† wood oil, Pelargonium graveolens† flower oil, Aniba rosaeodora† wood oil, Cananga odorata† flower oil, Hyssopus officinalis† leaf oil, Picea mariana† leaf oil, Rosa damascena† flower oil



# Owie

Apply topically to improve the appearance of your child's skin.

## Ingredients

Caprylic/capric glycerides, *Abies balsamea*† (Idaho balsam fir) needle oil, *Melaleuca alternifolia*† (Tea tree) leaf oil, *Helichrysum italicum*† flower oil, *Canarium luzonicum*† (Elemi) gum oil, *Cistus ladaniferus* (Cistus) oil, *Chamaecyparis obtusa*† (Hinoki) oil, *Eugenia caryophyllus*† (Clove) bud oil





# TummyGize

Apply this relaxing, quieting blend to little tummies.

## Ingredients

Caprylic/capric glycerides, Mentha spicata†  
(Spearmint) leaf extract, Mentha piperita†  
(Peppermint) Oil, Citrusreticulata† (Tangerine) peel  
Oil, Foeniculumvulgare† (Fennel) Oil, Pimpinella  
anisum†(Anise) seed oil, Zingiber officinale†  
(Ginger) root oil, Elettaria  
cardamomum†(Cardamom) seed oil



# SniffleEase

Rejuvenating and refreshing blend formulated just for kids.

## Ingredients

Caprylic/capric glycerides, Eucalyptus bicostata† (Eucalyptus blue) oil, Bursera graveolens† (Palo santo) wood oil, Lavandula angustifolia† (Lavender) oil, Hyptis suaveolens† (Dorado azul) seed oil, Cinnamomum camphora† (Ravintsara) leaf oil, Myrtus communis† (Myrtle) oil, Eucalyptus globulus leaf oil, Origanum majorana† (Marjoram) leaf oil, Pinus sylvestris† (Pine) leaf oil, Eucalyptus citriodora† oil, Cupressus sempervirens† (Cypress) leaf/nut/stem oil, Eucalyptus radiata† leaf oil, Picea mariana† (Black spruce) leaf oil, Mentha piperita† (Peppermint) oil



# Sleepylze

Diffuse at bedtime for a peaceful aromatic environment.

## Ingredients

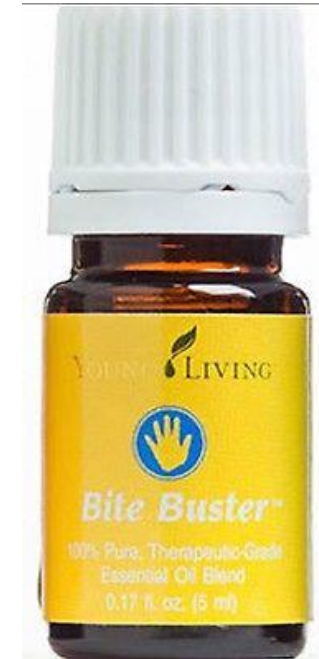
Caprylic/capric glycerides, Lavandula angustifolia† (Lavender) oil, Pelargonium graveolens† (Geranium) flower oil, Anthemis nobilis† (Roman chamomile) flower oil, Citrus reticulata† (Tangerine) peel oil, Citrus aurantium bergamia† (Bergamot) peel oil, Boswellia sacra† (Sacred Frankincense) oil, Valeriana officinalis† (Valerian) root oil, Ruta graveolens† (Rue) oil



# Bite Buster

## Bite Buster™

Ingredients: Caprylic/capric glycerides,  
Tanacetum vulgare† (Idaho tansy) oil,  
Cymbopogon nardus† (Citronella) oil,  
Bursera graveolens† (Palo Santo) wood oil,  
†100% pure, therapeutic-grade essential oil



# KIDSCENTS DIFFUSERS

- Humidifier, atomizer, aromatic diffuser, and night light all in one
- Creative designs make diffusing fun for kids of all ages
- Includes a built-in night light from four soft white under-panel LED lights, plus on/off settings
- Color-illuminated vapor with six LED light settings bring diffuser designs to life
- Lights and diffusion function independently



# KIDSCENTS DIFFUSERS

- Continuous or intermittent flow of 10-minute intervals, plus automatic shutoff
- Interchangeable diffuser motor and cover system
- Diffuser motor can be used with different interchangeable covers
- Simple push-button release for disconnecting the cover from the motor
- Proprietary and patents pending
- A unique and original diffuser concept—there's no other product like it available!



# To Start Using Essential Oils

- Wholesale Pricing  
*24% off retail pricing*
- Essential Rewards
- Generous Compensation
- Exclusive Experiences
- Community
- Education
- Recognition





**YOUR LIFE. YOUR HEALTH. BE EMPOWERED.**

