



**Teresa & Roger Harding – Founding
Presidential Diamonds doTERRA**

The HISTORY of Essential Oils

This is a generic Article about the 'history of essential oils' and the age-old discussion about are essential oils safe to be used internally. It is a fascinating read.

ARE ESSENTIAL OILS SAFE TO TAKE INTERNALLY? – by Teresa Harding

British vs. French schools of thought are being discussed as if they existed.

The facts about internal vs. aromatic and topical usage ONCE AND FOR ALL!! Ha, ha, ha. Said in jest because I know this will spark even more discussion!

*****LONG POST – IMPORTANT CONTENT*****

When I was first introduced to essential oils I'll admit, I was very sceptical! I was unfamiliar with them and needed real facts, not just popular opinions. I had seen some unbelievable support for my niece who was struggling and needed serious support for her Nervous System, and, it really made me question what I knew, and I wanted to know more. So, I set out on a research journey to find out everything I could!

Over the past decade I have learned a lot about them, and I've become obsessed with helping people with Essential Oils. I've become an educator in the field of Essential Oils and in that capacity, have had the opportunity to not only teach and train in countries around the world, I've also been able to work with many of the top Doctors, Scientists and Educators here, and in these countries. This has grown my knowledge base much faster because I get to learn from the BEST....and I'm excited to share one of my many findings with you because this is a Hot topic and people want to know!

There are so many opinions revolving around whether essential oils are safe to be used internally or not! This was a question I had too. I didn't want to take anything that was going to be potentially harmful to me or my family and I'm sure you have the same concerns. So, here's the skinny. (P.S. Yes, there's an oil for that too!)

People talk about three 'schools of thought' – German, French, and English – that have opinions about which ways are safe to use the oils - and you can find information about them all over the internet. A lot of the information out there is great (some TRUE and some FALSE), but there are VERY important pieces of the information that most of the articles don't include. I'm hoping to clear some things up for you so you can make an educated decision as you pursue your journey into Essential Oils.... Because in the end, it doesn't matter what anyone says... YOU need to feel comfortable with what YOU decide.

SO, HERE'S THE DEAL:

The use of Essential Oils was never even separated into 'schools' until the early 2000's when Dr. Daniel Pénéoël gave a lecture where he made a joke which, even though it was a joke, was taken to heart and became 'truth'. This is what he said:

"The German system of aromatherapy (smell) is comparable to platonic love. You cannot make babies with platonic love. The English system is like flirting. You still cannot make babies. The French system of aromatherapy is like 'The Full Monty,' and it will make babies!"

Many people in the aromatherapy world have turned this into a discussion/debate about the truth behind the so-called "French," "German," and "English" aromatherapy 'schools' as if they actually existed. And some even seem determined to make sure there is somehow a winner!

THE TRUTH:

In referring to the three 'schools', I think Gabriel Mojay, Associate Editor at International Journal of Aromatherapy, said it eloquently: (*italics added for emphasis.*)

"Their use of these labels misleads by giving the impression that they represent contrasting therapeutic systems, as for example between orthodox and natural medicine — whereas they are no more than simplistic, somewhat nationalistic,

ways of distinguishing between different sets of methodologies... methodologies that, properly understood, belong to a single, integrated therapeutic discipline: Aromatherapy.”

DID YOU GET THAT? 'Aromatherapy' INCLUDES the use of oils internally!

By the way, people mistakenly believe Aromatherapy means using the oils through smell only. AROMATHERAPY means the therapeutic application or the medicinal use of aromatic substances (essential oils) for holistic healing. In other words, Aromatherapy encompasses the use of Essential Oils Aromatically, Topically, and Internally.

There are not 3 schools at odds with each other. There are 3 methodologies, all part of the same family working together to explain the different aspects that make up Aromatherapy.

So, there are 3 methods of use... inhalation, topical and internal. And as Gabriel also points out, “the integrated therapeutic discipline of Aromatherapy should combine these methods.” **but the quality of the oil used for each method plays a very important role which I’ll explain below.**

FRENCH:

The French ‘school’ emphasizes the use of Essential Oils internally, but they also do use them topically and aromatically. Modern aromatherapy began in France in the 1920’s and it’s development is often credited to Dr. Jean Valnet (and/or R.M Gatefossé). This method relies on research with people as well as Clinical Studies using whole Therapeutic Grade Oils, not the lower grade oils.

About 1910 R.M. Gatefossé badly burned his hand, “contracted Gas Gangrene, for which he found great support with Lavender Essential Oil”. He came up with the term Aromatherapy (He actually spelled it Aromatherapie.). He was not the first to write about it, but he was the first to establish it as a discipline. Later, Dr. Jean Valnet came up with the title ‘Aromatic Medicine’. His research was much more well-known and focused on aromatherapy and essential oils as treatments for illnesses. Gatefossé and Valnet were both from France and are often grouped together as the ‘fathers of aromatherapy’ – One reason people call it the French ‘school’.

A LITTLE MORE HISTORY:

In 1980, a French chemist. Henri Viaud published criteria that tells the purity and quality Essential Oils have to meet to be suitable for this method (for medical purposes) of use.

As 'Medicinal Aromatherapy' spread, Doctors and Pharmacists all over Europe became involved, but many of them were from France which is another reason it has become known as the French 'school'. The books and online information you will find using this Medical Aromatherapy approach will cite research and clinical studies and will clearly state that the Essential Oils are safe to take internally. And if you're using the quality of oils they're referring to, you CAN take them internally! You can also use them topically and aromatically. But make sure your Essential oils are the highest quality Therapeutic Grade or better. (There are many different levels of quality, even among Therapeutic grade oils.)

Dr. Valnet strongly advocated the practice of aromatherapy by anyone (with minimal training) as being safe and effective. Valnet believed that applying essential oils was not a practice to be commandeered for the exclusive use of professionals.

Other Doctors who contributed to Medical Aromatherapy are listed here for those who like to do their own research.

Dr. Paul Belaiche

Jean-Claude Lapraz

Christian Duraffourd

Dominique Baudoux

Dr. Daniel Pénoël

Pierre Franchomme

BRITISH:

The British 'school' emphasizes the use of Essential oils topically. This is credited to Madame Marguerite Maury (although she was Austrian born and studied in France). She was actually a biochemist who had studied the use of oils in medical applications (with doctors from the French 'school' by the way, and as a student of Jean Valnet where they used the oils internally), but as a non-physician, when she broke off to do her own thing, she had different goals. She chose to focus on non medical uses for beauty and massage, with Essential Oils diluted in carrier oils in 2%-5% concentrations. She didn't NEED the high-

quality oils because she was not trying to use them for medicinal purposes. She was using much lower quality oils, so she taught that you should not take the oils internally. With that level of quality essential oil, she was right! (NOTE: She did train beauty and Massage Therapists in London, but she also trained Therapists all over Europe). She wasn't trying to medicate but her teachings were just as valid and were actually most often in alignment with the other methods of use.

Those who say they are proponents to the British 'school' emphasize that aromatherapy is best practiced by trained, certified professionals. Some even go so far as to promote government licensing and regulation.

The 'British' method of use relies on scientific research with animals, using 'perfume' or 'food' grade Essential Oils – they are NOT talking about Therapeutic Grade oils. So when they list cautions and say NOT to take these oils internally... They're RIGHT! You will see statements online and in Essential Oil books, citing research and saying that Essential Oils are not safe to take internally.

They list cautions and contraindications for oils used neat (applied topically, undiluted) or internally. They even forbid the use of many Essential Oils. When using this grade of Essential Oils, what they are saying is absolutely true. A good illustration of this... pay attention and you will notice that sometimes you will see brands of Essential Oils that say right on the label, 'Do Not Ingest'. FOLLOW THOSE INSTRUCTIONS!!

Others who are associated with the massage and fragrance industries are listed below, again, for your own research.

Robert Tisserand
Danièle Ryman
Madam Micheline Arcier

GERMAN:

The German 'school' is cited as emphasizing the use of aroma/inhalation with Essential Oils but honestly, Dr. Pénnoël's reference to a 'German School' is unclear and a bit confusing because research proves difficult on the subject, if not completely unproductive.

MY SUGGESTION: (Teresa Harding)

Just make sure that when you hear people disagree about the best way to use the oils safely, remember that this is not a discussion about a disagreement between what has erroneously been called 'schools of thought', no matter how much we like to make it so. It is rather a discussion about uses for a level of quality of oils. Not of Essential Oils in general.

So just because many people don't understand the history behind the Essential Oils and their uses, let's not fall into the trap of perpetuating what we've heard just because it's what everybody says. The important thing is not to decide which 'school' you align with... because there is no such thing and doing so is not only uneducated but in its own way, attempts to rewrite history. What IS important... is to make sure that whatever method you choose to use in any given situation, you are using the appropriate quality of Essential Oils and that you are doing it safely.

There are 3 methods of use; aromatic, topical and internal and these three together, make up Aromatherapy.

In other words, YOU GUYS! We're all on the same team!! So, let's quit battling over the supposed 'schools' and work unitedly to spread the GOOD NEWS of Essential Oils. Let's educate one another on the best and safest practices for each method of Aromatherapy, no matter which one we like best... and reach out together to help the world!

For those of you who don't want to have to worry about which quality of oil you can use for which method of use... that's easy, make sure you have a high-quality Therapeutic Grade oil or higher, and then you can grab and go. I've chosen to use the highest quality oils available and they're amazing, so I don't have to worry about it #doTERRA

INTERNAL USE WITH HIGH QUALITY OILS:

Also, one thing I want to point out that has to do with published literature regarding internal use with high quality essential oils (including labels on bottles) ... It is helpful to know that when essential oil books are discussing internal, topical, and aromatic uses, each book bases their information not only on the quality of oils they are referring to, but they must also adhere to certain legal

guidelines... what is allowed to be 'stated' in their documentation or on their labels.

Some oils may be safe for internal use, but have simply not been tested by the FDA for internal use yet, so they are not on the FDA's GRAS list (Generally Regarded As Safe) This means companies are legally not allowed to list internal use as an option on those labels... It doesn't necessarily mean the oil is unsafe to use that way. A high-quality brand will have many of their oils labelled for internal use and some oils that are not. They are wisely complying with regulation. I'm lucky enough to have the opportunity to learn from the best Doctors in the field, so there are oils that don't list 'internal' on the label, but which I know I can consistently use that way... but only with the appropriate knowledge!

The beautiful thing about Essential Oils is that they are a powerful support whichever method you use!! In my trainings I teach that it is always better to err on the side of caution when using the oils and it is safe when you follow the instructions on the label. If you are unsure of the quality of your oils or if you do not feel comfortable using it internally, absolutely use it topically and/or aromatically and you will still see amazing support. You've got to be the one that feels good about your own choice!

I hope that clears some things up for you. Have fun with your Essential Oils and as some of my colleagues would say,

FRENCH: "Au Revoir"

BRITISH: "Cheers"

GERMAN: "Auf Wiedersehen "

And Happy Oiling to the rest of you!!

Love, Teresa