

Essential Oils, Every Day

Successfully using
essential oils
for home, health,
and family

Pam Farley | BrownThumbMama.com

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by Pam Farley

BrownThumbMama.com

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Introduction

Are you tired of staying home if your kids are sick with a cold, sore throat, or the flu? And it's terrible to go to the doctor and hear, "Well, there's nothing we can do. You just have to let it run its course." Meanwhile, your little one is sick and crying—and you know that you will get sick next. That means more days off work and who knows what the house will look like after you've been sick.

Sometimes it's worse if the doctor gives you a prescription--which happens [75% of the time](#) when people go to the doctor. Have you ever seen a prescription medicine commercial in which the side effects sound worse than the disease? You just don't know what will happen when you take that prescription.

Our current healthcare system is medicating us, instead of getting to the root of why our bodies are imbalanced, inflamed, and diseased.

Pure therapeutic grade essential oils are a natural, less expensive, safer alternative to the endless bottles of pills in your home. How about this: one or two drops of Melaleuca essential oil will get rid of an earache (cost: 29 cents), but a week of antibiotics will cost...?!?

Essential oils are made from plants, not in a laboratory, so you can feel good about sharing them with your family. My husband is even coming around, since oils have alleviated his back pain. And the kids know that if they get an owie, my [natural first-aid cream](#) will fix them right up.

Here are just a few of the ways we use essential oils every day:

- To heal bruises, cuts, and scrapes
- To stop the itch from bug bites
- Sunburn relief
- Ease headaches and muscle aches
- Soothe anxious or unhappy kids

- Aromatherapy (no chemical sprays here!)
- Ease digestive issues
- In homemade cleaners
- In laundry and instead of dryer sheets
- Freshening the bathroom
- Disinfecting the bathroom
- In homemade lip balm and lotion
- In homemade soap
- and much, much more!

Would you like to keep your family healthy, and your house clean, without synthetic medicines and chemical cocktails?

**doTERRA's Certified Pure Therapeutic Grade essential oils
can help you do this.**

What Are Essential Oils?

Essential oils are highly concentrated liquids distilled from plants, flowers, or trees. They are called “essential” not because they’re necessary (although I think they are), but because their extreme concentration brings out the medicinal and therapeutic essence of the plant.

For example, it takes as much as 12,000 rose blossoms to distill 5 mL of therapeutic-grade essential Rose oil. One drop of Peppermint oil is equivalent to about 28 cups of peppermint tea. Because they are so concentrated, you only need a few drops to be effective. That’s why they’re sold in such tiny bottles!

As with many products, essential oils are made in different grades, or levels of quality.

- **Synthetic oils or fragrance oils** are the lowest quality and are typically used in lotions or perfumes. These are often sold at craft stores.
- **Food grade oils** are used to flavor things like cake mix, cereal, and so on. An example of this is the lemon or orange flavoring sold at the grocery store.
- **Therapeutic grade oils** are the highest grade and can be diffused (spread via air), used topically (on the skin), or ingested (taken internally). I use and recommend doTERRA essential oils because they are tested and guaranteed to be 100% pure and natural and free of synthetic compounds or contaminants.

There are many essential oil companies, and many opinions about which is best. I have tried most brands on the market, and I use, love, and recommend doTERRA oils for these reasons:

- doTERRA’s oils are 100% pure with no fillers. They are therapeutic grade, which means they are safe to use for medicinal purposes.
- They are free of solvents, contaminants, and synthetic compounds.
- Every batch of doTERRA essential oils undergoes [five different tests](#) by a third-party laboratory.
- The oils are grown and sourced from their native environments around the world, using practices that are *beyond* organic standards.

- Because of this commitment to quality, many of doTERRA's oils are safe for ingestion, while oils of lesser quality may not be.

Because of their quality, a single essential oil can be used in a variety of ways. This **saves you money** because you don't have to buy multiple products.

For example: I don't need to buy "Baby Bedtime Bath" for my toddler—I just add a bit of lavender essential oil to her bath water. A couple of drops of lavender on a cloth in the dryer gives our laundry a fresh scent. And finally, a teeny drop of lavender on a pimple helps to dry it up.

That's **three separate products that I didn't have to buy**, from just one bottle of essential oil!

Why Essential Oils are Effective

Plain and simple, essential oils come from plants. Most of us are aware of the benefits of herbs, but did you know that many of our modern-day pharmaceuticals were originally derived from plants as well? For example, aspirin originally came from the bark of the willow tree, while morphine came from poppy plants.

It's not a far-fetched idea to think that plants can provide us with healing benefits. These tools are part of nature and were created to support our bodies in the healing process. And keep in mind that essential oils are not a new concept. They have been used for thousands of years and were highly prized in the ancient world.

Many essential oils contain antibacterial, antiviral, antifungal, antiseptic, or anti-parasitic properties. Yes—antiviral! Essential oils can actually [penetrate cell walls](#) to fight viruses. Keep that in mind the next time you get the flu, or a cold sore on your lip.

Have you heard of MRSA? It's a deadly superbug that is often contracted after a hospital visit. This superbug, which is resistant to antibiotics, can be [wiped out using oregano essential oil](#). Frankincense essential oil has also been effective in [pancreatic cancer treatment](#). These qualities make essential oils a powerful, natural alternative to synthetic medicines, cosmetics, and cleaning products.

A Word of Warning

For the most part, essential oils are safe. However, I encourage you to do your own research and keep the following guidelines in mind:

- Never place essential oils in your eyes, nose, or inner ear.
- Never ingest oils unless they are therapeutic grade and labeled as appropriate for internal use.
- Know what oils should never be ingested, regardless of the manufacturer (Cypress, Eucalyptus, Helichrysum, Birch, White Fir and Wintergreen).
- Be cautious when applying oils to infants or children, and dilute when necessary.

- Remember that these oils are very potent and less is often more.

How to Use Essential Oils

Depending on your desired benefits, you can apply a single oil, a combination, or a complex blend. Essential oils are used in one of three ways: diffused in the air (aromatically), on the skin (topically), or ingested (internally). Note: essential oils should not be used in the eyes, inside the ear canal, or in open wounds.

Diffuse them in the air

Our sense of smell is the only one of our five senses that is directly related to our brain. All of our other senses are routed first through the thalamus and then directed to the cerebral cortex and other brain regions. Our sense of smell has the biggest influence on many physiological pathways, including the stimulation of hormones and other metabolic processes.

Are you exhausted? Inhale Peppermint for 30 seconds.

Depressed? Inhale Wild Orange.

Trouble sleeping? Diffuse Lavender and Roman Chamomile by your bed.

Watch the beauty of what happens.

Aromatherapy has been founded upon our bodies' predicted response to this kind of stimuli. In addition to the emotional benefits, diffusing essential oils can purify the air of unwanted odors and many airborne pathogens. I don't use scented candles any more! Essential oils can also be used as cleansing and purifying additives to laundry and surface cleaners throughout the home.

Put them on your skin

Essential oils are easily absorbed by the skin and can safely be applied topically. Application of essential oils has immediate, localized benefits to whatever area you are applying and targeting.

Applying the essential oil directly to your body without any kind of dilution is called applying the oil “neat.” Since essential oils are potent and may irritate the skin, they are often diluted with a “carrier oil” such as fractionated coconut oil, jojoba oil, olive oil, almond oil, etc.

If you **burn your skin**, apply lavender right away and watch it disappear. **Can’t sleep?** Try Balance on your feet, Frankincense on your stomach, and Lavender on your neck. Does your **toddler have a tummyache?** Mix a drop of DigestZen with a carrier oil and rub on her tummy.

The chemical structure of essential oils also allows them to be absorbed immediately into your bloodstream via your skin for internal benefits throughout your entire body.

Ingest them

Essential oils can be used to cook with and as dietary supplements. ONLY pure, therapeutic grade essential oils should be used for internal consumption, as other oils on the market may be diluted or processed using harmful chemicals. doTERRA oils have supplement information printed directly on the label and are Generally Regarded As Safe (GRAS) by the Food and Drug Administration.

Add one or two drops of Peppermint to brownie batter to make **Mint Brownies**. A drop of Lemon in your water will **help detox the liver**.

When ingesting essential oils, be sure to consult with a certified product distributor or take a look at the A-Z Usage Guide (which can be found at myoilbusiness.com or aromatools.com.)

Essential Oils for the Home

I hate housework, so everybody in the family is ~~stuck with~~ *shares in* the cleaning chores.

Because I don't want the kids—or us—being exposed to weird chemicals, I've developed some homemade, natural cleaners that work great. Here's one of them.

All-Purpose Cleaner

This all-purpose cleaner is great at cutting grease and disinfecting, and we use it all over the house. We call it APC for short.

Ingredients:

- 1/2 cup [citrus vinegar](#) (degreaser)
- 1 teaspoon Dr. Bronner's Sal Suds ([buy it here](#))
- 2 teaspoons baking soda (removes odor)
- 15 drops tea tree essential oil (antibacterial)
- 2 cups water

Add everything to a clean, empty spray bottle. The vinegar and baking soda will fizz a bit, so don't put the lid on right away! Once the fizzing stops, put the top on, shake gently to mix, and start cleaning.

Other household essential oil tips:

- Use lemon oil to remove crayon or pencil marks from painted surfaces.
- Diffuse any of the citrus oils (lemon, grapefruit, lime, wild orange, or Citrus Bliss) or blends like OnGuard or Purify to freshen up a stale or smelly room.
- Add several drops of oil to your mop water. My favorites for this are lavender, melaleuca, or Purify.
- To deter mice, place several drops of peppermint oil on a cotton ball and stuff into areas where mice might travel or enter into your home.
- Use lemon oil to remove gum from hair or clothing.

Essential Oils for the Body

Did you know that your skin is the largest organ of your body? Makes sense when you think about it. That's why it's so important for me to choose my personal care products wisely, and make my own when I can.

Gentle, Foaming Hand Soap

Natural, inexpensive, and completely customizable with the essential oils of your choice. Use doTERRA's OnGuard immune-boosting blend and throw away your antibacterial soap!

Ingredients:

2/3 cup distilled water

1 teaspoon vegetable glycerine ([buy it here](#))

1/3 cup unscented liquid castile soap ([buy it here](#))

15 drops essential oil of your choice—I used lavender.

Foaming hand soap dispenser (the ones from the stinky bath store work great)

Add ingredients to dispenser in the order listed. If you put the soap in first, everything else you add will cause a foaming mess. Put the lid on, shake gently, and scrub-a-dub-dub!

More body care essential oil tips:

- Add your favorite oils to homemade lip balms, lotions, scrubs, toothpaste, and more. Homemade skincare items make wonderful gifts.
- Mix lavender and Melaleuca with a carrier oil to stop the itch from bug bites.
- A drop of lavender on a pimple helps dry it up.
- Add a drop of lavender to a new tube of mascara to strengthen and lengthen lashes.

Essential Oils for Health

This is a good time to remind you that I'm not a doctor, and this information should not be considered medical advice. Do your own research and use good judgement!

As you know, synthetic medicines are designed to manage symptoms and often they just mask them. All drugs have side effects, and the misuse of prescription drugs has devastating consequences. Essential oils are a much safer alternative. Just look at all the drugs these eight essential oils can replace!

Peppermint

Pepto-Bismol
Tums
No-Doze
Tylenol Cold
Zyrtec/Claritin

DigestZen

Pepto-Bismol
Immodium AD
Tums
Mylanta
Laxatives
Prilosec

Melaleuca (Tea Tree)

Throat lozenges
Ear drops
Nyquil
Dayquil
Neosporin

Lavender

Neosporin
Tylenol
Burn cream
Calamine lotion
Diaper cream

Oregano

Freeze Away
Tylenol
Motrin
Aleve
Tums
Mylanta

Breathe

Inhalers
Vicks Vapo-Rub
Shower Soothers
Nyquil
Dayquil

Here are a few of the many ways I use **essential oils instead of synthetic medicines:**

- For digestive support/relief: Use peppermint or DigestZen. Place several drops of oil in an empty gel capsule, or several ounces of liquid. You can also rub these oils on your chest or stomach for relief.
- For seasonal allergy support, combine lemon, lavender, and peppermint. Rub them on your feet, the back of your neck, or take them in a capsule.
- Use lavender to soothe burns, cuts, scrapes, and bug bites.
- For respiratory support, rub peppermint, eucalyptus, lemon, lime, or Breathe on your feet/chest, or diffuse it to clear the lungs and nasal passages.
- Soothe a queasy stomach with ginger or DigestZen.
- Boost your immune system with OnGuard. Take several drops in a capsule every 3-4 hours, or diffuse it in the air.
- Diluted wintergreen, marjoram, or Deep Blue helps with sore joints and muscles.
- Calm nerves by diffusing lavender, patchouli, vetiver, Serenity, or Balance.
- Rub lavender and peppermint on the back of your neck to ease tension.
- Use helichrysum to stop bleeding, heal cuts, and combat bruising.
- Myrrh is known as a “liquid bandage” and can be useful in sealing cuts.

Are you ready to take control?

Take control of what enters your body:

live without synthetic cleaners and harsh chemicals.

Take control of your health:

with natural alternatives to big pharma.

Take control of your finances:

save money by making your own home and body products.

doTERRA essential oils can help you do all of this.

Why doTERRA oils?

I'll be honest—doTERRA oils are not the cheapest on the market. You can purchase less expensive oils at your local health food store. But, you get what you pay for.

Many of the cheaper oils contain fillers and chemicals that I do not feel comfortable using on my family. In fact, many of those oils have labels that plainly state “Not for internal use.” Personally, if the oil has ingredients that aren't safe for me to ingest, then I'm not really comfortable using it on my skin either.

doTERRA oils are superior quality, and the plants are sourced from their native environments where they grow best. This results in premium oils AND supports local economies all over the world.

It's important to know that no official standards for the essential oil industry exist. doTERRA uses the Certified-Pure Therapeutic Grade (CPTG) designation to represent their high standards of purity and quality control. Every batch of doTERRA essential oils undergoes [five different tests](#) by a third-party laboratory to ensure that they are absolutely pure, free of pesticides and chemicals, and above and beyond organic standards.

I am incredibly satisfied with the quality of doTERRA oils. I use them on a daily basis, and liked them so much that I even became a doTERRA Wellness Advocate.

Getting Started with doTERRA

If you are interested in doTERRA, there are two ways to get started:

Wholesale/Wellness Advocate Account

This is the option I recommend! For \$35 a year you get:

- All products at wholesale cost (25% off retail).
- The opportunity to sell oils and earn commissions and bonuses if you choose—there is no pressure to sell.
- Your own online store and back office. (Great for bloggers!)
- Access to my team's doTERRA group on Facebook AND access to our private team website with tons of training.
- Mentoring and support from me and the other leaders on our team.

[Click here to sign up as a Wellness Advocate.](#)

This option is very similar to a membership with Costco or Sam's Club—you pay a yearly fee that enables you to receive the best possible prices.

You don't have to sell any oils if you don't want to; however, I found shortly into my doTERRA journey that I wanted to share the results with others! That's why I chose to build a business with doTERRA.

There is also a Loyalty Rewards Program that gives you credit for purchasing oils on a monthly basis, and also allows you to be eligible to receive free products. This program is optional, but I definitely recommend it. It gives you free product AND an even deeper discount than the 25% off you'll already be getting!

Retail Price

You can also purchase doTERRA essential oils directly from my website for full retail price: mydoterra.com/brownthumbmama

How I Afford to Purchase Oils

If you've [read my blog](#), you know that I'm a very thrifty person and we don't have a lot of extra spending money. I get lots of emails asking how I afford to purchase essential oils, and I'm happy to share my tips with you.

1. **I am a Wellness Advocate**, which automatically allows me to purchase all my oils at wholesale price. This is a big savings off the retail prices.
2. I am a part of the **Loyalty Rewards Program**. This is a monthly oil purchasing program that earns you credit for free oils.
3. Most important, **I save TONS of money** because I use oils to make cleaning supplies, lotions, body care items, and for first aid.

I am confident that the oils have kept us from expensive doctor's visits and prescriptions—my kids haven't had a single urgent-care or emergency doctor visit since we started using oils!

Recommended Resources

These are my recommended books on the topic of essential oils.

[Modern Essentials: A Contemporary Guide to the Therapeutic Use of Essential Oils](#)

This is a key reference to doTERRA products, and I use it frequently. It contains information and usage guides on many single oils, as well as all of the doTERRA blends.

[The Complete Book of Essential Oils and Aromatherapy](#) by Valerie Ann Worwood

This is the book that got me started with oils. It contains essential oil information specific to women, men, children, and seniors.

[Holistic Aromatherapy for Animals](#) by Kristen Leigh Bell

This book mostly discusses the use of oils for dogs, but also touches on horses and other large animals. It includes extensive safety information as well as animal care recipes.

Conclusion

Essential oils are a great way to take charge of your health and protect your family from synthetic products. I hope you found this book useful and inspiring!

If you have any comments or questions, please email me or leave a comment on my blog. I love to talk about oils and would be happy to answer any questions you may have.

-Pam

Blog: BrownThumbMama.com

Essential Oil Facebook Group: facebook.com/groups/EOsEveryDay

Email: brownthumbmama@yahoo.com

doTERRA store: mydoterra.com/brownthumbmama

WA#: 1007541

About the Author



I'm Pam, otherwise known as BrownThumbMama. I'm a corporate writer by day, hobby gardener, avid reader, and housework avoider by night.

I created my blog to help other working moms and families enjoy good health and nutrition while living a thrifty life. I give examples, recipes, and real-life stories of our family to show how we do this.

Our life has been frugal since we got married. Eighteen months after we tied the knot, we bought the [comic book store](#) my husband had shopped at for years. We were already newlywed-poor, so the beans-and-rice life of small business owners didn't bother us at all! Several years later, we added two crazy kids to our little family.



He runs the comic book shop six days a week, and I have a full-time job too. All the things I write about on [BrownThumbMama.com](#) happen somewhere in the blur between work, dinner, baths, and bedtime!

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So, thank you!