



ESSENTIAL OILS TRANSFORMATION

FULL-LENGTH TALK TRANSCRIPTS

Enjoy these 3 expert talk transcripts from Samantha Lee Wright



FEATURED PRESENTATIONS

Enjoy learning from these introductory expert talks transcripts pulled from The Essential Oils Transformation Summit!

If you're already a registrant of The Essential Oils Transformation Summit, you can access the video interviews of these talks below:

(If you're not yet registered, be sure to sign up to access these interviews!)

GUEST EXPERTS

Finding Freedom Through Yoga and Oils Lee Yen Anderson, CN, ISHTA, CYT, CRTS, LSH [Watch here!](#)

Safe, Internal Usage of Essential Oils Jade Shutes, BA, Dipl. AT, Cert. Herbalist [Watch here!](#)

Cooking with Essential Oils Lindsey Dietz [Watch here!](#)



We're happy that you're taking time to learn about living a healthier and happier life, and we hope you'll make us a regular part of that journey!

From the entire HealthMeans team, thank you for downloading these transcripts -- we hope you learn a lot from them!



Finding Freedom through Yoga and Oils

Lee Yen Anderson, CNC, ISHTA CYT, CRTS, LSH

Samantha: I'm here with the lovely Lee Yen. How are you?

Lee Yen: I'm great, thank you. Thanks for having me.

Samantha: I'm super excited to have you here and talk about not just essential oils and yoga, but we're going to get deep into some other stuff. Which I'm really excited about. So, Lee Yen, for those who don't know you, Lee Yen Anderson, you are a yoga teacher and an aroma yoga instructor. And your work focuses a lot on creating sacred spaces for soul level connections. And empowering women to find their voice, which I love. You're a very successful leader in the oils and the yoga space.

I read something the other day about you. I wanted to read. I just loved it. It said, "Her yoga classes use essential oils as a means of tapping into our sensorial realm to liberate our energy flow through out chakras. Essential oils support this process of awakening our senses as a path of presence." Which I've talked to you a little bit about before and I just love that.

So, let's just start with that last sentence. Essential oils as a means of tapping into our sensorial realm to liberate our energy flow through chakras. Explain that for us.

Lee Yen: Okay. So, there's a lot in that sentence. And I want to start with a quote from Anodea Judith who is an authority on Chakras. And she

says, "The senses are the first gateway between the outer and inner world. To open our senses is to become sensible instead of senseless. Through the senses we first get in touch. To be in touch is to know what we feel and to be awake and aware. To be in touch is to be connected."

So, I take that very much to heart when I teach my yoga classes. And just to let you understand a little bit, I've been practicing yoga for 18 years. And was first introduced to it when my parents brought me to this ancient holy cave in Malaysia when I was about 10 years old. But with the utmost humility, the feedback from the sensible yoga classes that I've been teaching this last three years have been very encouraging. I've heard numerous times that it has been unlike any yoga class they had ever been to. Many of them say they left in the most blissful state. Some say they had the best night's rest that they can remember. They feel recharged. They are grounded and yet they were uplifted. They felt such joy to be part of something so special when we get together in a yoga circle. And many of them say they have the ability to meditate for longer.

So, this tapping into the sensorial realm through our sense of smell is what is accelerating the process of our reason to do yoga in the first place, to unite our mind, body, and spirit. To gain freedom and that is liberating our energy flow. And the chakra is the system to get there and makes it very accessible for anybody who wants



ESSENTIAL OILS TRANSFORMATION

to explore their inner self through yoga classes.

So, just to start off by saying that the energy flow, you know, our body is an energetic being. We think of ourselves as matter. But really 98% of our cells are renewed within a year. So, who are we really? Are we our skin and our cells? Or are we this un-nameable presence within us? That presence is some sort of an energetic vibration that is represented by the fact that our atoms are 99.9% just space, right?

So, this presence of that energetic flow in China is called Chi. In India it is called Prana. And in Hawaii it is called Mana. And the systems of chakras has been around since thousands of years ago. It first surfaced in Hindu mythology. But it's represented as vortexes of energy within our body. There are seven major ones going up and down our spine within our body connected to different endocrine glands and even nerve ganglia.

But ultimately that liberating of the energy flow is when we can unite our physical chakras to our spiritual chakras using our heart as the connector in the bridge. Does that make sense?

Samantha: Yeah, that sounds lovely and wonderful. And I think that a lot of people who get into yoga, meditation, or any of these sorts of more eastern practices that are becoming more popular nowadays. Sometimes they can approach it much more on just the physical aspect of what Yoga can do. The more and more people are becoming open to beyond that, right. And I think the chakra system is sort of a place that some people can start.

So, maybe for people who are unaware of chakras. I know you explained it a little bit. But paint us a little picture of that and then connect that with essential oils and how you use that in your classes to help people?

Lee Yen: So, when you think of these seven major voltages of energy. Chakra in Sanskrit means, wheel. And so, you can imagine it as just a spinning wheel of energy that allows us to take in energy, receive it, assimilate it, absorb it, and then express it. It becomes a lot more understandable when we take it to real life.

So, we have the seven as the root chakra, which is right at our coccyx. Our sacral chakra, which is just below our navel. The solar plexus chakra, the heart chakra, the throat chakra, the third eye chakra, and the crown chakra. And if we think of them as manifestations of energy, then let's look back at times in our lives when we're really excited about something. Probably showed up as butterflies in our stomach. The nervous energy we feel. And that could be our solar plexus chakra really expressing itself.

Let's say you have to have this really difficult conversation with someone that would mean that you would have to get pretty vulnerable. A lot of times you express it in a way, I felt this lump in my throat and like there was a golf ball. So, that is the throat chakra expressing itself. Saying, "Something is stuck here, and we need to let it flow." Sort of as humans we feel it. But we don't necessarily connect it to our chakras. And so, this is why it's a map for our personal journey of awakening.

How we use it with essential oils then becomes this matching of intention and of vibration. And we have a few different ways of finding the essential oils that we would use for a certain chakra.

The root chakra, or Moolah Dara, as it is known in Sanskrit, is connected to our ability to survive in this world. And so, it has the elements of safety, security, and stability. The element is earth. So, imagine us connected to earth, the earth supporting us, and our roots going deep into the



ESSENTIAL OILS TRANSFORMATION

ground, feeling stable and secure. And therefore, not having a sense of lack, embracing abundance. And you can tell then with certain aspects of behavior in this world. When you think about the poverty mindset or conversely the abundance mindset. We know that in order to get from poverty to abundance, we need to address our root chakra.

And ultimately, it's a matter of trusting, surrendering, and accepting where we are in life. A lot of it also is trauma from birth to about three to five years old. If we didn't receive the love that we should have at that time, we start to embody this feeling of fear and insecurity.

And so, essential oils help with that because it's a huge emotional release accelerator, right? And so, let's say we're tackling the root chakra and we want to find some essential oils that help us to feel grounded. I would say you can choose it by saying, the tree for instance of black spruce is big, tall, grows up to the sky, and is so stable, year after year of just being. The roots that go deep and the ability to help us feel grounded and stable.

So, I like to use black spruce in my yoga classes when we start with the root chakra. This is how we use the essential oils in class. I ask them to hold out their left palm. I use the left palm because the left side of the body is the receiving side.

So, we're receiving the essential oil, which is really the vibration from nature that has been created through the sun, the soil, the wind, and all of the elements that then we're receiving into a body. So, I put a drop on each and every one of the participants in the class. I ask them to take that other palm, circle it around clockwise three times. And that is just generally because proteins circle around clockwise. So, do our genes and our DNA. And I then encourage them to hold it

up to their nose. They can hold it as far away as they want or as close as they desire. And when they inhale it deeply, three times, that is when they're activating. When they inhale it, it goes up to the brain, to the limbic system. It activates the ability to get that sense of grounding because the essential hold we've chosen has those qualities.

The other way to choose the essential oils is then either the color that corresponds to the chakra or how low to the ground it is. Low being more dense in its frequency. And as we go up the chakras it becomes higher in their frequency levels.

So, one reason to choose the vetiver cover for the grounding sense is because it is a grass that grows close to the ground. And vetiver is really amazing for bringing us back to the present. It has a really dense, thick viscosity.

And its scent lasts a long time. I like to put it on. And I smell it for the next few hours. Which some of the other essential oils have a more ethereal quality where it evaporates really quickly, right?

So, you can find a few different ways to choose the essential oils that correspond to the intention of the chakra that we're working on.

Samantha: I love that. And as you said, you're having your students mostly smell the oil in. Do you ever have them rub it on their bodies, their feet, or things like that as well?

Lee Yen: Yes. So, the essential oil class will differ according to the theme of the class. And in the past, we've had themes suggest harmony, resilience, cultivating, tenacity, forgiveness. You know, it could be any of those themes that really attract the ones that feel that those are the things they need to work on in their lives.

And as we go through the chakras, we can find different areas of our lives that correspond to that



ESSENTIAL OILS TRANSFORMATION

same theme. Or in a work that is required of us at that time.

Now most of the time, I would say after we inhale, we put it on the point of the chakra. And so, for the root chakra, we start at the tailbone. And then that is really the only one that I say in the back body. And most of the other ones, for instance the sacral chakra, I would say, "Just below your naval." The solar plexus, I would put it right here. The heart definitely there.

There are certain classes where I would ask them to put the oil in a very specific area for a very specific emotion. And that I would refer to different books where it shows us which point in our body, mostly meridian points that correspond to which kind of emotion that we're working on.

Samantha: It sounds like such an educational experience as well too to be in that class if you're not familiar with the chakras or the different meridian points. But you're really learning a lot about where these different emotions live in your body. And you know, the whole point of yoga really is to tune in and get to know yourself and your body. And be able to listen to it.

It sounds like such a fun experience and educational. I can see why people could leave these classes just blown away and never experiencing that combination of such an amazing sacred practice like yoga. And then linking that with that sensorial realm of essential oils. I think that's wonderful.

Well, Lee Yen, we obviously don't have time to go into all the chakras and all the oils. But do you want to share with us maybe a few of your favorite chakra points to work on? And how essential oils are incorporated into your classes?

Lee Yen: So, very simply, like I mentioned before we are tapping into our heart sensor in order to

liberate the energy flow, right? So, the three lower chakras are very much in the physical realm. The root chakra being our sense of safety and stability. Our sacral chakra being a sense of pleasure and creativity. And our solar plexus chakra, being our sense of activity, decision making, and choices that we make.

And if we then allow our heart to lead all of those. We are taking love and gratitude to be the primary purpose of what we do, why we do it, and when we do it. But that heart chakra is also informed by our ability to bring down the divine wisdom within us. However, that expresses itself to you.

And then our ability to communicate that. So, when we think about manifesting our path in this world that we're meant to have a meaningful life, using the chakras to do that is really powerful because it gives meaning to the decisions we make.

So, one of the ways I like to very quickly go through the chakras is, first of all ground. Allow yourself to release all your stuck emotions. And any of your anger and regret into the present. Allow the earth to receive that. And then you're going to be able to stay in that space of fun, pleasure, and creativity. Because we can't create unless we are unencumbered by emotions swirling within our head.

So, once we're able to create and we have ideas, we bring it up to our solar plexus where now we can actually take the steps to implement those ideas. When we have the courage to do that and not be held back by our fear. We are instantly manifesting what it is what we want and have been guided within to do so. That brings me to then the sacral chakra. I love using citrus oils for activating our pleasure zone. Just imagine bliss, joy, and laughter in everything that we do.

So, life is not only about enjoyment, laughter, and



ESSENTIAL OILS TRANSFORMATION

pleasure, of course. But if we can find the joy in everything, regardless of what happens. And to accept that it is meant to be, life becomes a lot more pleasurable and meaningful.

Samantha: It's funny that you use the words, I think you used the words childish maybe at some point. But when I think of playfulness and youthfulness, I often think of the citrus oils. Like you mentioned grapefruit, orange, lime, tangerine, lemon. They all have this fresh, youthful quality to them. And they really do boost that joy so easily. I love that.

Do you diffuse those in your classes as well? Or do you people apply that to their sacral area?

Lee Yen: I actually don't diffuse in my classes because I feel like they are getting a lot of essential oils. I do use one essential for each chakra. So, they're exposed to at least seven essential oils when they come to my class. And so, I don't actually diffuse them.

At home, of course, I diffuse all the time. Just having citrus essential oils in the room, it gives you this childlike curiosity of life. That is what we're trying to get to as a balanced sacral chakra.

Samantha: I love that.

Lee Yen: Yes. So, moving on then. The essential oils that allow us to take those ideas into action. I like peppermint. But when I do use peppermint, I will definitely use a carrier oil to dilute that. Because peppermint can be pretty strong. The sacral chakra is water, right? So, just the ability to go with the flow.

Now we're at the solar plexus chakra, which is fire. And peppermint then has that fiery sense. This is where we gather our energy and express it in our actions. So, I like peppermint for that. And as a way of connecting to our organs, then the solar plexus is also where most of our digestive organs

are. And peppermint helps with that as well.

Another way to get us motivated to move forward is I like to use Roman chamomile. Roman chamomile has this scent where it allows you to just get that decision made like right then and there.

Samantha: I never thought about Roman chamomile missed with peppermint. Or those scents kind of interflowing together in the same space. And it sounds amazing.

Lee Yen: Yes. And I would use one or the other, or I would maybe make some blends to have as specific to the chakras before class. And there are many recipes out there that correspond to each chakra. And so that could be a choice as well.

Samantha: Yeah, absolutely. I love that. Well, this sounds like such an amazing experience that you're helping lead people through. And of course they can learn to do this in their home practices as well.

So, thank you for sharing all this. I know we are running out of time. Do you have any last words that you want to share with the viewers watching, who are really interested in this topic of the blending of essential oils and yoga?

Lee Yen: Yes. Like you said, there's just so much to share. I definitely would love to be able to share more on my website at LeeYenAnderson.com.

A few last words are the ability for yoga to help us experience that freedom, also reminds us that breath is so important. And when we add essential oils to that, it reminds us to breath, you know. So many of us go through life with shallow breathing and not really taking the time to observe our breath. And that's another way essential oils remind us to come back to the present, to be aware of our breath. And so, I incorporate a lot of breath work into my classes as



ESSENTIAL OILS TRANSFORMATION

well. And I love when I can have sound healing in the sensible yoga. Because it's an experience of all the different senses that bring us to an awareness of our body, our mind, and our spirit.

Samantha: I love that. And I heard you say that before yoga being almost a form of achieving freedom. So, another last word. Explain that just a little bit more for us. And then we will say goodbye.

Lee yen: Okay. So, a lot of times when I ask people and I invite them to do yoga with me. The first thing they say is, "I'm not flexible." I want to encourage every viewer here to think of yoga, not as an exercise in flexibility. But really an exercise in accessing our breath even when we're in the hardest of positions. As a metaphor for life. Even when we are tossed with all sorts of

difficult situations, we're still able to breathe with freedom. Very simply, sometimes when we are twisted for instance, and if we are all hunched over, that is not freedom. But that has nothing to do with our flexibility. It has everything to do with just being aware of our spine and just sitting straight. And now we can breathe with freedom, you know? And if that means not going as far forward and just going to the space where you can sit up straight. That is yoga.

Samantha: Yeah. I love that. Thank you so much again, Lee Yen. This has been absolutely wonderful. Thank you for the work you do and for sharing it with us here.

Lee Yen: I'm so honored. Thank you.



Safe, Internal Usage of Essential Oils

Jade Shutes, BA, Dipl, AT, Cert.
Herbalist

Samantha: I'm here with Jade Shutes. Jade, I'm so excited to talk with you on this Summit about such an important topic. Before we get into our discussion, let me just introduce you to our audience. So Jade, you hold a diploma in holistic aromatherapy. You've studied with some of the best and most advanced mentors in the essential oil world. You've been studying natural healing for nearly three decades now. It's your life's passion. And that really comes through in everything you do.

You are the Co-founder of the New York Institute of Aromatic Studies, which is an institute that provides online and live aromatherapy courses in your school in New York City. And what I love about what you all do, especially at the Institute, is you really embrace a very modern and progressive approach to aromatherapy. You really help educate about the uses of oils without overhyping, without fear, which I think is really important.

Because as anyone with the Internet knows, there is really no one size fits all approach to essential oils, right? So, there's lots of different philosophies. there's lots of different thoughts. And strong opinions out there about how we should and shouldn't be using essential oils.

So, I want to start with giving a little bit of background into why there are so many differing opinions out there about the topic of essential oils?

Jade: Good question. For me, I really believe to understand this, we have to have a little bit of our own history. Kind of a little history lesson of when aromatherapy grew or what it grew out of was Gattefosse's work more with the medicinal kind of use of essential oils. If you ever read Gattefosse's writings rarely refers to olfaction. He's really talking about digestive issues, respiratory infections, and how we can use essential oils to treat them.

Samantha: And where did he live?

Jade: That was in France. He published his book *Aromatherapy* in 1937. I think it's an interesting point in history because in 1937 in France, the medicinal use of essential oils and distillation, well distillation was always happening there. It was growing. Whereas in the United States, essential oils and hydrosols had been a really intricate part of pharmacy and traditional western herbal medicine. So, the eclectics and the physio medical doctors here in the United States were using essential oils and hydrosols.

But then there was this report, the Flexner Report, that came out and started squashing the other kind of alternative therapies in the rise of what is now our traditional medical system. So, it's like as essential oils, hydrosol, and distillation was declining in the United States. It was growing in France and specifically in that medicinal use.

And then we have from there, we have Valnet,



ESSENTIAL OILS TRANSFORMATION

which was also a very medical approach to essential oils. And then Marguerite Maury, one of his proteges, brought more of a holistic. She began to merge the kind of medicine aspects of essential oils with the beauty of their aroma through some form of touch. Be it skin care or massage.

And that model really was the one that was adopted by England, United States, Canada, and even in Japan. Most countries in my perception adopted the English model. And the English model's intention was to have massage and to use the olfactory part in reducing stress, thereby increasing wellness.

So, there was the French which was kind of more a medical approach. Even though Marguerite Maury, well she was from Switzerland, but she was living in France. She brought it over to England and we call it the English model or the English approach. And that has to do, like I said, with more this olfactory, massage, aesthetic, emphasis on stress versus treating disease. Like that was kind of our approach with the English model.

Samantha: Well, it's interesting that as you're talking, it seems clear that there are this sort of two different histories of the use of essential oils that have sort of grown and evolved in different geographies. And kind of gone on these kinds of different paths. So, we see the sort of French modality, taking a path of more medicinal use, more whole body using essential oils. As almost herbalism and the different effects that the plants can do to the body on a medicinal level. If I'm interpreting this correctly?

Jade: Yes.

Samantha: And then the British model sort of saw that or maybe saw some report and said, "Well, you know what, we're a little more

interested in how we can use this for stress and relaxation?" Am I interpreting correctly?

Jade: Well, Marguerite Maury really developed the first aromatherapy programs in England. And she wasn't a medical doctor. So, she found a way to bring essential oils into a therapy without having the need be a medical doctor. So, the British, it was created from Marguerite Maury going to England and teaching her method, her approach, using it with aesthetics. Like skin care and massage. And then the British just picked it up. The different schools adopted this approach where their curriculum was around a massage.

I was trained in 1989. Then it was more of a mature profession than say it is even today here in the United States. It was a formal profession. It was accepted. The royal family, Lady Di had aromatherapy treatments. It was quite popular with the whole massage. Most of us who began teaching in this country were trained in England, within that model. And I don't know how or why, but the French approach seemed to be discussed. But there was always this kind of, we didn't really know what was happening there. It just wasn't discussed because we had our practice.

So, when we came over to the United States. We of course use the model we had been trained in, which was the British or Anglo-Saxon English model. What was traditionally called holistic aromatherapy. And that was very much integrated into massage. And I think we just picked again, because this was what we were trained. So, we brought it here to the United States. And so, that's why it became so popular.

Samantha: So, nowadays it seems like, I don't know if tension is the right word. But there definitely seems to some people who were trained in the British philosophy or trained in the French philosophies, that we'll sort of talk to each other and say, "you're doing it wrong, you



ESSENTIAL OILS TRANSFORMATION

shouldn't be doing this, or you shouldn't be doing that." There just seems to be some controversy that has come out of how these two different paths have diverged. So, can you give me insights or examples of that?

Jade: So, the traditional English model was very much against internal use. And I believe with the British associations considered outside of one's practice to use essential oils internally. So, most aromatherapy schools, I know in England, they might bring in special guest speakers to talk on the subject. But it's not a part of their curriculum, internal use.

And I think there was a misunderstanding somewhere along the way that they said that because it was so dangerous or something. As if it was something to fear. But really it was mostly that the practice model, I like to call it a model of practice versus a school of thought. Because a model of practice implies it has certain systems of diagnosis or what we say assessment of the individual. The way we would choose or select our essential oils be it a holistic way or kind of a biochemical pathology based way.

Samantha: So, I think what I'm hearing you say, and this is probably simplifying it a little, a little bit too much. But if we were to make an analogy here of let's say, there's one school of beauticians who are trained to only do manicures. But they were never taught how to do pedicures. And then another school that was taught how to do manicures and pedicures. And the people who were only taught how to do manicures say, "Oh, you should not be doing pedicures. They're dangerous." Is that just oversimplifying this?

Jade: Yes. Well, it's a good analogy actually. I don't really understand why there's so much anxiety over people using essential oils internally. Or undiluted if they choose for specific conditions or moments in time. But I think it's been the lack

of education, fear. Because fear is really what is at the core of most of the division in our field. Fear of the unknown. It comes down, for me, is the experiential part actually working with the essential oils and all the ways that we can internally, externally, inhalation, whatever. And building my own relationship over the years. I think that's important. But the division for sure is an issue. I try to bring in some balanced based opinion.

Samantha: Yeah. Now as far as research or evidence that supports the internal use of oils or even the neat, undiluted use of oils is indeed safe or at least not unsafe. What can you speak to on that point?

Jade: Yup. There's a growing amount of research. A lot of it for like nervous system when it comes to human studies. So, we have quite a few studies say on lavender being used internally for the relief of anxiety. It's being looked at for post-traumatic stress disorder. And then the other one for sleep.

Then there's other clinical trials that have been done using fennel for dysmenorrhea, which also can be effectively treated just with external application as well. Then different research on peppermint for digestive disorders. So, there is a growing amount of research. And I'm sure there's more in France. I've been slowly trying to get ahold of French papers and translate them. But you know, unless you speak French it's hard to get that information unless you can translate it with ease.

So, I'm sure the French are doing more research. I will say, in France, you can read a Glamour magazine and an ad for essential oils. They will mention taking a drop internally. It's actually kind of a casual part of their culture, their relationship with the essential oils, and the fact that they have been distilling so long there, right? So, many of the Mediterranean plants are so prized for their



ESSENTIAL OILS TRANSFORMATION

aromatics. So, the French culture is deeply rooted and not all of it, of course it's been modernized as well. But there's not the fear of taking certain things internally.

And I know when I was there, I could just go into pharmacy and literally pick up capsules like with essential oils. They were over the counter medication for digestive upsets or respiratory congestion with the essential oils. So, it's just a part of their relationship with natural medicine.

I will say at the same time, it is illegal to practice aromatherapy or really any plant-based form of medicine in France. People do, like they here. But technically considered illegal. It's only medical doctors. So, they really have a strong hold there.

Here in the United States, I feel like we need to appreciate a little bit more that aromatherapy has advanced way beyond the massage aspect, right. Because as different groups and different thoughts arose in the field, we moved away from the massage as our base model, that English approach. And now we are using essential oils for home use, for wellness, for our family, for our friends. And for people we overhear like, "Ouch, that hurts." We are like, "What can I help them with?"

Samantha: And it's not illegal for us to do that.

Jade: And it's not illegal.

Samantha: It's quite a blessing that we are given that freedom. There are a lot of restrictions definitely if you a distributor for a certain company. You are not allowed to make any medical claims. And I think that it's good to have those boundaries. But it's great that we also have those freedoms to explore.

If I want to become a certified aromatherapist, maybe like through your course or something,

I can do that. And I don't have to be a medical doctor, which I find very empowering. I get very excited when I think about people embracing the plant world more into their lives. And I think when we restrict who can talk about essential oils, who can help people with essential oils, who can take care of their own selves and their families using the gifts that are around us in the plant. That when I feel very grateful that I live in a country where I have that freedom to make those decisions.

Jade: Absolutely. Me Too.

Samantha: I wanted to ask the question a little more on the internal use. So, there are a lot of people who will claim that come from a different modality that we should not be using oils internally because they're (a) too powerful or (b) can erode the throat lining or the gut lining, or kill too many of our beneficial bacteria. Like these are all kinds of claims that I hear people saying. Do you have any research or evidence that kind of disproved some of those common claims that are made?

Jade: So, there is a lot of controversy. And I hear these comments as well. Essential oils are very powerful. We know that they only need to be used in low dilutions or small dosages. Because when we talk about internal use, we're talking about dosage. With the potential impact on the microbiome, the few studies that have been done and there are not a lot. I would say two to three that I have read. They do not negatively impact the microbiome. In fact, they can actually be used to improve the digestive microbiome. At least according to say there are at least one product from a company highly respected that uses like anise essential oil internally in capsules for that reason to help with the digestive. Not only the microbiome but just the overall functioning of the digestive system.



ESSENTIAL OILS TRANSFORMATION

So, not so much research there. I think it might depend like on anything. It's the dosage and the quantity over such a period of time. We practice what you hear in this country and generally with the public is two to three drops, two to three times a day for up to twelve drops in a day for the average adult. That dosage is much, much lower than what would be used in a clinical setting or by a practitioner. So, we're really using, even within the realm of internal use, our recommendations of twelve drops or less per day, is still below a level that would be concerned.

And most essential oils, you know, we've adopted actually a new philosophy on safety. Because when you read about different things in social media on safety, it's like you'd be petrified. I'd never use an oil again. It would be like, "Oh, my God, what am I doing?"

Samantha: According to the Internet, I kill cats and babies like on a daily basis.

Jade: Yeah, exactly. Really if we look at it rationally, the book of the essential oils that we use are quite safe. I mean it would be hard to really injure oneself with the majority of essential oils that we use. There are some that need very specific attention like birch and wintergreen. If people are on blood coagulants or you know. If someone's just about to go to surgery, there's certain oils we'd want to be aware of. Just like herbs, we would want to be aware of as well. But those are much smaller group of essential oils. But that little tiny group, it's almost like becomes it's representative of the very large group.

Samantha: Right. And speaking about that small group. I'd love to spend just a little more time there because I'm sure someone listening who might be on a medication or maybe an antidepressant, a blood thinner, or they are on any sort of medication. They are now thinking, "Oh, wait. How do I find out if certain essential

oils could have a counter indication with the medication that I'm taking? Or I'm going into surgery, what are those oils that I shouldn't be using?"

So, that small subgroup, where do you find the actual valid information about what is and isn't safe as far as internal use? Especially when it comes to medications?

Jade: I do a lot of research. So, I don't think everyone wants to do a lot of research.

Samantha: You probably don't want everyone calling you and saying, "Hey, Jade, I'm on this medicine."

Jade: Yeah, exactly. I mean the big red flags that stick out in my mind that people would be using would be birch and wintergreen. That has the methyl salicylate in it which thins the blood. So, before you go to surgery, it's probably not a good idea to be using those oils. And topically even because the methyl salicylate actually penetrates through the skin quite quickly. So, you know, even topical application of birch and wintergreen before surgery.

I think that there needs to be a better resource for the potential interactions between essential oils. I had been and I stopped because I don't want to recommend a resource, that I think can have maybe some questionable information on internal use. And so, I say that because when I was writing one of our courses. I was reading a lot of French papers. And what I came across, and these were like doctorate papers for pharmacy. What I found is that there's very little record in France where they use essential oils much more internally than we do here. The little issue with that crossing of medication, allopathic meds with the essential oils.

So, in French writing, I just haven't found it. There



ESSENTIAL OILS TRANSFORMATION

are few red flags with blood coagulants. But otherwise, I think you have to do the research. You have to find a good resource. I mean, do you have one? That you would recommend?

Samantha: I mean, I don't have that sort of one single resource that I could say, "Oh, you're on this medication, go here and look it up. And it'll tell you exactly what you shouldn't be taking." It doesn't really exist to my knowledge right now. Which can be frustrating. But I think that we live in a world where sometimes we as a species can give a little too much power to scientific evidence. Because in this industry, it's related to, I don't want to get too political here. But it's very much related to money. You can't patent an essential oil. Therefore, no company's ever going to make enough profit margin to fund enough of these really valid studies to learn everything we want to learn about essential oils.

So, in a nutshell, that's sort of why we don't have more evidence. So, I think that it would be a shame if someone would say no to using essential oils just because a scientific study hasn't said exactly x, y, z, what's going to happen. When I think of a really beautiful approach is, we know that these plants are powerful. We know that they can be so beneficial to our bodies. How about you be your own test subject. You know, use an essential oil in moderation, slowly see how it interacts with your body. Because everybody is different. And your reaction could be very different to someone else's. And if I'm not mistaken here, Jade, you might agree with me. That if you go slow, and you really tune into your body, it would be very hard to harm yourself going that approach. Correct?

Jade: Absolutely. I refer a lot of people to Kurt Schnaubelt's writings because I think he has been the most progressive as far as books out there. He is talking about the simplicity of utilizing essential oils internally. He was also the one, I never addressed the burning of the esophagus that you

had mentioned. Kurt does recommend adding a drop of essential oil into water. And I know, Kurt, and I don't think he would have written that if he thought it would harm people. And he's highly respected in our field.

I'll share a story years ago, there was an aromatherapy conference in Seattle. And one of the instructors, a man named Krishna. We all went out to dinner, our teachers. While we were out to dinner and he put one drop of lemon in all of our water. And we were all just like, "Oh my God, that's so amazing. It was so delicious." You know, it was one drop in a glass of water. We drank it. And it was wonderful.

So, I think going back to the burning of the esophagus or the back of the throat and the mouth. I have heard the of these stories. And I think we need to look at the dosage to know how much essential oil was used, over how much period of time. I don't think it is the inherent nature of the essential oil to do harm, you know if we use it correctly.

So, there's so many other ways of using essential oils besides putting them in water. But it is a place to start. And I very much agree with you as would Kurt, that if you're just getting to know essential oils, like you're just beginning your journey with them. To go slowly and to really learn from different resources and the therapeutic benefits. And how to get to know them. And very much listen to yourself. Like experiment.

I've put too much oil in my bath. And had the burning sensation. I've put oregano on my skin and burnt it. I've put thyme and had no reaction. Because I want to see. I've made suppositories because I want to see, do they work. I mean I've been my test subject. When my husband or my son gets sick, I'm excited.

Samantha: I'm not the only one, okay.



ESSENTIAL OILS TRANSFORMATION

Jade: Definitely the only one. I'm like, "Do these work?" Because I always want to know for myself. I can read until the cows come home but it's like, do they really work? And so, what I've done with myself, my family, and willing friends, has been to watch them work or not work because sometimes they don't. So, often they do. And you have to be able to go out of the box of fear. That's probably my biggest thing. If you can't, then I think you miss an opportunity to fully engage with the essential oils and with the aromatics.

Samantha: Absolutely. I love that. Don't box yourself in that box of fear. You have to be able to go outside of that.

Well, Jade, we've been talking a lot about this sort of gray area when it comes to essential oil safety and usage. We've also talked a lot about sort of the different modalities and the history of why there are these different modalities of use. And it's just been lovely.

I wanted to leave our audience with any black and white safety tips that you can leave with people. Someone may be brand new to oils and they just want to make sure they're not breaking any of those firm safety rules when it does come to essential oil safety.

Jade: Yep. So, I would say the first one is to get to know the essential oil you are about use. So, no essential central oil, like start off with ten or fifteen. Whatever feels right. But you don't need fifty. At least right away. So, get to know each essential oil you use. Look at the extremes of opinions. If you're active in social media and put it on a ruler. And find a place in the middle. Like what would be the middle of the extremes that you're hearing? And does that feel more right, for you?

Alright. And then some of the other kind of just basic safety points would be some essential oils

are photo sensitizers, which mean if you put them on your skin and you go out into the sunlight, there could be some type of reaction that takes place. The burning of the skin, I've seen various things from hyperpigmentation to actual burns. Say with an essential oil like bergamot. Not all essential oils are photo sensitizing. It's mostly the distilled essential oils, if I recall correctly.

Samantha: Like bergamot, lemon, orange, grapefruit.

Jade: And there is a possibility of dermal irritation, which means using essential oils undiluted on the skin. Sometimes it would be fine to do lavender. I've used birch undiluted for extreme muscle tension. But some essential oils like thyme and oregano can cause dermal irritation. So, they always need to be diluted down in a vegetable oil to avoid irritation to the tissue or the skin.

So, we use essential oils internally, externally, olfactory. But we do not put essential oils either in the eyes, they would literally burn the eyes. It would be quite irritating. Or directly in the ears. We tend to put them behind the ears. I have not yet seen, even in France, any like drops that go in the ears with essential oils. Although there are some studies. So, until I know for sure how to work with them, I wouldn't recommend it.

And then not all essential oils, like I said, there's that big group of super safe essential oils. Lavender, clary sage, fennel, geranium, cyprus, the firs, the pines, you know, so many essential oils that can be used. And then there's always those kinds of stronger, really, I call them the terminator essential oils. Like thyme, oregano, wintergreen, birch. I'm trying to think of anything else I would put in that area. Even fennel can have some contra indications. But the oregano, more of the spicy herbaceous plants would be ones that could burn the mucous membranes. You know, you would always want for those particular oils to



ESSENTIAL OILS TRANSFORMATION

make sure if you are using them internally to use them in capsules with vegetable oil. Like doing a capsule with vegetable oil.

Think about what your purpose is for taking them internally if you are using them in water. Once or twice a day in water should be okay. But if it's a lot more than that we could start to see issues. Or your own sensitivity that is the other thing. What I can put on diluted on my skin is very different from what I can do on other people's skin.

Samantha: When I started using oils at first, I could only do about one drop in my water. And now I can do much more than that and feel great.

Jade: Yeah, and that's building your relationship. Starting slow. Starting with lower dilutions. And building your relationship. And that way you can better listen to your body, right?

Samantha: Right. Absolutely. And one last safety tip that I'll throw in there too. It's just to understand that if you are brand new to oils, and you want to use them in this more sort of traditional French modality or on a therapeutic

level, just be mindful of where you are sourcing your oils from too. As we know, oils have become extremely popular. So, you can walk into Walmart and see a whole shelf of essential oils that aren't necessarily what they seem. Because there's very little regulation in the industry. Do you want to mention anything about that and then we will say goodbye?

Jade: I agree 100%. Like it's overwhelming how much is available out there. So yeah, like just really work your best to get good quality. The best that you can get anyway for essential oils.

Samantha: Thank you so much, Jade. This has been wonderful talking to you here. And again, I love all of the work that you do at the New York Institute of Aromatic Studies. All of the courses you offer are so beautiful. And the way you teach is just phenomenal.

So, thank you for sharing your time with us here. We really appreciate it.

Jade: Great. Thank you for having me. I enjoyed it. Thank you.



Cooking with Essential Oils

Lindsey Dietz

Samantha: Hi, Lindsey. Welcome, how are you?

Lindsey: Hey, Sam. I'm great. It's good to be here.

Samantha: Yeah, it's great to see you. I am excited to talk about essential for cooking. This is one of my favorite topics when it comes to essential oils because it makes it so practical and attainable for people who think they don't know essential oils or think they have to know so much to use them, when really it is so simple to just incorporate it into your kitchen.

Lindsey: Yeah, totally. If you are afraid to get your feet wet with using them medicinally, cooking with them is a great way to start.

Samantha: So, for those who don't know you, Lindsey, you are the founder and creator of *All the Nourishing Things*, a website devoted to uncomplicated, real food and holistic living. You are also a certified health coach and you provide readers with simple, beautiful recipes and practical tips for incorporating nutrient-dense foods, essential oils and natural remedies into our busy lives. I love how your work focuses a lot on busy moms. I'm a mom and I just really relate to how true that it is, when you are busy and you're juggling all the plates. When you work from home or you work out of the home and you're juggling all the kids and the meals, it really does feel like you don't have time to do all the nourishing things. You're really here to show us that we can, and I just love that.

Lindsey: Yeah. You totally can do all the nourishing things and you don't have to lose your sanity and I really set out to prove that it can be simple. It can be inexpensive. Moms really can provide nourishing foods. They can use natural remedies and essential oils. They can incorporate all these things into their lives, even if they are busy, even if they are working, even if they have teenagers like me.

Samantha: Absolutely! Well, I want to dive into essential oils for cooking and I know this is just a small part of the work that you do. But tell us what are some reasons that someone would want to use essential oils for cooking.

Lindsey: Yeah, that's why we're here right?

Samantha: Right!

Lindsey: Yeah, so I kind of find three reasons why people would want to use essential oils in their cooking. So, the first one is just flavor. Essential oils are so concentrated, so they deliver such a punch of flavor, even more so than dried herbs and spices and ground spices and even fresh fruit. So, you can really pump up the flavor of your dishes simply by adding essential oils. And I do want to point out that you can add these flavors to both raw and cooked dishes. So people should not be afraid to cook with their essential oils and we'll talk more about that later.



ESSENTIAL OILS TRANSFORMATION

Samantha: OK.

Lindsey: So, the second reason somebody would want to add essential oils to their cooking obviously is the health benefits. I mean, if you are watching videos about essential oils and cooking with essential oils, then you know that they have health benefits. So, essential oils are so good for your health and they have all kinds of properties that make them good for us.

So, maybe you want to calm an upset stomach or you want to try a recipe with some peppermint oil in it or maybe you want the anti-inflammatory benefits of ginger or black pepper and you could just simply add those things to a smoothie. So, health benefits is another reason why somebody would want to use essential oils in their cooking.

I do want to go back to the raw versus cooked. So, if you are using essential oils for the health benefits, it is best to keep that recipe raw because we know that essential oils are sensitive to light and heat. And that's why they come in amber or cobalt glass bottles. That's why whenever we store them, we recommend to store them in a cool dry place away from a heat source. So, if you are going for the health benefits of essential oils, you want to keep them in raw recipes, so salad dressings, smoothies, things like that.

Then the third reason that we want to use essential oils in cooking is for convenience. So, what happens when you run out of an herb or a spice. Now, I know for a lot of people maybe Whole Foods or a grocery store is right around the corner, but, for me, I live 65 miles away from the nearest city.

So, if I run out of like ground cinnamon, it is not like I can just jump in the car and go buy some cinnamon, but I always have cinnamon essential oil on hand so I can just substitute that in a recipe. I can not tell you the number of times that I have

had a bunch of avocados that I've needed to use up, so I want to make some guacamole and then I realize that I am out of limes. So, I can't just jump in the car and go buy limes so, instead, I pull out my lime essential oil. I add that instead. It really gives that right pop of lime flavor and, of course, you can't have guacamole without the lime.

Samantha: No, sacrilege.

Lindsey: Right. It totally is. So, if you are watching our screen here, I have a recipe for some lime essential oil guacamole I would like to share. So, maybe the next time you find yourself out of limes or maybe you just want to get your feet wet with cooking with essential oils. Pull up this recipe for lime essential oil guacamole and have a party.

So, another example that I have is like ground cinnamon. Any kinds of ground spices that you run out of or fruit you might be out of, like lemons or orange, all of those things, you can use the essential oil of that herb or spice or fruit as a matter of convenience, if you keep a well-stocked oils essential cabinet, which I do.

Samantha: Right. Well, it is so much easier. It's, like you said, convenient to have that row of essential oils there as opposed to trying to keep like a kitchen stocked full of fresh herbs and spices or even dry things that run out pretty quickly. I can't count the number of recipes that I have wanted to make, and it calls for fresh rosemary or fresh sage or fresh thyme. I just, I don't have that stuff around, and I wish I had a nice herb garden outside my window, but I don't, and I don't want to have to run to the store. Having those oils on hand, it really does give that flavor of like a fresh herb much more so than a dried a one.

Lindsey: Totally.

Samantha: That's actually one of the questions I have for you is really, why is that? What's the



ESSENTIAL OILS TRANSFORMATION

difference between using a dried herb or an essential oil? What's the difference in the process for what we're capturing when we compare those things?

Lindsey: That's a really great question. Before I dive into the difference, I want to speak to your example of not always having fresh herbs on hand. So, as a food photographer, kind one of the things you do in food photography, you add fresh herbs to your photos or to garnish a dish, whatever.

So, I frequently find myself shopping for fresh herbs. Specifically, for this talk actually, for some of the recipes I was developing, I was shopping for some fresh herbs. Now in the summertime, I grow all of my own herbs. I have a great garden and I have that ability to do so, so it is really convenient. But whenever I was shopping for herbs, for this talk specifically, so I could take some nice photos for everyone. I was really shocked at how expensive. It's like a little one-ounce thing and it is like \$3.

Samantha: Yeah, yeah. Or more. I swear. I swear a fresh pack of basil at the grocery store here is like \$10.

Lindsey: Yeah it really is. And if you want organic it is even more. It's astronomical. But then you can buy a bottle of basil essential oil – and, by the way, the herbs I just bought, maybe three days ago I bought them and some of the leaves are already starting to turn brown. So, they are already going bad.

But then you've got that bottle of basil essential oil or rosemary or oregano or thyme and, as long as you are storing it away from heat and light, that bottle is going to last you way longer than those herbs, so you are not wasting. And then, over time, you can add just a drop to a recipe as opposed to having to buy the whole \$3 thing

to get the same amount of flavor. So, I do want to point out that, for people who might feel like, "Oh, my essential oils are so expensive. Isn't it a waste to put them in my cooking?" No. Because I am going to throw out a bunch of herbs that are already starting to go bad and I am not throwing away my essential oils because they are just fine.

Samantha: You might need a whole pack of fresh herbs to get that flavor with one drop of oil that costs five cents, 15 cents, depending on which oil you are talking about but usually somewhere in that price range it's like no comparison.

Lindsey: Right, exactly. So, the difference between the dried herb and the essential oil. So, obviously essential oils are made from fresh herbs. Nobody's making essential oils from dried herbs. They're steam distilling things like basil, dill, oregano, thyme, rosemary, lavender, etcetera. There is a reason why they don't make essential oils from dried herbs and the word is potency.

So, once herbs are dried, they lose their potency which equals flavor very quickly. And, even if you're storing your herbs properly, your dried herbs, which is away from light, away from heat and in airtight containers, really the shelf life of a dried herb is max about six months.

So, for a lot of people, a lot of our audience might be those people that buy herbs and spices, dried herbs and spices, in bulk or whatever and, unless, you are using those things up really quickly, you can find that that tablespoon of dill that you added to a salad dressing after you opened the package is not going to taste the same as the same tablespoon six months later because it loses its potency.

And I read in numerous studies in several different places that, to get the flavor and the benefits of peppermint, for example, peppermint essential oil, you would have to drink 300 cups



ESSENTIAL OILS TRANSFORMATION

of peppermint tea to get what you get from one drop of peppermint essential oil.

Samantha: Wow.

Lindsey: Yeah. So, it's potency. And over time, those dried herbs – spices not so much. They'll last a little bit longer than the herbs do, but, especially, those leafy green herbs, they just lose their concentration and potency over a long period of time and essential oils don't.

Samantha: Right. Absolutely. Now what about the difference between and essential oil and an extract?

Lindsey: Yeah, so that's another really great question. For me, personally, the only extract I keep in my house is vanilla. If I want orange, lemon, something like that to really pump up the flavor, which I do this pretty frequently in my recipes at *All the Nourishing Things*, I will use the essential oil. And, just for me personally, I find that the essential oil tastes more real than the extract does. I think extracts can sometimes have a fake kind of a flavor, especially peppermint. To me, it tastes like candy cane kind of fake, but peppermint essential oil is such an herby, it is the true way peppermint as opposed to taste.

So, I have a recipe, for those who are watching on their screens, a recipe for a chocolate peppermint milkshake. And we know that chocolate and peppermint go so well together, and this milkshake is super easy. You just throw everything in your blender. You add peppermint oil to taste. For two servings, I used two drops of peppermint oil because that is about as pepperminty as I wanted it to be.

But, if you really love that peppermint flavor, don't be afraid to add another drop or two. And everyone has their own taste preferences, so some people will want more, some people will

want less. That doesn't just go for the peppermint oil, that goes for all of the essential oils that you are using for flavor.

But then for extracts, I also find that about – and again this depends on the quality of the essential oils that you are using. If you are using the lower quality essential oil, it may take more of the oil to get the same flavor that you are going for, but, for me, about 15 drops is equal to what a teaspoon of extract would be.

Samantha: OK. That's good to know. I like the topic you bring up of how those extracts can taste a little bit fake sometimes, and I just wanted to point out that that's probably because they are. They are probably made in a laboratory somewhere because the science of smells – it's really cool, it's really fascinating. Like I think it would be fun to work in those labs where you are recreating those scents out of petrochemicals or whatever. I mean, there's all sorts of crazy things that they use to make those smells. I don't want to know --.

Lindsey: Right.

Samantha: But it is so interesting how in these laboratories they can recreate these flavors and these smells without actually using the plant that it comes from.

Lindsey: It is interesting, but it's kind of scary.

Samantha: It is kind of cool and fascinating but, at the same time, you do have to be aware that just because something has the word orange extract or even vanilla extract, we know. That's why there's the \$3 bottle of vanilla extract at the store to the \$20 bottle because the \$20 bottle is probably actually going to have actual vanilla in it.

Lindsey: Right. As opposed to the artificial flavor.



ESSENTIAL OILS TRANSFORMATION

Samantha: Exactly, exactly. It's just a difference there to be aware of. And the same with essential oils. You've got to know where you are buying your oils from and you want to make sure that those are being made from actual plants and not made in a laboratory somewhere.

Lindsey: Totally. That's a great point. Yeah.

Samantha: So, let's talk about safety for a little bit. I know a lot of people worry about the safety of using essential oils in their cooking because there is a lot of mixed information out there about the safety of adjusting essential oils. What's your take on that?

Lindsey: Absolutely. So, lots of experts have established that it is safe to ingest essential oils; however, it is also wise to be mindful of how much you are ingesting. So, from what I have studied, anywhere from 2 to 4 drops per day in raw recipes is fine. And raw recipes being if you are adding it to water, if you are putting it in a smoothie, a salad dressing. I have a recipe for some pumpkin spice no-bake macaroons. It is a raw recipe. They are not baked. So, it's got cinnamon, nutmeg, and clove essential oils in it but there are like five total drops for the total recipe and it makes 16 macaroons.

So, you could eat like three macaroons and you wouldn't even be ingesting one whole drop. So, I say anywhere from 2 to 4 drops a day in raw recipes. Then again, if it is in a cooked recipe like muffins or a cake or something like that, you have lost the health benefits basically and what you are maintaining there is the flavor. So, for that, I don't really count that as essential oil ingestion. But, of course, we want everyone to make the decision that is right for them and to do their own research and find out what they feel is best for their body.

It is also wise to keep in mind that, if you are cooking with essential oils and ingesting them

in raw recipes, be mindful of what you are using essential oils for medicinally. So, for example, if you are taking raw oregano in capsules for candida or for whatever else, count that in your total daily amount of oils you are ingesting. So, just include whatever medicinal oils plus whatever raw recipes, 2 to 4 drops per day and you're probably going to be fine. That doesn't mean that, if you ingest more than 4 drops, that something bad is going to happen or anything crazy is going to happen to your body. But we do have to respect the oils. They are powerful and potent and, so, it is wise to approach them with just a level of care and respect.

Second, we need to keep in mind that a lot of essential oils can have really powerful effects on our microbiome. And by microbiome, I'm talking about our gut. So, we know that like up to 80% of our immune system is in our gut. We know that most of body serotonin production happens in the gut. And we also know that we can use essential oils to, you know, kill things. You just need to be aware that consuming essential oils can have a powerful effect on your microbiome. These oils, especially, would be like oregano, lavender, rosemary, thyme, and lemon and orange, but there are others, too. And then take steps to keep your microbiome in balance, such as consuming bone broth and fermented foods and then also taking a really high-quality probiotic supplement, as well.

Samantha: Those are things that everyone should be doing even if they are not ingesting oils.

Lindsey: Even if you don't use essential oils, you should be drinking bone broth, eating fermented foods, and taking a high-quality probiotic. So, we need to be taking care of our guts anyway. The other thing that I would suggest to people who intend to consume essential oils on a regular basis and who want to make sure that they are doing it safely is to just rotate the oils that you



ESSENTIAL OILS TRANSFORMATION

are ingesting. Maybe you don't do oregano oil everyday for 30 days. Keep your oils that you are medicinally varied and keep the oils that you are using in your cooking varied. Variety is healthier anyway. We should eat a variety of foods, a variety of fruits and vegetable, a variety of grass-fed meats. Variety is healthier anyway and the same thing goes with essential oils.

Samantha: Right. Absolutely. Yeah. Well, I think that some of those very potent ones that you mentioned, like oregano, I think of the herbaceous ones, herbs like sage, rosemary, thyme, oregano, they are so strong in their essential oil form that they are very self-regulating in a way, especially when it comes to cooking. Like, there is no way I am going to add 10 drops of oregano to anything because it is way overpowering.

Lindsey: Yep.

Samantha: It would be hard to overdo it in cooking and ingesting. Now, I know that some people will make pills and capsules of essential oils. I've taken 4 drops of oregano in a pill before and that was very strong and I've kind of gone down to more just like one drop before – and I will do that for a couple of weeks, especially if I am fighting off something or really wanting to boost my immune system.

But then I take break and give my body a break. Like you said, rotating is very important. Everyone is going to have their own comfort level. Some people are comfortable ingesting 20 drops of oil a day and that's their comfort level and then other people say that's not my comfort level and that's OK.

Lindsey: Yep. You have to do what's right for you. Everyone is encouraged to research. That's what I do before I do anything new, before I take a new supplement, before I try whatever the latest superfood is that everybody is talking about. I

always do my research and I always make an informed decision for myself and my family.

Samantha: Yeah. Absolutely. Well, Lindsey, let's talk a little more specifically about essential oils for cooking. Do you have a favorite list of oils that you often go to in the kitchen and ones that you use frequently in your recipes?

Lindsey: Yeah. So, before I share what my top 10 favorites are, just for people who are wondering who have never cooked with essential oils. Think about the dried herbs and spices you are already using. There's an essential oil for pretty much everyone, cinnamon, ginger, nutmeg, clove, black pepper, oregano, basil, rosemary. We could go on and on. Then we've got our citrus fruits like lemon, lime, orange, tangerine, grapefruit. Some of those oils, like lemon oil, for example, is really inexpensive, so it is a great one to get started with. You could easily add a drop to a smoothie or something like that just to start experimenting.

But my personal top 10 favorites and these aren't really in particular order by favorite. They are more in order by how often I use them, so number one would be peppermint. Like I already mentioned, I've got that chocolate peppermint milkshake that I want to share with everyone. Two would be orange, then lime, and then cinnamon.

Speaking of cinnamon and those kinds of fall spice flavors, we have got those no-bake macaroons that I shared earlier and I also want to share a chai spice latte. And that one's going to use cinnamon clove and nutmeg and ginger essential oil. So, clove also. Sixth for me would be oregano, then basil, thyme, lemon, ginger and I couldn't just cut it off at 10, so I'm going to give lavender and rosemary honorable mentions.

Samantha: OK, I love it. I am going to add lemongrass to that list, too.



ESSENTIAL OILS TRANSFORMATION

Lindsey: Oh yeah! Lemongrass is a good one. And then I've got something really cool that you can do that I want to share with everybody. Anytime you have an empty bottle of an essential oil or maybe it's got that little bit of liquid left and you just can't get it to come out – I think we have all had that experience – I like to make flavored salt with those oils. Think about lime salt on the rim of a margarita or in some salsa or lemon salt for fish or rosemary or thyme salt for chicken.

So, basically, all you do is you just take either the empty bottle or the bottle that just has like the little bit that's left that won't come out, you fill the bottle with salts, like a high-quality Himalayan salt or a Celtic sea salt, and you just let it sit for a day. Then that salt gets infused with the vapors of that essential oil, and it is flavored. Then you can use it as a finishing salt or, like I said, on margarita, in some salsa, fish, chicken, whatever. So that's another way that you can really make those essential oils like good to the last drop or the last vapor and, also, spice up your cooking.

Samantha: Great! Now how about as far as much oil to use for people who aren't used to cooking with oils? What are your basic guides and tips for knowing how many drops to use in a recipe?

Lindsey: Yeah! That's a great question because I bet our audience isn't finding a whole lot of recipes that call for essential oils in their searching. Maybe a few here and there but, hopefully, we'll see more.

So, let's talk about the ground spices first, like cinnamon, clove, nutmeg, ginger, black pepper, those types. I find, and again this depends on the quality of oil you are using, so if you are using a super high-quality essential oil, you are going to need less than you would if you were using a lower quality or cheaper oil, but I find that one to two drops subs well for each teaspoon of ground spice that a recipe calls for. Always start with one

drop and taste and then, if you feel like you need more, then add more.

So, next the herbal oils like thyme, basil, rosemary, dill, cilantro, oregano, lavender, peppermint, we already talked about how strong those oils are. So they are like so strong, you may not even need a whole drop, so, what I like to do, is take a clean toothpick and just dip it down into the bottle and then stir that toothpick into whatever it is I am making. And then wait a minute a two to give that flavor time to kind of infuse and develop and then taste. Then if you decide, "Oh, I want more," then dip another clean toothpick in the bottle of oil and then stir it in.

I have a recipe that is a great opportunity to practice this skill for an essential oils pizza sauce, and it's a super, super easy recipe. It's going to use basil, thyme, oregano, and black pepper essential oil, and you can practice the dipping and the toothpick and then stirring it into the pizza sauce.

Then, of course, you can use it as pizza sauce on pizza and back it and they you wouldn't really be eating the raw oils anymore or you could use it as a dipping sauce like for breadsticks or something. It's really delicious. So, if people are watching, that recipe will be on the screen. Yeah, just remember that those oils are really potent, they are really strong, and sometimes even a drop is too much. And once it goes in, it can't come back out again, so it is better to start small.

Samantha: Lindsey, I cannot tell you how many times I've ruined mashed potatoes because I am determined to make like rosemary mashed potatoes. And I've got this big pot of potatoes and I am thinking just one little drop, it's not going to do that much so let me just put 2, 3, oh accidentally dropped that 4th drop in there. And then it is inedible, just inedible. It is like so overwhelming and so powerful.



ESSENTIAL OILS TRANSFORMATION

Lindsey: All of a sudden instead of tasting herbal like you wanted it to, it tastes medicinal.

Samantha: Exactly, exactly.

Lindsey: Yeah, I totally get that.

Samantha: Us Americans tend to like to do, more is better, but really do it a toothpick at a time for those really strong things or one drop, taste and then go from there.

Lindsey: Yeah, especially like those hot spices, too, like the black pepper and the clove and those really hot oils. You really want to be careful with those, too, because they are really, really potent. Again, it's better to start small and work your way up. You may have to do three toothpicks but that would be better than putting three whole drops in there and then finding out that you can't eat the food at all.

Samantha: Absolutely, that's a good point there. And, when you practice this, you start to learn your recipes and you learn what needs one drop and what needs a toothpick and what needs more. I find with like the citrus oils, like lemon, orange, tangerine, I tend to need more, they are just not quite as overwhelming.

Lindsey: Yep. And that was the next thing I was going to say. So, we talked about ground spices and how about a teaspoon converts to one to two drops of the oil. We talked about using the toothpick for those really strong herbal oils. And then the last one would be the citrus oils, the lemon, lime, tangerine, orange, grapefruit and things like that, I find that it takes more also. So, I have a recipe that I want to share with everyone for a lemon essential oil yogurt.

There's kind of a funny story behind this. Whenever I was a kid growing up, the only yogurt my mom could get me to eat was the lemon-

flavored Yoplait yogurt from the store that was like fake lemon flavor and tons of sugar and all that. Then, as an adult, I was like, OK, I am an adult now, I've got to figure out how to eat yogurt that doesn't have sugar in it all the time. So, I figured out a way to use essential oils and then stevia which is a super sweet herb that substitutes for sugar for people who can't have sugar who are on the keto or low carb or diabetic or whatever. So, I just used literally just lemon essential oil and stevia and yogurt, plain yogurt and you whisk it together. So, I have figured out how to eat yogurt that I like as an adult without all the sugar.

Samantha: That sounds delicious. I want to try that. I think that like lavender lemon yogurt sound delicious, too.

Lindsey: Yeah, totally.

Samantha: Or orange. Or peppermint.

Lindsey: Yeah.

Samantha: It gives you so many options when you are cooking with oil to just add it into something and give it that extra special, special sauce.

Lindsey: Yeah. Yeah. You can go with the seasons, too. Like if it is fall, stir in a little bit of pumpkin and a little bit of cinnamon into your yogurt, and then you have got a fall yogurt. I mean, it's really great how versatile essential oils are.

Samantha: Well, thank you, Lindsey. This has been wonderful. I can't wait to use some of these tips in my kitchen. It is always an endless amount of experiments to be made for sure.

Lindsey: Same here.

Samantha: Well thank you so much. We really appreciate it.



ESSENTIAL OILS TRANSFORMATION

