

## **In A Single Drop**

### **Power of Essential Oils:**

Essential oils are not generally recommended for internal consumption except by Clinical Aromatherapists. Essential oils are highly effective when applied topically and with inhalation. Understanding the power contained in a single drop of an essential oil will help you understand the saying “less is more”. Knowing constituents and chemical compounds of essential oils takes time, study and dedication. This helps understanding in a simpler way. I will quote an explanation from Dr. David Stewart who has studied Essential oils, their use and chemical makeup as well as healing properties. Dr. Stewart states “Because of the tiny molecular structure of the components of an Essential oil, they are extremely concentrated. One drop contains 40 million-trillion (40,000,000,000,000,000) molecules. We have 100 trillion cells in our bodies. But one drop of essential oil contains enough molecules to cover every cell in our bodies with 40,000 molecules. Consider that it only takes one molecule of the right kind to open a receptor site and communicate with the DNA to alter cellular function. Too many molecules can overload the receptor sites, making a smaller amount of essential oils much more beneficial.”

With this explanation we can see why very little essential oil is needed to achieve our desired results. Combine that with the fact that essential oils by way of topical application, and simple inhalation, are just as effective. There really is no need to ingest an essential oil in order for it to work. The molecular structure of an essential oil is so small it can cross the blood/brain barrier just by inhalation. We have over a thousand pores on the soles of our feet per square inch, making this an excellent place to apply our essential oils. Essential oils can also penetrate down below the skin level and into every cell in our body and blood stream.

The olfactory nerve connects directly behind the nose to the center of the brain, this is our emotions. This area of the brain is known as the “limbic system” or amygdala. This area also contains the hypothalamus, pineal gland and pituitary gland. This part of the brain is where all our emotions are stored. This makes inhalation very powerful. It can bring up past emotions or memories. The smell of cinnamon can take you back to your grandmother’s house, remembering her baking in the kitchen. Using essential oils with babies and children helps to create a “memory” of their childhood in a pleasant way. It can bring back comfort when an aroma used with a baby is inhaled years later. Inhalation also enters through the nose and into the lungs. These tiny molecules are then transported throughout the body and into our cells, blood stream and tissues. This is why diffusing essential oil is also very effective. These tiny molecules enter the air at which time we breathe them in. Inhalation and topical application can have profound results.

## **Children and Babies:**

### **In The Mother's Womb:**

Babies are protected for the time they are in the womb right? Not so true. Many substances when absorbed into the skin can and do cause harm not only to Mother but to baby as well. When we use synthetic chemicals it is absorbed into our bloodstream. These chemicals are then passed on to the baby in the womb. Years ago researchers were sure that nothing could get to the baby, however more recent studies have been conducted which show just the opposite to be true.

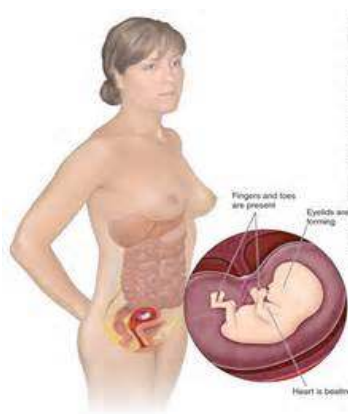
The Environmental Working Group along with the American Red Cross conducted a study on the blood found in the umbilical cord of 10 newborn babies after birth. The study was titled "The Body Burden – The Pollution in Newborns. The umbilical cord from Mother to baby pulses an equivalent of at least 300 quarts of blood each day. This blood carries nutrition and oxygen to the baby to sustain life and aid in the growing fetus. What was not known until recently was how many of the toxic chemicals used today were present in the fetus.

**A closer look:** The EWG contracted a well know lab to conduct their testing. The results are not only shocking they are downright scary. They found over 413 on average industrial chemicals. Out of these chemicals, over 180 cause cancer, 217 are toxic to the brain and nervous system, and 208 cause birth defects. These chemicals come from fast food packaging your food has absorbed, clothes, Teflon from pans and cooking utensils, flame retardants, cosmetic ingredients, pesticides, consumer product synthetic ingredients, waste from coal, gasoline and garbage. These chemicals are more harmful to the fetus, babies and children. Their systems are vulnerable and still developing. Their immune systems are not fully developed and are compromised.

Their chemical exposure is pound for pound greater than adults. They have greater absorption to the developing brain due to its immature and porous barrier. Chemicals can "target organs" because children have lower levels of chemical binding proteins. Their little underdeveloped organs, which are still developing, are more vulnerable to damage. Their detoxification systems have not developed enough to excrete toxic chemicals.

The vast majority of synthetic chemical exposure in children can be linked to: asthma, brain damage, cancer, deformities, reproduction deformities and nerve damage to name a few. There are over 75,000 chemicals being used today in the USA. Researchers have no idea how many of these chemicals are in the blood of newborns. Currently the Federal Government has approved as "safe to use" some 63,000 plus chemicals.

**A Closer Look:**



Within the first 5 weeks after conception, the baby begins to develop elbows, knees, eyelids, nipples, hair follicles, genitalia, immature internal organs, four chambered heart, fingers, toes and footprints. This is where toxic chemicals passed from Mother to baby begin to alter this process of development. The chemical exposure can create birth defects or problems after birth such as behavior issues, cancer and neurological damage. Because many of the babies' organs, nervous system, endocrine system and brain development continue to grow and develop after birth, babies are vulnerable to health issues related to chemicals received in the womb.

It has been shown that pregnant moms when exposed to mercury passed this on to their unborn fetus. The fetus had mercury lesions covering almost the entire brain. Think about that for a minute, this child would surely, if it would of survived, had severe brain damage.



The scary part here is that as the baby develops, in the 5<sup>th</sup> month of pregnancy, they begin developing the lungs. Since the amniotic fluid collects the babies' urine, these chemicals are now continually recycled to the baby. Because of the use and exposure to chemicals transported to the baby, the fetus now has more cancer inducing DNA damage. These cancer-causing chemicals the fetus is exposed to are 10x more potent to the baby than to adults. Some chemicals are as much as 65x more potent.

Even with all this knowledge, the EPA and Federal Government still feel and approve some 63-75,000 chemicals as "safe to use" in consumer products, insecticides, water and baby bottles, lotions, creams and baby oil to name a few. Chemicals in your clothing such as flame retardants, and in baby clothing are absorbed into your skin simply by contact. Multiply that with the chemicals found in mattresses, laundry detergent, drier sheets, carpet and the list goes on.

Although we cannot avoid chemicals all together, we can reduce our risks to ourselves, pregnant moms and their underdeveloped fetus by limiting our use of toxic synthetic chemicals. Using essential oils is far safer for Mother and baby, children, animals, and ourselves than any synthetic chemical on the market today. Essential oils feed cells, provide immune protection, ward off illness, supply oxygen, help with general well-being, and help heal damage to our tissues and cells. A healthier Mother, child and baby are far more happier than sick ones.

## **Natural Approach to Better Health:**

### **Using Essential oils:**

When using Essential oils with babies, children and during pregnancy, we need to keep in mind the tiny molecular structure of essential oils. Because of this they are not only able to cross the blood brain barrier, but they can cross into the placenta as well. Minute amounts are used and diluted for babies and children because their systems are not full developed. There is no need to overload their tiny systems with mass amounts of an essential oil. The smallest drop used will still provide the needed benefits to the body. By following guidelines you can safely use essential oils to help maintain health, prevent airborne viruses, ward off infections, and create a lasting mother/child bond.

With the discovery of modern medicine, we have unfortunately moved away from a more natural approach to prevention. When we look back in history, dating back to Biblical times, we see that our ancestors used not only whole plants, but the oils contained within them. Mother and child were anointed with diluted essential oils during pregnancy, babies at birth, and to prevent illness and disease. Essential oils have been used successfully for centuries.

Today childhood diseases such as leukemia, cancer and birth defects are on the rise. We see more and more children and young adults losing the battle. I believe the overuse of synthetic chemicals and additives in our food have made a major contribution. Our ancestors, great Grandparents, and Grandparents lived long healthy lives. During Biblical times men and women were still having children well into their 80's.

There is so much to offer in natural healing using herbs, essential oils, homeopathic remedies, folk medicine and grandmother's kitchen wisdom. By using a more natural approach, you assist your body in helping it to maintain health and prevent illness. Essential oils when diffused can help eliminate airborne bacteria and viruses. Applied topically essential oils can assist our cells to prevent illness, infections and mutation. This does not mean they should take the place of a qualified Pediatrician or Doctor. They should be used as a complimentary therapy to help prevent illness, ward off disease, destroy germs, soothe a rash, calm and soothe our mental state, and help eliminate the need for synthetic chemicals.

I have raised my three children, grandchildren and nieces using essential oils, herbs and homeopathic remedies using blends of essential oils for fever, rashes, sore throats, congestion, and so much more. Natural remedies provide the body what it needs to successfully rid itself of invaders. The result is a body that has a stronger immune system.

## CERTIFIED AROMATHERAPY COUNSELOR COURSE – SESSION 8 – CHILDREN/BABIES

### Using Essential Oils:

It is my belief if we can maintain health and a healthy immune system pre-pregnancy, cut down on the use of chemicals, pay attention to the food we eat, that we can have a healthy pregnancy, a calm delivery, and a happier baby. Maintaining health and wellness is a choice. We have to take responsibility for our own lives. For the past 23 years I have used essential oils as a form of defense against many invaders. I have kept illness at bay. The only visits to a Doctor were to give birth to my two sons 19 and 22 years ago.

Below is a list of Essential Oils that are GRAS for use on babies and children:

Lavender	Tea Tree	Niaouli	Roman Chamomile
German Chamomile	Thyme Linalol	Ravensara	Cardamon
Mandarin	Eucalyptus radiata	Helichrysum	Petitgrain
Myrrh	Frankincense	Geranium	Palmarosa
Manuka	Neroli	Lemon	Bergamot
Rose Otto	Sandalwood	Rosewood	Sweet Orange
Marjoram	Cypress	Ginger	

### Safety Guidelines:

- ♣ Newborns 1-2 drops in 1oz carrier
- ♣ 2-6 month 1-3 drops in 1oz carrier
- ♣ 6-12 month 1-4 drops in 1oz carrier
- ♣ 1-4 years 1-5 drops in 1oz carrier
- ♣ 5-7 years 3-6 drops in 1oz carrier
- ♣ 8-12 years 5-10 drops in 1oz carrier

The above guidelines would be to mix the essential oils in a carrier. With babies younger than 12 months old you would then place several drops of your diluted blend in the palm of your hand then apply topically. When diffusing you would simply add the 1-2 drops to a diffuser and diffuse for 5-10 minutes at a time. These guidelines also apply if you are making a spray to mist the room.

## CERTIFIED AROMATHERAPY COUNSELOR COURSE – SESSION 8 - CHILDREN/BABIES

### **Safety Guidelines:**

- ⤴ Sweet Almond oil and Jojoba are the best carrier oils.
- ⤴ Citrus oils are Photo-toxic and should be used with care in sunlight.
- ⤴ Always dilute essential oils.
- ⤴ Keep essential oils high and away from tiny hands and fingers.
- ⤴ Never use essential oils in or around the eyes or in the ears.
- ⤴ Follow wall cautions/contraindications for each oil listed.
- ⤴ Do not use essential oils in combination with prescriptions, homeopathic remedies.
- ⤴ Avoid application to hands and fingers, babies rub their eyes and suck on fingers.
- ⤴ Do not diffuse essential oils in babies closed room, diffuse in open living areas.
- ⤴ Watch for adverse reactions: rash, irritability, restlessness, swelling of eyes or redness, breathing difficulties.
- ⤴ If an essential oil is ever ingested give milk.
- ⤴ If a drop of “neat” oil accidentally gets on the child’s skin, dilute by adding carrier oil directly to the site. Never use water as it will only make it worse.
- ⤴ Avoid Eucalyptus with babies under 5 months old.
- ⤴ Skin patch test on babies’ bottom or the bottom of the foot.
- ⤴ Avoid prolonged use of the same essential oil to avoid developing sensitivity to it.
- ⤴ Epileptics should avoid rosemary, fennel and sage.
- ⤴ Avoid essential oils that can irritate the mucus membrane.
- ⤴ Avoid essential oils high in ketones and phenols.

### **Note:**

You can also use hydrosols with babies and children. They are much more subtle. They contain only a minute amount of essential oils left from the distillation process. Hydrosols also have an antiseptic property. If you do not have hydrosols on hand you can create your own essential water. You would warm distilled water about 2 cups, add 10 drops chosen essential oil. Cover and let cool. If you use saran wrap please make sure it is BPA free. Once cool the droplets gathered on the cover will drop back into the water. Strain your water and essential oil mixture through an unbleached coffee filter. Pour into spray bottles and label. If you are going to be using this for a skin antiseptic spray you can also add aloe vera to the water mixture.

## Applications:



**Baby Massage:** Used to soothe baby, create lasting memories, keep skin supple and soft, in times of tummy upset. Healing loving touch in gentle strokes. Gently stroke arms, legs, tummy and back. Always moving towards the heart, such as wrists and shoulder to ankles to thigh. I always follow with a light finger or feather stroke.

Massage is a very special way for mother and new baby to bond. The gentle touch from a mother to baby can not only soothe the baby, but help the baby as he/she transitions to the new life that awaits them. Hospitals are bright, loud and offer very little peace, so this is a time when mom can offer love, peace and security.



**Room Mists:** To 4oz water you would add the chosen essential oils and in the recommended dosage. Shake well before misting. You can use this on the outermost area of the crib sheet avoiding the area where babies' head will lay. This is also beneficial to mist blankets baby will be wrapped in. Mist your blankets before baby is born and take them to the hospital with you. Hospitals are stressful places for newborns. Your baby will love the calming effects of lavender or chamomile. It is also a way for your baby to relate and bond with Mom.



**Direct Application:** Direct application is used when you need a more localized application. This method would be used for cradle cap, congestion where you need to apply to the chest area during sickness, constipation etc. Dilute your essential oil with the appropriate carrier oil or water method if using a compress. With a carrier oil, simply add 1-2 diluted blend to the palm of your hand and apply to the area needed such as chest or tummy. If using as a compress you would simply put your essential oils in warm water and drop wash cloth into the water, wring out and then apply to the area of concern. Make sure if you are using this method with babies, that you hold the compress in place so baby does not grab it and rub the eyes or suck on the cloth. Always keep baby warm, you do not want them to get a chill when the compress starts to cool down. This is also an excellent way to help break a fever in babies and young children.

## **Applications:**

### **Common uses of Essential oils:**

Below is a list of essential oils and the ways they are generally used. Keep in mind that everyone will have their own favorites and essential oils they have had results with. You will be no different once you begin using them on a regular basis. This list is for suggestions only.

**Colic:** Marjoram, Bergamot, Ginger, Roman Chamomile, Geranium, Coriander, Cardamon.

**Cold:** Thyme linalol, Lemon, Rosemary, Niaouli, Tea Tree, Ravensara.

**Constipation:** Rosemary, Mandarin, Sweet Orange, Ginger.

**Cradle Cap:** Castor Oil, Tea Tree, Sandalwood, Sweet Orange, Manuka, Lemon, Geranium.

**Croup:** Niaouli, Thyme linalol, Marjoram, Sandalwood, Ravensara.

**Crying:** Roman Chamomile, Lavender, Frankincense, Myrrh, Rose Otto, Geranium.

**Diaper Rash:** Jojoba Oil, Lavender, German Chamomile, Colloidal Silver.

**Digestion:** Lemon, Orange, Cardamon, Ginger.

**Eczema:** Lavender, Geranium, Sandalwood, Frankincense, German Chamomile, Calendula oil.

**Ear Infection:** Applied to the bone behind the ear. Lavender, Thyme linalol, German and Roman Chamomile, Tea Tree, Manuka, Niaouli.

**Fever:** Lavender, Eucalyptus, Peppermint, Coriander. Older children soak feet in warm water to which you have added ½ cup Epsom salts, 2 drops lavender, 2 drops eucalyptus. Keep the child wrapped in a blanket to keep warm. Remain until the water cools.

**Chicken Pox:** Chamomile, Eucalyptus, Thyme linalol, Ravensara, Bergamot, Oatmeal Bath, Oatmeal water and baking soda. Homemade Calamine lotion. Recipe below.

**Jaundice:** Geranium, Rosemary, Cardamon, Lemon, Lime, Mandarin, Rosemary.

**Lyme Disease:** Eucalyptus, Niaouli, Lavender.

**Mumps:** Thyme linalol, Eucalyptus radiata, Ravensara, Niaouli.



**Common Uses Of Essential Oils:**

**Pin worms:** Niaouli, Cardamon, Ginger

**Rash:** Chamomile, Niaouli, Lavender, Oatmeal baking soda bath, Rose Otto, Sandalwood.

**Ringworm:** Neem mixed with Niaouli.

**Thrush/Candida:** Plain organic Yogurt, Lavender, Geranium, Thyme linalol, Tea Tree, German Chamomile, Rosewood, Lemon. Remember if breast feeding to always clean the nipple after baby nurses with warm water. You can coat the nipple with yogurt if you prefer.

**Biblical Essential Oil:** Myrrh was used in Biblical times by mothers on their newborn babies. Frankincense and Myrrh was one of the gifts given to the Christ child. Myrrh has many uses including: Increase the longevity of any aroma it is combined with, enhances quality, antiseptic, supports immune system, enhances body's natural defense, relaxation, soothes skin, oxygenates body tissue, promotes health, vitality and longevity. Used from birth to death. It is a protective from desert heat, insect repellent, chapped skin and wrinkles. Contains 62% Sesquiterpenes. Stimulates bile, infections, diseases of the mouth, placed on naval of newborn to prevent infection, protects and relieves cough, sore throats, thrush, ringworm, gum infection, cuts, bruises, heals scar tissue, removes stretch marks, promotes spiritual awareness and is uplifting.

As you can see, Myrrh has many uses not only for babies but for mothers alike. Frankincense and Myrrh were used as a medicine and to maintain health in Biblical times. There were no prescription drugs and most knew of the healing power of these two essential oils. Both essential oils were in the “Holy Anointing” oil that God gave Moses.

For childhood colds, combine your essential oils in small bottles without the carrier. If you do this and label them, they will be ready when needed. It saves frustration from trying to quickly make a blend during a stressful illness. You would then add the appropriate drops to your carrier. Essential oils will not spoil as long as you do not add a carrier oil.

You can also make a roll on for use with babies. This also helps prevent, should little fingers grab it, any over application. I found this method works great not only for application on babies, but for the older 2 year old and up. You can make a blend that helps with cuts, insect bites etc. The child is able to roll on the blend by themselves. It is very difficult to remove the roller in the bottle, and I have found it to be a safe way for children. Children love to roll the essential oils on themselves. It helps them feel that they are taking part in their healing. Mental or not I have learned that when I allow children to do this, the effect is so much more powerful.

## CERTIFIED AROMATHERAPY COUNSELOR COURSE – SESSION 8 – CHILDREN/BABIES

### **Recipes:**

#### **Baby Powder:**

1 Cup Arrowroot Powder  
5-8 drops essential oil  
Gallon BPA free freezer bag.  
Shaker bottles

Combine Arrowroot powder and essential oil in a gallon BPA safe plastic bag. Seal and let sit overnight. You can also add Oatmeal powder if you wish. Remove from bag and place in a shaker bottle. You can recycle old spice jars that have been thoroughly cleaned and sanitized.

#### **Calamine Lotion:**

¼ cup Baking Soda  
¼ cup Bentonite clay  
1 tsp. Glycerin  
Amber bottle for storing your lotion.

Combine the Soda and Clay. Add enough water to make a semi-runny batter. When the batter/clay is the consistency needed add the glycerin. Blend well. Add 2-4 drops of your chosen essential oil. You want the consistency to be spreadable but not too runny. It will dry fairly fast as long as it not too thick. Try and get it to look like a runny pancake batter. Store remaining lotion in the refrigerator for future use.

#### **Chest Congestion:**

2oz Jojoba Oil  
1 drop Lavender  
1 drop Niaouli  
1 drop Sandalwood or Myrrh  
2oz Amber bottle

Combine in a 2oz amber bottle. Newborns to 6 months place 1-2 drops mixture in the palm of your hand, rub on chest. Older babies and children use 3-6 drops applied to chest.

## CERTIFIED AROMATHERAPY COUNSELOR COURSE – SESSION 8 – CHILDREN/BABIES

### **Recipes:**

#### **Head Lice:**

3 drops eucalyptus  
3 drops rosemary  
2 drops myrrh

Blend in Water, Apple Cider Vinegar or 2 TBLSP Base oil. Massage into the scalp- comb out. Make sure you see the white eggs on the comb.

#### **Cuts and Abrasion Spray:**

2 ½ oz Aloe Vera  
1 oz distilled Water  
½ oz Vegetable Glycerin  
4 drops lavender  
3 drops rosemary  
2 drops myrrh, or sandalwood, or frankincense. Use one not all three.

Blend by adding the essential oils to a glass bottle first so they blend with each other. Then add Aloe Vera, Water and glycerin. Gently roll back and forth or gently shake until all is combined. Spray on the cut or boo boo as needed.

Essential oils have been used successfully for centuries. Please do not be afraid to open the bottle and experiment with the oils. Make sure you follow all cautions and contraindications listed for any oil you want to use. Follow all safety guidelines. As children grow you can add more essential oils to the home health kit. I always follow the guidelines with exception to blends. I will try different oils other than the ones listed. You can do this by adding the ones you want to use to a perfume blotter, hold them side by side, not touching and smell the combination of the possible future blend. If you like it then blend in small quantities. If not then start over with the blotter test.

## CERTIFIED AROMATHERAPY COUNSELOR COURSE – SESSION 8 – QUESTIONS AND ANSWERS

NAME: \_\_\_\_\_

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Please be sure to fill out the information above, complete the test and e-mail it back to us at [sacredeartharomatics@hotmail.com](mailto:sacredeartharomatics@hotmail.com). We will grade your question & answer session and will let you know if we have any questions or concerns.

- 1.) Describe the power of a single drop of Essential oil.
- 2.) How many chemicals are found in the umbilical cord of newborns?
- 3.) Why is massage for babies useful?
- 4.) Describe how you would use essential oils for an earache.
- 5.) What oils are good for Chicken Pox?
- 6.) How would you make an Essential Water?
- 7.) Name three safety guidelines.
- 8.) Describe a 5 week fetus. What danger is it facing?