

CONDITIONAL SAFETY

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Check out the following conditions for specific safety information on what oils to avoid and what oils to use cautiously.
AS ALWAYS, please contact your physician for any questions about your specific health issues.

Prone to Seizures

Birch (Sweet) *Betula lenta*
Blue Spruce *All Forms*
Blue Tansy *Tanacetum annuum*
Camphor (or any oils high in Camphor)
Cardamom *All Forms*
Eucalyptus *All Forms*
Fennel (Bitter & Sweet) *Foeniculum vulgare*
Ho Leaf/Ravintsara *Cinnamomum camphora* ct camphor
Hyssop *Hyssopus officinalis* ct pinocamphone
Juniper Berry *Juniperus communis*
Lavender (Spanish) *Lavandula stoechas* spp. *stoechas*
Lavender (Spike) *Lavandula latifolia* and *Lavandula spica*
Myrtle *All Forms*
Pennyroyal *Hedeoma pulegioides* and *Mentha pulegium* and *Micromeria fruitcosa*
Rosemary *Rosemarinus officinalis* ct α -pinene, *Rosemarinus officinalis* ct verbenone
Spearmint *Mentha cardiaca*, *Mentha spicata*
Sage (Dalmatian) *Salvia officinalis*
Sage (Spanish) *Salvia lavandulifolia* and *Salvia hispanoru*
Savin *Juniperus Sabina*
Tansy *Tanacetum vulgare* and *Chrusanthemum tanacetum*
Thuja *Thuja opccidentalis*
Thyme *All Forms*
Turpentine *Pinus species*
Western Red Cedar *Thuja plicata*
Wintergreen *Gaultheria fragrantissima* and *Gaultheria procumbens*
Wormwood *Artemisia absinthium*
Yarrow *Achillea millefolium* ct. chamazulene

These Essential oils can exacerbate or trigger seizures & convulsions or may interact with anti seizure medications. Epileptics are also advised to avoid carrier oils Evening Primrose & Borage Seed Oil as they may lower the seizure threshold.

Using Blood Thinners

Birch (Sweet) *Betula lenta*
Garlic *Allium sativum*
Oregano *All Forms*
Tarragon *Artemisia dracunculus*
Wintergreen *Gaultheria fragrantissima*

Anise (Aniseed) *Pimpinella anisum*
Anise (Star) *Illicium verum*
Basil *Ocimum basilicum*, *Ocimum tenuiflorum*, *Ocimum sanctum*, *Ocimum gratissimum*, *Ocimum viride*
Bay (West Indian) *Pimenta racemosa*, *Pimenta acris*
Cassia *Cinnamomum cassia*, *Cinnamomum aromaticum*
Cinnamon (Bark or leaf) *Cinnamomum verum*, *Cinnamomum zeylanicum*
Clove (Bud, leaf or stem) *Syzygium aromaticum*, *Eugenia caryophyllata*, *Eugenia aromatica*
Fennel (Bitter or Sweet) *Foeniculum vulgare* subspecies *Capillaceum*
Lavandin *Lavandula x intermedia*, *Lavandula hybrida*, *Lavandula hortensis*
Marjoram (Wild, carvacrol CT) *Origanum marjorana*, *Marjorana hortensis*, *Origanum dubium*
Myrtle (Aniseed) *Backhousia anisata*
Thyme *Thymus satureioides*, *Thymus vulgaris*, *Thymus serpyllum*, *Thymus zygis*, *Thymbra spicata*

These measures should also be observed if undergoing major surgery, expecting childbirth, suffering from a peptic ulcer, or suffering from a bleeding disorder.