



Essential Oil Use Guide

Hands-On Guide for
Using Be Young Essential Oils



By Michelle and Les Moore

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Getting Started

This Quick Reference Guide has **four Sections**. Be sure to read Sections 1, 2, 3 and 4 in order to get the most benefit from this guide:

- **1) Preparation.** Important information about using essential oil safely and effectively.
- **2) Acton Plan.** Which oils to use and how to use them for maximum benefit.
- **3) Precautions.** Safety precautions for proper use of essential oils.
- **4) Protocols.** Detailed doses, use instructions and precautions for each type of essential oil.

NOTE: this guide is NOT a stand-alone resource to be used by itself. Use the **Chapter references** in this guide to find the appropriate parts of the book *C. Difficile Treatments & Remedies* for additional safety precautions and details of how to use the essential oils. This guide should be used as a quick reference AFTER you have read *C. Difficile Treatments & Remedies*. This guide is not comprehensive. For best results, the methods in this guide should be used along with diet changes, immune support measures, proper cleaning, hygiene and prevention methods as outlined in chapter 1 of the book *C. Difficile Treatments & Remedies*.

Before You Begin

Avoid harmful oils

Not all essential oils are created equal. Some types of oils and brands of oils can cause harm if used according to the methods in this e-book, especially for internal use. Be sure to use only Be Young essential oils with the protocols in this guide. Otherwise, contact the manufacturer of the oil brand you are using to inquire about how to use their oils.

Use essential oils properly

The Action Plan section below will show you what to do and how to use essential oils. But the DETAILS for using the methods described below are found in the Preparation and in the Protocols sections. Read the Preparation section first before implementing the Action Plan. After you are familiar with the Action Plan, then read the applicable Protocols, depending on which oils you choose to use as directed in the Action Plan.





Minimize risks and side effects

Essential oils are some of the most potent natural remedies for bacterial challenges that exist. This potency can make essential oils dangerous if used incorrectly or inappropriately. Be sure to read the sections on preparation and essential oil precautions before implementing the Action Plan.

Section 1: Preparation

Hotness Ratings

The hotness ratings refer to how sensitizing, irritating or 'hot' to the skin each essential oil is for the average person. Beware that each person is different, and your reactions may vary. **Unfamiliar essential oils should always be tested for skin sensitivity prior to use by diluting it in a carrier oil (such as olive oil) and then applying to a small area of skin.**

			
Gentle and safe on the skin when used responsibly. Ideal for babies, small children and elderly.	Can cause irritation on sensitive areas but are generally safe when used with caution.	Require extra care for skin uses and are usually diluted and used cautiously on babies or elderly skin.	Best to avoid for most skin uses. Not generally suitable for children and elderly.

LOYOL vs. AEROMA Oils



loyol
ESSENTIAL OIL SUPPLEMENTS

- For internal uses
- Cooking
- Ingesting as a dietary supplement



aeroma
aromatic essential oils

- NOT for internal use
- Skin application and topical
- Air diffusing
- Bathing
- Laundry
- Sanitizing
- Personal care products

Be Young's oils come in two different versions: Loyol and Aeroma. All **Loyol oils are for internal use**, including ingesting, cooking and dietary supplement use. The **Aeroma oils are for non-internal uses**, including skin application, bathing, air diffusing, laundry, sanitizing and personal care product uses. Many of Be Young's oils are available in both Loyol and Aeroma versions, including rosemary, lavender and the Defense blend.

Be Young's oils are divided into two categories (Loyol and Aeroma) to comply with the strictest of standards anticipated from the U.S. Food and Drug Administration (FDA). All **Aeroma** products are for aromatherapy uses (including topical application and air diffusing). All **Loyol** products are for dietary supplement uses (including internal use). Loyol bottles are typically 5mL, allowing for an approximate 1 month supply for typical internal uses. The Aeroma bottles are usually 10mL, providing extra volume typically used for air diffusing, laundry and sanitizing applications.

Frequently Asked Questions

Q: Should you use LOYOL or AEROMA oils?

A: It depends on how you intend to use the essential oils. If you intend to ingest, use internally or cook with the oil, then use a LOYOL type oil. If you intend use an oil externally for skin application, air diffusing, bathing, laundry, sanitizing or addition to personal care products, then use an AEROMA type oil. Many of Be Young's essential oils are available in both Loyol and Aeroma versions, including rosemary, lavender and the Defense blend.

Q: What is a carrier oil?

A: A carrier oil is an inert or neutral oil used to dilute an essential oil to make is less concentrated or potent. Common carrier oils include olive oil and grapeseed oils. Diluting an essential oil with a carrier oil can reduce burning on sensitive skin areas. Diluting can also aid absorption of the essential oil when taken internally.

Q: How do you dilute an essential oil?

A: Essential oils can be diluted in a carrier oil in several ways, depending on how the oil is being used:

- **Palm mixing method:** For skin use, add the desired number of drops of essential oil and carrier oil to the palm of your hand, mix together with your finger, then apply where needed. For example, to make a 50% dilution, add one drop of essential oil plus one drop of carrier oil to your palm, mix and then use – this provides two drops of 50% essential oil. To make a 75% dilution, add one drop of essential oil plus 3 drops of carrier oil, mix and use. – this provides four drops of 25% essential oil (same as a 75% dilution). If you need more than two drops, increase the number of drops of both essential oils and carrier oil to meet your needs.
- **Cup mixing method:** You may mix essential oils with carrier oils inside a small dish or cup if you prefer to keep the oils off of your hands. The same number of drops are used as in the palm mixing method above.
- **Capsule method:** For internal capsule use, simply add the desired number of drops of essential oil to the capsule then add enough carrier oil to fill most of the remaining volume inside the capsule. For details about filling a capsule, see the “how do I fill a capsule” section below.
- **Bath salt method:** If using essential oils for bathing, never add the oil directly to the bath water. If added to the bath water, most of the essential oil will form a film on the surface and not penetrate the water very well. For best results, add the desired number of drops of essential oil to bath salts and mix the salt well, then add the salts to the water and stir until the salt is dissolved.

Q: What if an essential oil burns?

A: If an essential oil burns after application, you can rinse it away with a carrier oil. **NEVER rinse with water – rinsing with water will make the burning worse.** If you need to rinse an essential oil away due to burning, **ONLY** rinse with a carrier oil.

Q: Can essential oils be used with antibiotics?

A: If you are using essential oils internally while taking antibiotic drugs, it's good practice to take the essential oils or any other supplements 2 hours before or after your antibiotics. Taking oils or other natural products at the same time as the antibiotics may diminish the effects of some antibiotic drugs. This is just a general rule of thumb – consult with your healthcare provider if you have questions about taking remedies along with antibiotics.

Q: Are essential oils safe?

A: Tolerance to essential oils may vary from person to person. However, essential oils of the proper quality are quite safe when used properly. Using high purity therapeutic grade oils according to standard protocols is the best way to avoid potential side effects and health risks, such as liver stress, rashes, upset stomach or symptoms of detoxification. Caution: only use the highest quality therapeutic grade essential oils internally or on your body, such as Be Young.

If you are new to using essential oils, start slowly and work up to the desired dose. If you experience adverse symptoms, then decrease the dose, frequency of use and/or duration of use. As with any natural remedy, listen to your body and stop taking anything that is causing you problems. Always consult with your health care provider if you have any concerns about using the essential oils along with medications.

Q: Do the amounts and doses in the protocols have to be exact?

A: The doses and amounts of each essential oil specified in the protocols in this guide are approximate. The amount of oil you use for each protocol can be adjusted without compromising safety or effectiveness. Staying close to the specified doses is recommended, but not critical in most cases. For example, if a protocol specifies a dose of 3 drops of essential oil, any amount between 2 and 4 drops should be just fine. The protocols in this guide are a rule of thumb only.

Q: How do you get just one drop from an essential oil bottle?



A: Some oils are thin and pour very quickly while others are thicker and pour slowly. To pour one or two drops, quickly rotate the essential oil bottle upside down and immediately rotate it back right side up again in one fluid motion - without spending time in the upside down position. This is a quick motion (0.5 to 1 second to rotate upside down and back right side up again). The slower you try to pour, the more drops will come out.

For better pouring control, keep the air hole of the bottle toward the sky when pouring – this will keep extra oil from pouring out of the air hole. If the bottle is close to empty, keep the air hole facing down instead of up, allowing oil at the bottom of the bottle to exit

through the air hole. To make pouring easier, firmly tap the upright bottle a few times down onto a table to get rid of air bubbles in the air hole and the pour hole just prior to pouring. When the bottle is nearly empty, the plastic liner can be pried up around the edges and removed to get the last drops out.

Q: How do you apply essential oils topically?

A: The Aeroma type of Be Young oils is best suited for topical uses. When applying undiluted essential oil, the oil can be poured directly from the bottle to the affected skin area. Alternatively, the oil can be placed in the palm of one hand then applied with either a finger from the other hand, a cotton swab, or a small gauze pad. After applying the oil, it can be rubbed into the affected area briefly and gently. Mild essential oils like tea tree can be applied to the skin multiple times per day, or when changing wound dressings.

If applying diluted essential oils, the desired drops of carrier and essential oil can be poured into the palm of one hand, then mixed together with a finger from the other hand prior to application as above. Alternatively, the carrier and essential oils can be placed in a small cup and mixed prior to application.

Q: How do you take essential oils internally?

A: The Loyol type of Be Young oils is best suited for internal uses. The most common way to take essential oils internally is using the **capsule method** (see below for details). Here are three other methods to use essential oil internally:

- **Honey and spoon method.** This procedure is ONLY to be used for essential oils that are relatively mild and not too “hot” and is best if only taking a drop or two of essential oil. Place some honey on a spoon a drop or two of the essential oil. Mix briefly with a fork and then ingest.
- **Direct oral method.** This procedure is ONLY to be used for essential oils that are relatively mild and not too “hot”. Many people can tolerate pouring 1 or 2 drops of an essential oil directly onto their tongue. This method may take practice to avoid spills and get the desired amount of oil.
- **The “Lick Trick” method.** A much easier way to take oils orally is called the “Lick Trick”. Simply place 1 or 2 drops of essential oil onto the back of your hand and use your tongue to lick the oil into your mouth. This method is ONLY for relatively mild oils that are not too “hot”.

Q: Why does the bottle label say “not for internal use”?

A: Oils labeled as Loyol by Be Young are safe for internal uses. If you have an essential oil labeled as Aeroma, then it is NOT for internal use. Please read the first FAQ above for details on this important topic.

Q: Is there an alternate way to take oils internally?

A: If you are uncomfortable taking essential oils internally, a good alternative is to apply the oils topically to the bottoms of the feet instead. The bottom of the foot has many skin pores, which provides a quick way to absorb essential oils into the bloodstream without having to ingest them. This method is milder than other internal methods, but it’s also gentler on the liver and easier on the stomach. Here’s how to do it:

1. If the oil you are using is available in the Aeroma version, then it may be used for foot application. Otherwise, the Loyol version may be used.
2. Use the same dosage, time of day and duration of use specified in the internal protocol for the essential oil you are using.
3. Instead of taking the oil internally apply the oil topically to the bottom of the feet.
4. Gently rub in the oil briefly until absorbed.
5. If needed, dilute the essential oil 1:1 in a carrier oil before application.

Q: How do you fill a capsule?

A: Only use veggie capsules with essential oils – gel capsules will melt. Capsule sizes “0” or “00” are best for ease of filling and swallowing. Note that some oils are thin and pour very quickly while others are thick and pour slowly. The steps to fill a capsule with essential oils and take internally are below.

Capsule method:



1. Hold the longer half of an empty capsule directly underneath the pour spout of the essential oil bottle.
2. Rotate the essential oil bottle upside down to pour the desired number of drops into the capsule.
3. Fill the remaining capsule volume with a carrier oil and then press the other half of the capsule lid on top to close the capsule. **The exact amount of carrier oil used is not important.**
4. Shake the capsule a couple times to mix.
5. Swallow the capsule with food to aid swallowing.
6. Filled capsules may be stored in a refrigerator for up to one day with the capsule lid facing up.

More frequently asked questions

See more frequently asked questions and answers on the following webpage inside your Customer Only Area online:

<http://www.c-difficile-treatment.com/customers/pages/be-young-faq.html>

Limitations of Essential Oils

Essential oils should only be considered a short-term solution. As potent and helpful as Be Young essential oils can be, other steps are usually needed for lasting relief from stubborn bacterial challenges. This is especially the case for recurring and chronic or recurring challenges.

Therefore, be sure to **focus on and follow Michelle’s 3-Step Action Plan** for the most important things to do to support your body to control bacterial challenges. The 3-Step Action Plan can be found in **Chapter 1** of the book *C. Difficile Treatments & Remedies*. The Action Plan includes important diet changes, probiotic supplementation, cleaning and hygiene methods, immune support measures, and finding an experienced natural doctor. All of these steps are equally important, and in many cases even more important, than the remedies and treatments one uses.

Section 2: Oil Action Plan

The following guidelines will help you know **where to start** and **what to do** with the essential oils. For details on how to use each essential oil, including doses, methods and precautions, refer to **Protocols Section** later in this guide.

What to Do First

While oregano oil, Defense blend and several other oils can be used internally, the **Broad-Spectrum Internal Protocol** provides the most far-reaching support. This protocol uses three essential oil blends with 3 different doses. If you prefer not using essential oils internally, applying the oils to the bottom of the feet is a good alternative for systemic support. **The LOYOL type of oils are best suited for internal uses.**

Which Essential Oils to Use

There are many essential oils and methods in this guide that can be helpful. However, it can be easier to get started by focusing on a few key oils and methods. If you are unfamiliar with essential oils, then consider starting with just one or two of the essential oils listed below:

1. The **Defense oil blend** has broad antibacterial activity. If you can only get one essential oil, Defense blend would be a good choice for internal use. Defense may be used on less sensitive skin areas undiluted (such as the bottom of the feet). However, it is usually diluted Defense first until you know how you react to it. Defense blend is also ideal for internal support. This blend is designed to be potent yet well balanced and well tolerated. The LOYOL style of Defense is suitable for internal use.
2. For more complete broad-spectrum internal support, the **Defense, Guardian and Spice for Life blends (all LOYOL types)** may be used together as part of the **Broad-Spectrum Internal Protocol** detailed later in this guide. The lowest level of the Broad-Spectrum Internal Protocol (1 drop each blend per day) is ideal as a long-term daily preventative after a bacterial challenge has cleared, or to aid in protecting family members sharing a house with an infected person.
3. **Oregano oil** is very powerful for internal support, but it is also harder on the stomach and potentially taxing on the liver with prolonged use. Unless familiar with using essential oils, consider only using oregano oil internally if the Defense blend or the **Broad-Spectrum Internal Protocol** fail to provide positive results when taking internally. The LOYOL oregano is best suited for internal uses.

How Much Essential Oil to Use

The doses and amounts in the protocols throughout this guide are rules of thumb only. The best dosage for you may be different than other people and may vary from the protocols in this guide. As with many other natural remedies, essential oil doses are flexible rather than precise. While the doses in this guide are well-established guidelines, always adjust your essential oil dosages based on how you feel, your natural doctor's advice, and what works best for you. See the **Protocols section** later in this guide for specific dose information for each essential oil and method.

How Long, How Often and When to Use Essential Oils

- **How often:** The *Broad-Spectrum Internal Protocol* is used three times per day, taking a different oil blend at each time.
- **How long:** For oils taken internally in moderate or high doses, limiting the duration of use to a set number of days is best, as specified in the **Protocols section** below. For long-term daily prevention support, the lowest level of the *Broad-Spectrum Internal Protocol* (1 drop each blend per day) can be used indefinitely, either taken using an internal method (i.e. the capsule method, “lick trick” or inside food), or applied to the bottom of the feet.
- **When:** For some essential oils, the time of day to use the oil is important, as shown in the **Protocols section** below if applicable. If you are taking antibiotic drugs, take essential oil 2 hours before or after your antibiotics. Taking the oils at the same time as the antibiotics can diminish the effects of some antibiotic drugs.

Who Can Benefit from Essential Oils

- **Anyone with an active bacterial challenge** can use essential oils to support their body to fight the challenge on multiple levels.
- **Anyone sharing the same home** can use the oils for prevention support. Taking the lowest dose of the Broad Spectrum Internal Protocol (detailed later in this guide) can help with prevention and immune support until the infected person has recovered.
- **Caregivers** to someone who is infected can also benefit from using the oils. The lowest dose of the Broad Spectrum Internal Protocol is a good daily preventative while providing care.
- Anyone wanting to help **prevent** bacterial challenges can use the lowest dose of the *Broad Spectrum Internal Protocol* as a long-term preventative to support the body in fending off many types of bacterial, viral and other challenges.

Section 3: Precautions

Essential oils are very safe when used responsibly. But too much of a good thing can often cause unnecessary and easily avoidable problems. This section will outline some of the most common safety precautions to be mindful of when using essential oils.

Less is More

The essential oil doses, dilutions and protocols in this guide are generally well tolerated and effective for the majority of people and should not be increased unless directed to do otherwise by a healthcare professional. Taking too much of an oil, or using the oil for too long a period of time, can increase the risk of potential side effects, including skin sensitization, stomach upset, detoxification symptoms and other symptoms. Also, some oil methods provide better results by diluting the oils rather than using them full strength.

Some essential oils can burden the liver if used in large amounts for long periods of time, especially when taken internally. Therefore, using the least amount of essential oil to achieve the desired effect is prudent. For this reason, it's best to limit the dosage and duration of use to well established protocols and levels as shown in this guide.

Start Slowly

Test the oil first.

If you are new to using essential oils, or if you are about to use an unfamiliar with a particular oil, it's best to test the oil first to make sure you react well to it. You can test an oil by putting a small dab of the oil onto the tip of a tooth pick, then wiping a little bit of the oil onto your arm or leg (for topical uses) or licking it (for internal uses). If you notice no ill effects after a few hours, test again with a single drop of $\frac{1}{4}$ diluted oil. You can make the $\frac{1}{4}$ diluted oil by adding one drop of essential oil to 3 drops of a carrier oil and then using just one drop of the mixture. If there is still no reaction after a few hours, then consider proceeding to the "work up to the desired dose" section below.

Work up to the desired dose.

If you test OK for a new or unfamiliar oil, then consider working up to the desired dose slowly over a few days. Working up to the target dose slowly will give you a better change to deal with any negative side effects if they occur. Start out with the lowest dose of essential oil, or a fraction of the dose you want to use. For example, if you want to take an essential oil internally at a dose of 4 drops per day, start with just one drop the first day, move up to 2 drops the second day and finally take the full 4 drops on the third day. As an example for skin application, if the desired dose is 100% tea tree oil on a wound, start with $\frac{1}{4}$ tea tree diluted in a carrier oil the first day, followed by $\frac{1}{2}$ diluted tea tree the second day and finally full strength tea tree oil on the third day.

Use the Correct Oil Type

Be Young essential oils come in two basic types: **LOYOL** and **AEROMA**. LOYOL oils are for internal uses and AEROMA oils are for skin, air diffusing and other non-internal uses.

NOTE: Many of Be Young's essential oils come in both **LOYOL** and **AEROMA** types. Choose the correct type to match the intended use.

If you intend to ingest an essential oil, use it internally, cook with the oil, or use it as a dietary supplement, then the **LOYOL** type of oil is most appropriate. If you intend to use an oil externally, including skin application, air diffusing, bathing, laundry, sanitizing or addition to personal care products, then the **AEROMA** type of oil is most appropriate.



Use only **LOYOL** oils for protocols marked with this **LOYOL** sign.



Use only **AEROMA** oils for protocols marked with this **AEROMA** sign.

Avoid Unsafe Oils

You can avoid many potential safety concerns by only using high quality essential oils of the proper medicinal grade. Quality is of the utmost importance for therapeutic uses, especially internal uses. All of the protocols in this guide are based on the use of high quality therapeutic grade E.O.B.B.D. essential oils made by Be Young. Oils of insufficient quality or of the wrong type can be dangerous and may cause serious side effects.

If you choose to use essential oils not meeting the criteria in Michelle's books and resources, be sure to contact the manufacturer for the proper protocols for use. Different oil companies will likely have different protocols, doses and other methods that what is found in this guide. If you have a natural doctor who uses a specific brand of essential oils, then consider using their recommended products, methods and oil use information instead of the information in this guide.

Potential Side Effects

Essential oils are quite safe and well tolerated by most people when used properly. However, there are some mild side effects that may occur under certain conditions. The side effects in this section are largely avoidable if you follow established protocols, start slowly and use proper techniques.

loyol
ESSENTIAL OIL SUPPLEMENTS

- For internal uses
- Cooking
- Ingesting as a dietary supplement

loyol
defense
5 ml (0.168 fl oz)

aeroma
aromatic essential oils

- NOT for internal use
- Skin application and topical
- Air diffusing
- Bathing
- Laundry
- Sanitizing
- Personal care products

aeroma
defense

Be aware that the methods in this guide are a rule of thumb only - your tolerance to the essential oils may differ from the average person. If you are new to using oils, or if you are using an unfamiliar oil, always start slowly and work up to the desired dose. Dilute essential oils in a carrier oil if needed. If you experience adverse symptoms, then decrease the amount of oil used, the frequency of use and/or the duration of use. Always be under the care of a qualified health practitioner to monitor your progress when using any natural remedies.

Detoxification

Many natural products, including essential oils, can stimulate the body to release long-held toxins stored up in its tissues. This process is called detoxification, and while it is generally beneficial, it can cause undesirable symptoms if done too quickly. Taking larger doses of essential oils can therefore cause uncomfortable detox symptoms. Detox symptoms may include fatigue, headache, diarrhea, rashes, mild lethargy and flu-like symptoms. If you experience a detox reaction, reduce the amount of oil you are taking until symptoms subside. Afterward, you can increase the amount you are using again. Detox is more likely for internal use of oils than for external use.

Seizures

If you have a history of seizures, avoid or take special care using basil, fennel or lavender essential oils. Lavender aroma can potentially trigger an epileptic event in some people. If you choose to use one of these oils and have a history of seizures, only use them when another person is present to watch your response. You can test a drop of Fennel on your feet, but do so cautiously.

Sun sensitivity

All citrus oils, including lemon and orange, and most oil blends containing citrus oils are photo-sensitizing, meaning they can cause a sun-burn. Keep the area of the skin where citrus oils have been applied out of direct sunlight for 48 hours after application to avoid sunburn.

Stinging and burning

Some oils can feel hot when applied to the skin, especially on sensitive areas. Essential oils are concentrated and potent and must be used cautiously on any area of sensitive skin. Keep undiluted oils away from your eyes, nose, ears, lips, arm pits and genital areas and only use mild or gentle oils diluted properly near such areas. If an essential oil burns too much after application, use a carrier oil (never use water) to wash the essential oil away.

Rashes and skin sensitivity

Sometimes people develop a localized skin sensitivity to a particular essential oil. This is most common when an oil is used for an extended period of time on the same area of skin. If you develop a rash or dermal sensitivity to an essential oil with repeated use, discontinue using the oil, switch to a different essential oil or try another type of remedy. Note that some rashes may be the result of cellular detoxification through the skin due to the cleansing properties of the oil. While detoxification is beneficial, if done too quickly it can produce unpleasant side effects.



Many natural remedies, including essential oils, can accelerate detoxification.
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Liver stress

Most of the protocols in this guide are well tolerated by most people. However, some essential oils can stress the liver if taken internally in large amounts for long periods of time. Liver stress is most common with oils such as oregano and thyme but can happen with any oil when overused. Following the time constraints and the maximum dosages shown in the protocols should minimize the risks. Your doctor or Naturopath may deviate from the standard protocols if she is familiar with essential oils and is keep an eye on your condition. If you experience adverse symptoms or show signs of live stress then discontinue using the oils or reduce your dose.

Stomach upset

Some people find that stronger oils, such as oregano, cause stomach upset when taken internally in high doses. The risk of upsetting your stomach can be minimized by using a capsule with a carrier oil, ingesting the capsule along with food and by adhering to the proper doses and time limitations in the protocols.

Reactions with medications

If you are taking antibiotic drugs or other prescription medications, avoid using essential oils within two hours before or after taking your medication. Some oils can interfere with your body's ability to absorb and to use certain medications. Always consult with your healthcare provider when taking any supplement or natural products along with medications.

High blood pressure

Peppermint can increase blood pressure, so avoid prolonged use of this oil in large amounts. You can help offset peppermint's effect by immediately layering Lavender on top after the application of Peppermint. Note that blends containing peppermint should have much less effect on blood pressure, but using such blends with caution is still prudent.

Pregnancy

Extra care should be exercised when using any natural products during pregnancy. Be mindful of the precautions for pregnancy seen throughout the protocols in this guide. Depending on the variety of essential oil used, most oils are generally safe to use in moderation during pregnancy. Two notable exceptions are peppermint and chamomile, which should not be used if you are pregnant because these oils can cause premature contractions. It is recommended that you consult with your healthcare professional before using any essential oils during pregnancy.

Pets and Essential Oils

Dogs and horses tolerate essential oils very well, just as most people do. However, cats usually do not tolerate essential oils very well. Some people are able to use essential oils around their pet birds without any problems. However, not all oils are safe for use on all animals. If you do plan to use essential oils on your pets, it's best to talk to an aromatherapist or veterinarian who understands the safe use of essential oils.

- **Thyme oil may be toxic** in some animals (so are most home disinfectants). Use caution with this oil around animals.
- **Cats cannot tolerate oils well.** Cats do not metabolize oils in the same way that humans, dogs, or most other animals do. Excess accumulation of essential oils can occur in cats. This can quickly happen through internal or external application, or from continuous inhalation (including diffusion). The result can be liver or kidney damage or even death. Follow the special instructions in the cats, dogs and animal protocols for details.

Other Precautions

The following are additional precautions to take when using essential oils that may apply to some people. If you have any questions on using oils, ask your qualified healthcare professional.

- **Eyes and mucous membranes.** Keep oils away from your eyes and mucous membranes. Essential oils are concentrated and potent and must be used cautiously on any area of sensitive skin. Some oils are “hot” and can even burn the skin if used undiluted.
- **Children.** Essential oil protocols usually must be modified for children. Also, some oils are not appropriate for children. Children also have a difficult time swallowing capsules and using other oil techniques. For details about using essential oils with children, **see the Children, babies and elderly section.**
- **Elderly.** As a general rule, for the elderly, dilute by 50%. If they are tolerating this dilution ok, you can gradually increase the essential oil. Use organic or natural grapeseed carrier oil to dilute. For details, **see the Children, babies and elderly section.**
- **Oregano, cinnamon, clove, and thyme oils.** These are “hot” oils and may cause burns to the skin if used undiluted. Never apply undiluted to skin. If direct skin contact with a hot essential oil does occur, do not wash it off or flush with water – this will drive the oil deeper into the skin and increase the burning. Instead, apply a carrier oil like a vegetable oil or nut oil to the affected area immediately.
- **Bottle labels.** Be sure to read and adhere to any specific cautions that appear on the label of an essential oil. And always keep essential oils away from fire, flame, heat or sparks.

Section 4: Protocols






IMPORTANT: Use the correct type of essential oil.
 Only **LOYOL** type oils should be used for protocols marked with the LOYOL sign.
 Only **AEROMA** type oils should be used for protocols marked with the AEROMA sign.








NOTE: It is NOT necessary or recommended to use every protocol in this section. Follow the **Action Plan section** above to select which oils and protocols to use based on your specific needs. Use this section to find details on how to use the specific oils and protocols you have chosen.

Children, Babies and Elderly Protocols

Small children and the elderly usually have sensitive skin and weakened immune systems. Children have smaller bodies than adults, making it easier to overdose on a remedy. Therefore, adult doses of essential oils should be reduced or modified to be safe for children and the elderly.




CAUTION: the adjustments on this page are rules of thumb only – tolerance to the essential oils may vary. **Start slowly** and work up to the desired dose over a few days. **If you experience adverse symptoms, then dilute more, decrease the dose, reduce the frequency of use or duration of use.** Consult with a healthcare profession before using essential oils internally with children.





Ages	Bottom of Feet	Internal
<ul style="list-style-type: none"> • 0 – 2 years • 85 or older 	<p>Use Tea Tree as a gentler alternative to the Internal protocol in the next column.</p> <p>Dilute 75% by mixing 1 drop tea tree oil with 3 drops of a carrier oil. Can be applied to the bottom of feet 3 or 4 times per day while the challenge lasts.</p> <div style="display: flex; align-items: center; justify-content: center;">   </div> <p>For general systemic support, apply 1 – 2 drops of mixture to bottom of feet a few times each day.</p> <p>If prolonged stinging occurs, rinse the essential oil away with olive oil or another carrier oil. Do not rinse with water. Dilute the essential oil 90% or more before reapplication.</p>	<p>The Broad-Spectrum Internal Protocol oils and timing may be used with the following dosage changes:</p> <p>To take internally, add diluted mixture to a cotton swab and swab the inside of the mouth, or add 1 drop of mixture to formula. Do NOT use capsules because babies cannot swallow them.</p> <p>Mild/Moderate: Dilute 80% by mixing 1 drop of the oil with 4 drops of a carrier oil. Take 1 - 2 drops of mixture internally for 30 days max.</p> <div style="display: flex; align-items: center; justify-content: center;">  </div> <p>Severe: Dilute 75% by mixing 1 drop of the oil with 3 drops of a carrier oil. Take 3 drops of mixture internally for 3 days maximum.</p> <div style="display: flex; align-items: center; justify-content: center;">   </div>



Ages	Bottom of Feet	Internal
<ul style="list-style-type: none"> • 2 - 3 years • 75 – 85 years 	<p>Use Tea Tree as a gentler alternative to the Internal protocol in the next column.</p> <p>Dilute 50% by mixing 1 drop tea tree oil with 1 drop of a carrier oil. Can be applied to the bottom of feet 3 or 4 times per day while the challenge lasts.</p>   <p>For general systemic support, apply 1 – 2 drops of mixture to bottom of feet a few times each day.</p> <p>If prolonged stinging occurs, rinse the essential oil away with olive oil or another carrier oil. Do not rinse with water. Dilute the essential oil 75% or more before reapplication.</p>	<p>The Broad-Spectrum Internal Protocol oils and timing may be used with the following dosage changes:</p> <p>To take internally, add diluted mixture to food or formula. Do NOT use capsules because babies cannot swallow them.</p> <p>Mild/Moderate: Dilute 50% by mixing 1 drop of the oil with 1 drop of a carrier oil. Take 1 - 2 drops of mixture internally for 30 days maximum.</p>  <p>Severe: Dilute 50% by mixing 1 drop of the oil with 1 drop of a carrier oil. Take 3 drops of mixture internally for 3 days maximum.</p>  
<ul style="list-style-type: none"> • 3 or older • Less than 75 years 	<p>Use Tea Tree as a gentler alternative to the Internal protocol in the next column.</p> <p>Undiluted essential oil can generally be used if well tolerated. Can be applied directly to the bottom of feet 3 or 4 times per day while the challenge lasts.</p> 	<p>The Broad-Spectrum Internal Protocol can generally be used at mild and moderate doses if well tolerated. Dilute 50% if not well tolerated. Essential oils may be added to food for children too young to swallow capsules.</p> 




CAUTION: these protocols are a rule of thumb only – your tolerance to the essential oils may vary. **Start slowly** and work up to the desired dose. **If you experience adverse symptoms, then decrease the dose, frequency of use and/or duration of use.**



Adult Protocols

Essential Oil	Hotness	Precautions	Best Uses	Method
Tea Tree <ul style="list-style-type: none"> ✓ Best oil to start with ✓ Antibacterial ✓ Mild yet effective ✓ Good choice for babies, children and elderly ✓ Good choice for sensitive areas ✓ Safe for long-term use 		<p>Do not take Tea Tree internally unless under the guidance of a qualified healthcare professional. Keep away from eyes and mucous membranes. Keep out of reach of children. Keep away from cats.</p> <p>Some people may have an allergic reaction, including rashes and itching, when applying Tea Tree oil. If this develops, stop the use of Tea Tree oil.</p> <p>Children: follow directions in the <i>Children, Babies and Elderly</i> protocols above.</p> <p>Elderly: follow directions in the <i>Children, Babies and Elderly</i> protocols above.</p>	Skin 	<p>1-2 drops of Tea Tree oil can be applied directly onto the bottom of the feet, 3 or 4 times per day while the challenge lasts. Tea Tree oil may possibly sting a bit. If it's too strong, dilute with a carrier oil before applying. You can also add a few drops of Tea Tree oil into warm water and use as a wound wash. Children: follow directions in the <i>Children, Babies and Elderly</i> protocols above.</p>
			Personal Care 	<p>Add at least 20 to 30 drops of Tea Tree oil to each personal care product such as hand and body washes, lotions and shampoos. See the Cleaning and Sanitizing protocols below for details.</p>

Essential Oil	Hotness	Precautions	Best Uses	Method
Defense Blend (The Antibacterial Blend) <ul style="list-style-type: none"> ✓ Strong anti-bacterial action ✓ Good oil to start with ✓ Blended for superbugs ✓ Immune support ✓ Tissue support 		<p>Keep out of the reach of children. Possible skin sensitivity – test on a small area of skin first. Some of the oils in this blend are “hot” to the skin, so avoid using near the eyes and dilute before using on sensitive skin areas.</p> <p>Consult a physician before using essential oils internally with children.</p> <p>Pregnant mothers: Test 1 drop on skin for any reactions if new to this oil. For skin and internal uses, start slowly and work your way up to ½ of the regular adult dose over 7 days. Consult a knowledgeable natural doctor before using essential oils internally when pregnant.</p>	Skin 	Dilute essential oil in half (50%) with carrier oil and apply topically on the bottom of the feet 3 or 4 times per day while the challenge lasts. Dilute with additional carrier oil if too hot. Children: follow directions in the <i>Children, Babies and Elderly</i> protocols above. Use caution on sensitive skin areas.
			Internal Note: Only use this internal protocol if the <i>Broad-Spectrum Internal Protocol</i> is NOT being used. 	Mild (Maintenance) Long Term Use: 1 drop internally, 3 times per day. Can be taken orally dropped in the mouth or added to a veggie-capsule diluted with carrier oil. Moderate: 4 drops internally, 3 times per day for 30 days only. Can be taken orally by adding to a veggie-capsule and diluting with carrier oil. After 30 days, if the challenge has resolved, consider using the “Maintenance Level” daily thereafter. Severe: 10 drops internally, 3 times per day for 3 days only. DO NOT EXCEED 3 DAYS. Can be taken orally by adding to a veggie-capsule and diluting with carrier oil. After the first 3 days, follow the “Moderate level” for 30 days. After 30 days, the “Maintenance Level” may be useful. CAUTION: ONLY TAKE THIS AMOUNT FOR 3 DAYS.
			Personal Care 	Add at least 20 to 30 drops to each personal care product such as hand and body washes, lotions and shampoos and shake well.
			Broad-Spectrum Use	For broad-spectrum internal support, use either the <i>Broad-Spectrum Internal Protocol</i> .

Essential Oil	Hotness	Precautions	Best Uses	Method
Guardian Blend (The Antifungal Blend) <ul style="list-style-type: none"> ✓ Strong fungal and yeast control ✓ Antibacterial ✓ Immune support ✓ Anti-inflammatory support ✓ Secondary challenges and prevention 		<p>Keep out of the reach of children. Some of the oils in this blend are “hot” to the skin, so avoid using near the eyes. Dilute as needed.</p> <p>Consult a physician before using essential oils internally with children.</p> <p>Pregnant mothers: Test 1 drop on skin for any reactions if new to this oil. For skin and internal uses, start slowly and work your way up to ½ of the regular adult dose over 7 days. Consult a knowledgeable natural doctor before using essential oils internally when pregnant.</p>	Internal <p>Note: Only use this internal protocol if the <i>Broad-Spectrum Internal Protocol</i> is NOT being used.</p> 	<p>Mild (Maintenance) Long Term Use: 1 drop internally, 3 times per day. Can be taken orally dropped in the mouth or added to a veggie-capsule diluted with carrier oil.</p> <p>Moderate: 4 drops internally, 3 times per day for 30 days only. Can be taken orally by adding to a veggie-capsule and diluting with carrier oil. After 30 days, if the challenge has resolved, consider using the “Maintenance Level” daily thereafter.</p> <p>Severe: 10 drops internally, 3 times per day for 3 days only. DO NOT EXCEED 3 DAYS. Can be taken orally by adding to a veggie-capsule and diluting with carrier oil. After the first 3 days, follow the “Moderate level” for 30 days. After 30 days, the “Maintenance Level” may be useful. CAUTION: ONLY TAKE THIS AMOUNT FOR 3 DAYS.</p>
			Broad-Spectrum	<p>For broad-spectrum internal support, use either the <i>Broad-Spectrum Internal Protocol</i>.</p>

Essential Oil	Hotness	Precautions	Best Uses	Method
Spice for Life Blend (The Spice Blend) <ul style="list-style-type: none"> ✓ Antiviral, antibacterial and antifungal ✓ Immune support ✓ Secondary challenges and prevention 		<p>Keep out of the reach of children. Avoid using near the eyes. Avoid using undiluted oil around the face and throats of children less than 30 months of age.</p> <p>Consult a physician before using essential oils internally with children.</p> <p>Pregnant mothers: Test 1 drop on skin for any reactions if new to this oil. For skin and internal uses, start slowly and work your way up to ½ of the regular adult dose over 7 days. Consult a knowledgeable natural doctor before using essential oils internally when pregnant.</p>	Internal Note: Only use this internal protocol if the <i>Broad-Spectrum Internal Protocol</i> is NOT being used. 	Mild (Maintenance) Long Term Use: 1 drop internally, 3 times per day. Can be taken orally dropped in the mouth or added to a veggie-capsule diluted with carrier oil. This oil can also be applied to the bottom of the feet for children and adults for internal support. Children: follow directions in the <i>Children, Babies and Elderly</i> protocols above. Moderate: 4 drops internally, 3 times per day for 30 days only. Can be taken orally by adding to a veggie-capsule and diluting with carrier oil. After 30 days, if the challenge has resolved, consider using the “Maintenance Level” daily thereafter. Severe: 10 drops internally, 3 times per day for 3 days only. DO NOT EXCEED 3 DAYS. Can be taken orally by adding to a veggie-capsule and diluting with carrier oil. After the first 3 days, follow the “Moderate level” for 30 days. After 30 days, the “Maintenance Level” may be useful. CAUTION: ONLY TAKE THIS AMOUNT FOR 3 DAYS.
			Personal Care Products 	Add at least 20 to 30 drops of the essential oil to each personal care product such as hand and body washes. Be careful to not get into eyes, and not to be used around the face of children less than 30 months of age.
			Broad-Spectrum	For broad-spectrum internal support, use either the <i>Broad-Spectrum Internal Protocol</i> .



















Essential Oil	Hotness	Precautions	Best Uses	Method
<p>Oregano</p> <ul style="list-style-type: none"> ✓ Very potent antibacterial ✓ Strong anti-infectious oil ✓ Strong disinfectant ✓ Very hot; NOT for skin use 		<p>CAUTION: Oregano that is 100% pure and undiluted is very irritating to the skin and therefore is best for internal use.</p> <p>CAUTION: Keep out of reach of children. Keep away from eyes and mucous membranes. Can cause skin irritation – if irritation develops, discontinue use. Do not use with children. Best avoided if pregnant. Do not use for prolonged periods of time.</p> <p>If you accidentally get undiluted Oregano oil on your skin or in your mouth, wash with olive oil, vegetable oil or another carrier oil.</p> <p>NEVER use water to wash off essential oils as water will make the burning worse!</p>	<p>Internal</p> <p>Note: Only use this internal protocol if the <i>Broad-Spectrum Internal Protocol</i> is NOT being used.</p> 	<p>Mild to Moderate: 4 drops internally, 3 times per day for 30 days only. Can be taken orally by adding to a veggie-capsule and diluting with carrier oil.</p> <p>Life-Threatening: 10 drops internally, 3 times per day for 3 days only. DO NOT EXCEED 3 DAYS. Can be taken orally by adding to a veggie-capsule and diluting with carrier oil.</p> <p>CAUTION: ONLY TAKE THIS AMOUNT FOR 3 DAYS. Foul smelling feces are common with this and to be expected as the body is dumping dead bacteria and associated toxins.</p> <p>Short Term Use Only: Oregano is best used only during the acute phase of a bacterial challenge because it can become sensitizing and lead to undesirable changes in liver metabolism with prolonged use.</p>

Broad-Spectrum Internal Protocol for Adults

(also called the *Immune Pack Internal Protocol*)

This protocol uses three separate essential oil blends available from Be Young. All three blends are inside the Be Young *Immune Pack* product. The doses below are for **adults only**. For children, see the changes and dose reductions in the *Children, Babies and Elderly* protocols above.





CAUTION: this protocol is a rule of thumb only – your tolerance to the essential oils may vary. Start slowly and work up to the desired dose over a few days. If you experience adverse symptoms, then decrease the dose, frequency of use and/or duration of use.

Level	Morning	Afternoon	Evening
Mild (long-term maintenance)	1 drop 'Spice for Life' oil blend daily.  	1 drop 'Guardian' oil blend daily.  	1 drop 'Defense' oil blend daily.  
Moderate	4 drops 'Spice for Life' oil blend in a veggie capsule. Continue for 30 days only . After 30 days, the Mild level protocol may be followed.  	4 drops 'Guardian' oil blend in a veggie capsule. Continue for 30 days only . After 30 days, the Mild level protocol may be followed.  	4 drops 'Defense' oil blend in a veggie capsule. Continue for 30 days only . After 30 days, the Mild level protocol may be followed.  
Severe	10 drops 'Spice for Life' oil blend in a veggie capsule. Continue for 3 days only . After 3 days, the Mild level protocol may be followed.  	10 drops 'Guardian' oil blend in a veggie capsule. Continue for 3 days only . After 3 days, the Mild level protocol may be followed.  	10 drops 'Defense' oil blend in a veggie capsule. Continue for 3 days only . After 3 days, the Mild level protocol may be followed.  

Cleaning and Sanitizing Protocols

The following protocols are adjustable and the amounts may be scaled up or down as needed. The ingredient amounts are also not crucial – you can use more or less of an ingredient or even omit some of the ingredients according to your needs.

CAUTION: the protocols below CANNOT kill *C. difficile* spores and are NOT for disinfecting high risk surfaces. To disinfect *C. difficile*, you must use a product with a tested kill time for *C. diff.* spores, such as bleach solutions. See Chapter 21 of the *C. difficile Treatments & Remedies* book for details.

Protocol	Uses	Ingredients	Recipe	How to use
General cleaning	For mild cleaning of counter tops, sinks, door knobs, floors and other low-risk household surfaces. Can even be used for rinsing vegetables. 	<ul style="list-style-type: none"> • 20 drops rosemary oil • 15 drops lemon oil • 3 drops eucalyptus oil • 4 drops lavender oil • 2 cups water 	Add the oils to approximately 2 cups of water in a spray bottle and shake well before using.	Spray onto surfaces, let sit for a minute or so and then wipe off.
Hand sanitizer	For mild bacterial control while traveling. Ideal to replace chemical alcohol gels and synthetic hand cleaners and wipes. Keep this with you when out and about in the community, at work or in public places. 	<ul style="list-style-type: none"> • Tea Tree oil, 10 drops • Lavender, 10 drops • Eucalyptus, 10 drops • Geranium, 5 drops • Witch Hazel, 2 ounces • Glass spray bottle, 2 ounces or larger 	Combine the oils and witch hazel inside the bottle.	Shake well, then spray on and rub over hands after touching any high-risk objects, including doorknobs and shopping cart handles. Use before eating, applying makeup or touching your face.
Personal care products	For hand soaps, shampoo, body wash, or lotion products, these oils add mild bacterial control and gentle immune support. For best results, use only natural or organic body care products. 	<ul style="list-style-type: none"> • Lavender oil, 25 drops • Tea Tree, 20 drops • Rosemary, 20 drops • Sandalwood, 10 drops (optional) 	Add oils to about 8 ounces (236 mL) of personal care product.	Use the products as you normally would.
Laundry	A mild and natural way to reduce the bacteria in your laundry water and avoid chemically-laden dryer sheets. 	<ul style="list-style-type: none"> • Tea Tree oil, 20 drops • Lemon, 20 drops 	Add to laundry wash water	Run laundry as you normally would.