

EPISODE 207**[INTRODUCTION]**

[00:00:10] AVH: Hey everybody, welcome to Paleo Magazine Radio. All right, question of the day. Do you use essential oils? Do you even know what those are? Whether you're a fan already or if you're interested in learning more like I am, or if you're just looking for some healthy, basically no risk ways to improve your health and happiness, I think this podcast will be helpful because I'm talking to one of the leaders in essential oils. Her name is Samantha Lee Wright and she's an educator and host of the world's most popular podcast on essential oils which I didn't even know it was a thing but once you get into this podcast, I think you'll see how much there is to learn and gain from this practice which is cool.

When you think about it, our worlds are becoming increasingly scent free, right? We live indoors, we're in these climate controlled spaces, we're always trying to get rid of the smell of things, right? Partly for that reason, I think we're becoming more sensitive to all of the fake, gross kind of artificial scents that we're replacing the real ones with. But we're also becoming more disconnected from our sense of smell and how important it is to our enjoyment of life and our experiences.

We're going to learn a lot from Sam today and I'm pumped but before we get started, I want to read a quick iTunes review because these reviews mean a lot to me as someone who is really trying to grow this podcast. I want to recognize the people who took the time to give me feedback and say a few kind words. If you hear your review on a podcast, reach out to me on Instagram, @themusclemaven, give me all your info, maybe minus your measurements and social security but give me your shipping info and I'm going to send you some Paleo Magazine swag as a thank you because yeah, it's a big deal to me.

The review I'm going to read today is from @kimheinshealth and she says, "As a health coach, I'm always looking for podcasts that share, not only, nutrition and exercise but other aspects of being healthy. Healthy is so much more than what we eat and how much gym time we get in. You cover so many topics that speak to me and my clients including nutrition, gut health, stress reduction and training. I especially appreciate when you recognize that everyone is different. We

may have a same base for our nutrition but some things that work for some people may not work for others. I love your honesty, your authenticity and you ask great questions. My favorite podcasts are when you keep it real and share about yourself too. Keep up the great work.”

That is awesome Kim, thank you so much and I love this because I get to kind of like, talk about myself, say good things about myself without saying good things about myself. Like it's someone else doing it. This is like a win-win for everybody. No, seriously, I really appreciate that and I'm going to try to continue to kind of talk about myself a little bit, I'm always trying to find the balance between I don't want this to be a podcast about me, that's terrible. But it is good to share your personal experiences too.

Thank you very much Kim and send me a message on Instagram and we'll get you some awesome swag because you deserve it for taking the time to reach out to me because that's a big deal and if anybody else has anything they want to tell me, say it in an iTunes review and maybe you'll get something out of it too.

All right, that's that, I hope you enjoy this podcast with Samantha Lee Wright, all about essential oils.

[INTERVIEW]

[0:03:17.6] AVH: All right Sam, welcome to the podcast, I appreciate you being here.

[0:03:20.8] SLW Yeah, thanks for having me.

[0:03:22.7] AVH: We'll try to avoid any of the construction sounds that are coming directly from my window right now as a fellow podcaster, you understand the trials and tribulations of doing this work and how the stuff like inevitably comes up but I will try to avoid the extraneous sound here for you while we're chatting.

[0:03:38.7] SLW Yeah, absolutely.

[0:03:40.5] AVH: All right, I'd love for you to just kind of get into it initially by telling us a little bit about who you are and what you do in your background.

[0:03:47.5] SLW Sure. All right, Sam, who you're talking to today, I am the host of the world's largest essential oil podcast. The Essential Oil Revolution, every week, we produce new episodes, all around the topic of essential oils. We're 112 plus episode strong and still haven't run out of things to talk about. That's sort of where I am right now but I just – let's see, reverse three years ago and I had no idea even what essential oils were. Which is kind of funny because I have always been a huge hippie, well I used to be this really huge hippie, right?

I cared a lot about holistic health and food, made my own kombucha, I even lived in a teepee at one point in my life but I never really gave essential oils much thought. I honestly thought they were just for people that wanted to smell good. Used like a perfume or make nice soaps or candles and I've never been very crafty. I thought essential oils just kind of weren't for me because I've also always been very sensitive to smell and fragrance like, you know, going through the perfume aisle at a mall, I would like puke and get these huge headaches and just have to run past and always had bad allergies.

Back then, I really didn't understand that fragrance is actually a very different thing than smell. A lot of essential oils are really just synthetic fragrances disguised as essential oils, like because there's no label regulations really in this industry. Some companies do produce what we really know as pure essential oils which is like nothing but the plant in that bottle and that's a very different thing than fragrance or perfume. When my friends sort of introduced me to that concept of really high quality oils, it kind of blew my mind and as she was sharing with me her stories and I was smelling some of the oils she had, I just really fell in love because I'm a plant person, people ask me, you know, are you a dog person or a cat person, I say, I'm just a tree person, I just love trees and plants and so having the essential oils as just such an accessible way to interact with like the plant world in this really special way.

I fell in love. I started learning a lot about the science behind essential oils and the different ways that they can be used. That very quickly fell into me, really wanting to educate the world about oils and how they can be such a wonderful tool to have in your wellness cabinet and you know, me, as a mom now, I used to be really into herbs and teas and tinctures and all these

things and then became a mom and I was like, “Ain’t nobody got time for this anymore.”

Essential oils are a much easier and even more effective form of plant medicine than things like teas and teachers and herbs and stuff. Out of that, The Essential Oil Revolution Podcast was born and now we have over one and a half million downloads and every week, we talk about lots of different things revolving around essential oils and its’ just a blast.

[0:06:57.1] AVH: That’s really cool. Okay, I have a lot of questions from what you just told me. It’s funny because you said, we’ve got, what is it? 112 podcast episodes in and I’m thinking, with all due respect, how can you talk about essential oils for that many episodes. But then, I like look at back at myself and I’m like, you know, I’m hosting this Paleo Podcast and people might say to me, “Hey, how many episodes does it take to talk about eating vegetables?”

Again, I get there’s lots of – I have a lot of questions because I actually, I kind of have a similar background at least in the like – scent, smell department. You know, growing up, I had a family member who had really bad asthma and was very sensitive to scents to the point where we couldn’t have scented deodorant or we couldn’t use any kind of products to like wash our clothes that had scents which in retrospect was a good, healthy thing but the time was kind of annoying, right? To try to find things with no scent.

I never used perfume or anything like that growing up because we couldn’t, because it would make him sick and then later when I became an adult and I kind of could choose these things on my own, I had a hard time with things that had all these kind of synthetic scents because they just seemed so sort of aggressive and fake smelling but I started to kind of be interested in scent and smell.

It is a really, obviously a very strong scent that we have and it’s important sense that we have, it’s connected to memory and all of these important things. I always thought it was interesting that with like, perfumes and cologne and I know we’re getting off track already but things like that, these super expensive, quote unquote, high quality designer scents, there’s no ingredients, there’s no labeling, there’s no sense of what’s actually in that product and a lot of them are as you said, sort of synthetic and potentially harmful kind of chemicals rather than real essential sort of ingredients.

I'd love for you to – I maybe just start in talking about essential oils, how to tell the difference when you're purchasing or when you're buying between something that's good quality and real and something that they may be trying to pass off as real.

[0:09:03.6] SLW Sure, it's a hard topic to condense down but I'll try my best and it's something I'm really passionate about because I mean, fraud is just rampant. A lot of different industries, right? You can just look at honey for example. I'm sure you know a lot about the fraud that happens with honey, people marketing pure honey or raw honey as something that it's totally not, you know? There's a huge difference between a truly raw, local, unprocessed, unfiltered sort of honey versus maybe what has those same words on it in the grocery store but it's something completely different, you know what I mean?

That sort of kind of rampant fraud is really prevalent especially in the essential oil industry because there's practically zero regulation. Someone can slap the terms, "100% pure therapeutic grade essential oil," on a label and there's absolutely nothing to back up that that's actually what's in the bottle. You know, I think that technically, labels an essential oil as organic or pure, it only has to be about like 6% actual essential oil and then who knows what else is in that bottle.

Don't quote me on that 6% but I'm not sure exactly what it is but I think it's somewhere along that line. You know, it's really difficult, it kind of for me comes down to knowing your source and knowing where that oil comes from. I buy from a particular company, we don't have to go into that but I like this company because I know exactly where the oils come from because they're in control of the process, all the way starting from the farms, from where they grow the plants to where they distill the plants, to where they test the oil, to where they bottle it and they ship it out and that's very rare in the industry.

A couple of things you can kind of look out for, trying to summarize, well, one test that I really like is the home test you can do the paper test. If you take an essential oil and you just put a drop on a piece of paper, within the next couple of next hours, most of that oil should have evaporated off of the page.

If it hasn't completely evaporated off of the page then you know that it's mixed with some sort of, either fatty based carrier oil like almond oil, Hohoba or something or it's just some like other stuff in there that shouldn't be in there.

Once you sort of train your nose a little bit better, you can kind of pick up on what's a synthetic smelling oil and what's a pure smelling oil. You know, most essential oils that you'll see in the stores are really only, the only purpose behind them is to smell good and that's fine.

If that's what you want to use essential oils for, that's okay. Although, you do want to be careful sometimes, those can have some toxic chemicals in them and because they're not necessarily coming from real plants, they're more coming from a laboratory but most – a lot of essential oils are just marketed to smell good and so they have these very kind of sweet smells to them and that's very different from an essential oil that's more the purpose of therapeutic use.

That's probably going to have a more kind of earthy smell. It comes from plants, it should smell like a candy cane, you know? You can sort of pick up on that a little bit, yeah, I hope that helps a little.

[0:12:17.0] AVH: Yeah, no, that's helpful. If you could kind of just give us the high level, like 101 class, what do essential oils do for you? Wow best to use them when you are trying to get the most out of it? Whether it's sort of medicinal as well as maybe stress management all of these things, you can get in to a little bit, you know, the science behind how they actually work because yeah, my understanding was always, you know, you defuse them because it makes the room smell nice and that makes you feel good, that's it.

[0:12:47.7] SLW Sure, that is a huge benefit to oils. Who doesn't want their house to smell amazing all the time, right? For those that don't know what a defuser is, a defuser is just like a machine that you buy, usually you fill the machine up with a little bit of water and then you put, you know, maybe four or five drops of an essential oil in there.

Press the button and then it sort of kicks all these essential oil molecules up into your air and it makes your air smell amazing and that's one of my personal favorite ways to use my essential

oils and it makes everything smell amazing but the science behind it is so fascinating. When we look at our sense of smell, you kind of already touched on this.

Our sense of smell is our most primitive sense. I mean, it developed very early on and it's a survival tool. If you think about you know, the lone wolf out there, you know, surviving every day. The wolf has this great sense of smell because it needs to know where the food is, it needs to smell where the food is, it needs to be able to smell, is this food rotten or not?

You know, it's a safety mechanism, you know, it can also tell the wolf if there's other wolves nearby or humans nearby, right? Our sense of smell is directly tied into our amygdala which controls our fight and flight response. It's an automatic response, it's immediate, you can't control it, you can't smell a beautiful bottle of lavender essential oil and not have an automatic immediate response of calming down a bit.

We can use this sense of smell to really gain direct access to our brain, our memory, our emotions, you know, studies done on essential oils such as vanilla oil has been shown to affect serotonin and dopamine levels in the brain. Lavender, you can actually see lavender being sold as a pharmaceutical, as a pill. It's called selexin in Germany to trigger the same receptors in the brain as opioids do. It's very calming.

Frankincense has a component and sinol acetate that triggers actually a different type of opioid trigger in the brain that lavender does. If you look at the benefits of essential oils, you kind of – when you look at the pharmaceutical industry and you look at where do pharmaceuticals get developed from? Where does all medicine sort of stem from? They all stem from plants, right? There's some chemical, there's some compound, there's something about a plant that scientist go and look, look, if I extract this one component from this plant and synthesize it and turn it into a predictable outcome as a molecule, it's going to have XYZ effect.

The great thing about essential oils is we get these amazing benefits from them but it's the whole plant molecule and when you extract the entire substance of a plant in the form of an essential oil, you get what we call synergy which is this beautiful thing that you know, medicine and pharmaceuticals just really can't even touch because they're meant to give one result, while as essential oils have this synergy going on. An essential oil could do 500 different things in

your body at one time that all interplay together and interconnect and have these amazing benefits that you might not even understand what's happening.

And the most amazing part of all of this is that there's no risk, you know, there's no side effect, there's no bad outcome. Short of drinking an entire bottle of winter green essential oil or like you know, dunking essential oils and your eyes are in your ear canals or bathing in like a citrus oil before going out in the sun, it's pretty hard to go wrong with essential oils.

Some people when they're first getting started with oils, especially if it's the very high quality pure oil, they're going to have what we call detox symptoms. Because essential oils are very cleansing to the body, they can sort of stir things up and start to kind of kick out some of the toxins that have been in our bodies for a while.

Some people when they first start out, might get a little headachy or upset stomachs and stuff are like rashes or things like that and in the long run, that's a good thing, right? We want those toxins out of our bodies but in the short term, you might think like, "Oh God, these oils suck, I hate this."

[0:17:15.9] AVH: What are some ways that people can use essential oils beside from the defuser of actually using the products?

[0:17:24.1] SLW So you can just smell them straight from the bottle, that's pretty easy to do but you can also put them on your skin. A lot of essential oils, you can put directly on your skin, what we call like neat. You order a scotch at the bar, neat, no ice. Just putting that directly on your skin. But for the most part, especially if you're new to oils, I always recommend diluting your essential oils with some sort of fatty based carrier oil.

My favorite is coconut oil, some people love almond oil, hahoba oil, if you don't have – if all you have on hand is olive oil, that works too. You can either premix your oils in like a little jar with some coconut oil, you know, stir that up or what I kind of do is I just have a pump top of carrier oil and I just like squirt a dollop in my palm and then I add my essential oils and then I apply that to my body.

Depending on which oil I'm using, if I'm trying to use an oil that really de-stresses me then I might put frankincense or lavender or maybe a citrus oil and just put that on my chest and then kind of rub it into my ears or into my hair sometimes, I'll just kind of rub it in there and it smells amazing. Let's say, I'm trying to support my immune system, I might use, there's a blend called thieves that I love, it's got cinnamon, clove, rosemary, lemon, eucalyptus, it's an amazing immune support blend and I like to run that on the bottom of my feet and just rub it in.

That's really great way to get oils into your whole body.

[0:18:56.8] AVH: Why the bottom of the feet?

[0:18:58.1] SLW Well, there's a couple of different theories around that. One is that the pores on our feet are kind of larger than the pores on the rest of our body. It kind of acts more like a sponge and really soaks those oils into your blood stream. Every time you put oils on to your skin, it gets absorbed into your blood stream and so it's a really easy way for you to get the benefits that that plant material has into your whole body because it's going right into your bloodstream.

The bottom of your feet, they say, kind of soaks in and gets to the bloodstream more and then if you're familiar with eastern medicine or Chinese medicine or acupuncture, there can be different points on the bottom of your feet to sort of relate to the different organs and parts of your body. If you say, want to support your lungs, you might rub it in to that part on the bottom of your feet. I always am straight up with people and say, I'm not a purist and so, you know, I say, just slap it on and rub it in and you're good to go but some people get really into the details of like, put it on the outside of your pinkie toe if you want to support snoring or something like that. That's sort of the theory behind the foot, the bottom of the foot.

But up your spine as well I think is a great spot too because then you're kind of hitting all the spinal column nerves and then it kind of goes up into your brain really well. That's topical use, we've kind of talked about aromatic use with your diffuser, there's topical use and then the third type of use which is a slightly more controversial one is internal use.

That's when you're maybe adding essential oils to your water or your tea or putting them into some sort of empty capsule, that's why I like to make – I take the empty veg capsules that you can buy at the health food store and I'll put a couple of drops of oil and then I'll top that off with some olive oil and then take that as a supplement, kind of a DIY supplement that you can take.

[0:20:49.4] AVH: Okay, two questions before we get any further. You kind of eluded to this earlier about people being dumb and dousing themselves with ridiculous, like amounts of essential oils and stuff and maybe not being ideal but if you're making your own coconut oil, cinnamon scented or whatever you're doing, is there like a recommended amount or is it kind of just as per your own personal taste?

You know what I mean by taste but like, you know, what you want or can you overdo it or can you under do it or how much should you be putting in when you're doing a topically?

[0:21:25.3] SLW Right, yeah. Absolutely, you can overdo it and you can under do it. But it's not rocket sciences, you just have to play around, you just have to get to know your body and what you like. I'd say, as a rule of thumb, if you're first starting out and your brand new to essential oils then you want to take it slow, you want to use one or two drops when you're first starting out, you know?

If you're going to put some oil in the palm of your hand with a little coconut oil, do one or two drops, rub that into the bottom of your feet, see how you feel. If you got your diffuser going and you're using a new oil, put one or two drops in and see how you feel. But then, you can sort of build up over time, now, I probably, I'll put maybe 10 drops of an oil into my diffuser and I'm fine with that but in the beginning, I would get this sort of detox headaches symptoms. So I would only start out with one or two.

But getting to know your body and that's what it's really all about. With any sort of holistic approach to health, it's really, you're the one that's in charge, it's your body. Don't be afraid to experiment and try new things and with essential oils, really, like I said before, it's kind of hard to go wrong. Yeah.

[0:22:36.0] AVH: It's not like, if you overdo it, nothing bad is going to happen, you may get a little headachy or it may smell too strongly but you're not going to have like any major sort of negative consequences.

[0:22:47.1] SLW Right, I mean, to put things in perspective, a bit, there have been zero deaths due to essential oils since the dawn of time that we can think of. There have been like a few, very rare, very isolated incidences of you know, children having bad reactions or pets having bad reactions but when you actually go to look at the studies done.

They're very vague, they're very - they never say, you know, what type of essential oil, I mean, it could have been like an essential oil someone bought from Walmart that was probably like no actual essential oil in there, just pure petro chemical, chemicals created in a lab to smell like lavender. You know?

Or a child breaks into the cabinet and drinks like an entire bottle of winter green or something, just this very sort of outlying incidences. But certainly, as with all things on the internet, there's a lot of sensationalism and a lot of kind of people that get very passionate about this topic but I tend to just kind of stay in the middle and say, you know, in perspective, they're an extremely safe thing to use, yeah.

[0:23:53.4] AVH: The next question is about ingesting because you talked about that and I was going to ask you about it and that it's slightly more controversial. Why is it controversial? If you're using, you know, essential oils that are high quality plant products, what would be controversial about it?

[0:24:10.6] SLW Well, I think that's the main problem is a lot of people don't understand the difference between a high quality oil and a low quality oil and so, you know, people that might ingest a low quality oil and feel really sick. Well, yeah, I don't doubt that. You just drank like a bunch of chemicals, you know?

As with anything, you could take too much vitamin C and get really sick, right? You can eat too many – too much spinach and get really sick. I mean, I think too much of anything is going to make you sick. Definitely, using too much essential oils internally can make you ill. I have to

laugh at them now but when you're first getting started and you're first learning about oils, you might come across like you know, a blog post that says, oil and water don't mix so you shouldn't drink your essential oils which I just think is the funniest thing in the world.

Well, does that mean we should be eating olive oil? Because it doesn't mix with water? I don't understand your logic but there's sort of this debunked theory that essential oils are so powerful that they're going to kill your intestinal bacteria or they're going to affect your liver or I don't know what people think. I have yet to come across a convincing article that's backed by actual research or studies done that have shown to me that essential oils are, that good quality essential oils are unsafe to take internally. And you know, I've used myself as an experiment too. I'm a pretty sensitive body type, I react to things pretty quickly.

When I first started using oils, I had a couple of detox symptoms but after I got past that first week or two, I'm fine with them. And I mean, I've actually – I'm the healthiest I've ever been since essential oils came into my life and I use them internally pretty regularly and there's millions of people around the globe that do the same with some high quality oils and really, there's no, I've yet to come across a proven case of serious side effects from proper use.

[0:26:11.9] AVH: What would be the benefits to ingesting certain oils versus using them topically or vice versa, why would you choose to do one way and one the other.

[0:26:22.5] SLW That's a great question and the taste is great for a lot of them so that's why a lot of people will flavor their drinks or their food like I love cooking with my oils, every time I make anything with chocolate and then I'll usually add a little orange oil or peppermint oil.

If I make a tea then I want to add like maybe a little lemon oil instead of lemon juice because actually, the lemon essential oil from what I've read about it is actually easier on your digestive system and easier on your teeth enamel than the actual lemon juice which is interesting. And to me, it's easier to put a couple of drops of lemon oil in my tea than to slice open a lemon and juice it and then compost it and all that stuff.

Just convenience I think is one reason people will ingest. During seasonal transitions, I will, like when a lot of the pollen is in the air, I like to fill my mason jar, I'm a mason jar girl, I'll fill my mason

jar up with water and I'll add about five drops each of lemon, lavender and peppermint oil and then I'll just sip on that throughout the day and it kind of keeps it in my system through the day and it really helps me during those transitional periods of season changes.

That to me is just more convenient than making a pill or you know, keep applying it to my bottom of my feet throughout the day and sometimes I don't feel like smelling like an essential oil. I don't feel like smelling like a candy cane if I put peppermint on or maybe I'm using more of the earthy herbs like basil or oregano and then I get tired of people being like, "It smells like pizza," you know? But actually ingesting essential oils is probably one of the least effective forms of getting them into your body because when you ingest it, it all has to go through your stomach and your stomach is not going to have as direct of an effect as you were to actually inhale it into your lungs which goes directly into your bloodstream or put it on your skin which also goes directly to your bloodstream.

And then reasons why you might want to apply it to your body versus ingest it is, you know, maybe you want to support your body's natural response to inflammation after a workout. So you might rub some Copaiba into your knees or it seems like that. So certain directions, my husband is a carpenter and so when he comes home at the end of the day he's exhausted and he aches everywhere and so he just lays down and I pull out the winter green and I just give him a little winter green massage all over his body.

And then I might go back over with some copaiba or some peppermint or some frankincense or anything that's going to support his muscles feeling better and rub that all into his muscles and he loves that.

[0:29:07.2] AVH: You are a good wife.

[0:29:08.7] SLW: He's a good husband too, he deserves it.

[0:29:12.3] AVH: So I know you've talked a lot about the general safety of using these things and how really there isn't much of a downside. It's like it's worth trying at the very least because you can't really lose right?

[0:29:24.5] SLW: The only thing and I hate to interrupt you but I don't want to forget, the only safety tip I always want people to walk away with is knowing that citrus oils are photosynthetic. So don't put lemon, orange, any citrus oil onto your skin and then go out into direct sunlight because that will give you like a really bad sunburn really quickly.

[0:29:44.4] AVH: Got it, probably for the same reason I remember an old trick when I was younger, if you want to lighten your hair, you put lemon juice in our hair and then go out in the sun and it will lighten your hair, have you ever heard of this?

[0:29:56.2] SLW: Exactly, yes. Exactly.

[0:29:58.8] AVH: Okay so then I guess the next question would be there are a lot of people out there with different sensitivities obviously to a whole host of vegetables or plants or legumes or all kind of different things. Is there any essential oil that maybe people should be weary of or steer clear of or certain people have sensitivities to certain kinds or is that not usually an issue with essential oils?

[0:30:25.5] SLW: Well, I always say if you are pregnant, if you are using oils on small babies, if you have small pets, cats, dogs or if you are on any prescription medication, those are all categories where I am not saying you shouldn't use essential oils, I think essential oils can be super beneficial for those people, but you just want to take a little extra time to do a little extra research. So we don't have time to go into all of the dos and don'ts for that and it's hard to go into that into detail because there are so many differing opinions.

There's not one concrete source that says this essential oil is unsafe for XYZ because there is not a lot of research done on this. But where I come from is you know, they are safe enough to at least experiment with and if you are used to listening to your body it's going to tell you pretty quickly whether or not something is good or bad for you. Also just off the top of my head, pregnant women sometimes will choose to steer clear of winter green and certain other oils.

I actually have a cheat sheet for that I can give to you if you want to put it in the shownotes of dos and don'ts during pregnancy. And then for people with cats and dogs, that's a pretty controversial topic too because cat's livers will process essential oils differently than ours. The

rule of thumb that I have heard people say is so long as the small animal has freedom to leave the room then you're safe because cats have this intuition of, "Oh something is in here that my body doesn't like I'm getting out of here."

But I know thousands upon thousands of oily users who have cats, dogs, babies, are pregnant and they still use essential oils. But just listen to your body. You know when I was breastfeeding, I couldn't use peppermint because I noticed every time I used peppermint, my milk supply would tank a little bit. But it wasn't permanent. It would come back and that's the great thing about oils. Whatever you do with oils is not going to make these drastic hospitalization effects to your body if that makes sense.

[0:32:38.2] AVH: Got it, okay. So you mentioned earlier Chinese medicine and eastern medicine, I would imagine that essential oils have been used for a really long time in a lot of different cultures. Can you get into at all, some of the history behind it or maybe where this kind of practice maybe came from?

[0:32:57.1] SLW: Yeah, absolutely. So essential oils are - date back all the way, as far as we know there is actually written text in the papyrus in ancient Egypt that talks about the use of essential oils. Now essential oils back in the day probably looked a little different than they do now but when you talk about the history of essential oils, you also have to talk about the history of plants and the use of herbs as medicine. That used to be the only form of medicine we have.

Because essential oils is really just – I call it herbal medicine on crack. So it's very concentrated forms of that plant. Like for example we say one drop of peppermint oil is equivalent to about 26 cups of peppermint tea because of the concentrated down into such a potent form. But if you look at the history of oils and the use of plants, that used to be all we had. So it's really as old as time.

[0:33:58.0] AVH: Wow, okay. So I know you talked a lot about different oils for different things but if you can give us a brief cheat sheet in terms of I am getting started and I want to try out some of the essential oils and I have certain issues that I want to address and I think a lot of the main ones are energy, stress relief, sleep, calming, all of those big categories. Can you talk about some of the best essential oils for those sort of main categories?

[0:34:26.8] SLW: Sure and this is where it gets fun because there is no one right answer. But let's see, to address things like energy, I always think of the citrus oils for uplifting energy. So lemon, orange and peppermint especially too. Actually I know a lot of athletes that will use peppermint before workout. They might put it in their water or they might rub it on their chest because peppermint really opens up the oxygen paths to our body.

And so actually science has proven that peppermint oil actually increases the amount of oxygen that you can intake into your body. So athletes love it, before run and then like I said, orange oil. I just love putting orange and peppermint in my diffuser first thing when I wake up because I am not a morning person at all. I have a very hard time waking up but when I can get myself to put my oils on and those ones in particular in the morning, I just love it. So those ones are really great for more energy.

For stress, there is a blend called stress away that I am in love with and I don't have the ingredients in front of me but I know it has vanilla in it. I think it has copaiba in it as well and then frankincense is one of my favorite oils for stress as well. I remember after I had my daughter, she's my second baby and for any other moms out there that know what that post-partum roller coaster ride feels like, it's not fun and for me, I remember one day just walking around my house, I felt like a bit of a zombie, I was just post-partum mom. I was carrying my baby around in my little baby carrier in the front and moseying around my house and just feeling like crap. I did not feel good. I did not feel like myself and I was very anxious and stressing out. So I went to the oil shelf and I grabbed the frankincense and I just put it in my hand and then I started rubbing it into my ears. The ears is a really great spot to put oils for any sort of emotional issue.

So I rubbed it into my ears and then I even rubbed a little on the top of my daughter's head and just, I call it my baby diffuser and just rubbed the oils in her head and smell her and the change was immediate. I immediately felt like I was back in my own body that I could chill out a little bit and so frankincense I almost always have it in my pocket and so I always try to put it on before I pick my kids up from school because I sometimes have those stressful workdays. And I don't want to bring that home to them so when I am driving in the car before I pick them up, I whip out the frankincense and it just puts me in this super calm state.

So that's definitely one of my favorites, lavender as well is a great calming oil. It is also a great one for sleep which you mentioned. So as I'm sure you talk a lot about on your shows, sleep is vital. It is a super vital part of your health and so essential oils are great for supporting sleep. Actually I will share a little quick story about my mom. So my mom, she loves me and she always supports everything I do but she was not interested in essential oils at all. So it was like pulling teeth trying to get her to try anything. But she went through a very difficult trial in her life and she had a horrible time sleeping and she got so desperate that she actually called me and asked if there is any essential oils that could help and I said, "Yes! Finally she is asking for essential oil help." And so I was like, "All right mom, I am going to hook you up!"

So I got her a diffuser. I got her lavender, cedar wood and vetiver. That's my sleep blend and everyone's got their own sleep blend so I gave that to her. I told her to put two drops each in your diffuser and put that on 15 minutes before bed and the next morning, I wake up and on Facebook she had written, I can't remember exactly but it was something to the effects of:

"Well my daughter's snake oils actually worked. I had the best night's sleep of my life last night." And that was a beautiful day for me and then I had some of my members, their sleep blends are more like lavender and a citrus oil like orange or lemon. My husband, he loves – there is a blend called peace and calming that has blue tansy in it and a couple of different oils. So everyone's got their own sleep jam and it takes some experimenting but those are a few ideas to start with.

[0:38:52.9] AVH: So how much and I know we touched on this a little bit and I know there's probably so much research it's hard to condense it in our chat right now but how much of this stuff is really inhaling or ingesting or taking in these essential oils and it is actually changing the way that your body functions or the way that your brain functions and how much of it is placebo effect that is something that we maybe don't understand why certain blends makes me feel great. And certain blends make me feel calm and the same thing might make this person more awake and there's not anything bad to say about placebo effects. If something makes you feel better but I guess I just want to know what is really happening when you are taking this stuff in.

[0:39:40.7] SLW: Right, exactly. So I myself am a huge fan of placebo effect. I think it's amazing. I think it's great, I wish you could bottle that placebo effect. So I am a huge supporter and fan of the placebo effect but the more that I work with essential oils and the more stories I

hear and the more things that I see just on a day to day basis, I am 100% convinced that there is zero placebo effect involved with essential oils. I think that we really underestimate the power of the chemistry behind plants.

And I think that essential oils we are just now beginning to scratch the surface of what they are capable of and actually if your listeners really research heavy people, I highly recommend going to pubmed.gov. So it is a government website, it's not connected to any oil company or brand or anything like that, pubmed.com, if you just search essential oils you would come up with over 17,000 research articles on essential oils and their effects in the body and it is really incredible.

There's a few books. So one of the most popular episodes on my show so far has been was Essential Oils Versus Pharmaceuticals with Biochemist, Doug Corrigan. It was Episode 91, and he used to work for a pharmaceutical company and then he actually quit his job to devote more of his life to researching the chemistry behind essential oils and his story was fascinating and the way he talks about the difference between the chemistry of oils versus pharmaceuticals is just really beautiful.

But I get really geeky about the chemistry and stuff but it is really not that hard to understand when you think of how much your body just looking at the scent factor of essential oils, how much your body is already triggered by smells. Like the smell of fresh baked cookies, I'm sure for many people will bring them back to their grandmother's house, right? There is a whole section of our brain dedicated to processing smells and having a direct effect on our memory, our feelings, our emotions.

Not to say anything about the actual chemistry of what essential oils can do for your blood, for your cells, for your DNA. I have to be honest and say, I am a bit restricted by the FDA how much I can go into detail of that stuff but that's why I highly recommend people research more especially on PubMed or something like that and you'll be blown - your mind will be blown.

[0:42:19.3] AVH: Yeah and also of course we can listen to your podcast which will tell us about when we sign off here. But I guess one last question. I don't know how much you can tell us because of your work with the podcast but if you have any maybe brands of companies that you really like, if people want to reach out and start trying the stuff for themselves and if you have

any tips on the best diffusers like are some better than others, do some work better, are there different sizes or maybe just some tips on that too?

[0:42:47.4] SLW: Sure, so the easiest question I'll answer first is the diffuser question. I am not a purist when it comes to diffusers. I think that just get yourself a cheap one that's totally fine like Amazon has some great cheap ones. My approach to diffusers is I just assume they are only going to last me about a year and that you have to be okay with that. Unless you want to spend \$300 on a nice diffuser, it's probably not going to last more than a year if you are using that pretty heavily.

So I say they are replaceable so getting the cheap ones as long as it has the word "ultrasonic" in there. You don't want to use a diffuser that uses heat technology because you don't want to heat up and destroy the essential oil molecules. So ultrasonic diffusers are great. Most of them use water, if you don't want to use a water diffuser which I've recently fallen in love with the nebulizer diffuser is what they called which they just use essential oils and no water. Actually one of my favorites is a company called Organic Aromas. They sponsor the podcast and they are amazing and they have really beautiful glass diffusers. So it kind of depends on your budget and how pretty you want it to look.

So to answer the other question about what brands you can trust as far as essential oils, I say on the show, on the podcast all the time like, here's the ones that I love and trust but you have to do you and you're welcome here.

So I get really tired of the oil wars out there and you have to use this brand or you have to use that brand but personally, I am a Young Living member. I love their oils, they are sort of the pioneers of bringing essential oils back to a place of therapeutic use and high quality. They are reinstating the renaissance of the essential oil age and so they are really ahead of the curve of a lot of things and I don't know about you Ashleigh, are you farmer's market gal? Do you like to shop at your farmer's market?

[0:44:44.4] AVH: Oh yeah big time and it is actually across the street from where I live and it's funny because that is where a couple of weeks ago, because I was sick and I was reading about essential oils to use when you are sick that I went and bought my first one and I literally

want to – when we get off this call, I want to do the dropper test on the paper and see if I got a good one because it was kind of hard. I was there with all these essential oils in front of me and I don't know which one is the best?

Is it the most expensive one the best? I guess. I don't know. So that's why I am so glad that I can talk to you today because I feel like I am more well informed now but anyway, yeah.

[0:45:18.3] SLW: Right.

[0:45:18.4] AVH: A big farmer's market gal.

[0:45:19.2] SLW: Yeah, the short answer is almost like yeah the more expensive one is probably going to be the better one because to distill a super potent pure therapeutic grade oil, it just costs way more money to do that. So to extract the smell out of an oil, you can do that pretty cheaply. You can pack that cylinder full of plant matter and you can distill it at a super high temperature and then you can distill it again. You can distill it four or five times the same plant material and you're going to get out this super sweet smelling oil.

You can even add a bunch of chemical solvents into your plant material to extract even more oil out of that and so of course that is going to be a much cheaper process than if you are distilling at a very low temperature. So you are not destroying any of the therapeutic molecules in there. If you are only doing a one time distillation so you are only running that machine one time to get the highest potency out of that, if you are not adding a bunch of chemical solvents.

If the plants that you are buying to start with aren't sprayed with anything. If the soil has been well taken care of. And then not to say anything about the testing, the insane amount of testing that can be done on essential oils. So the short answer is yeah, you get what you pay for of course but –

[0:46:43.9] AVH: It just goes with everything right?

[0:46:45.7] SLW: Exactly, so you know I compare young living oils to Wonder Bread versus artisanal bread you buy from your farmer's market. They are both bread, they're both going to fill

your stomach but the benefit that you are going to benefit from that \$10 loaf of bread from your farmer's market is going to be way better for your body than the 50 cent loaf of Wonder Bread that you can get in your store. So that is the difference that we are looking at.

But the reason that I love buying my oils from Young Living is because I get that same feeling that I get from when I shop at my farmer's market. Because Young Living, they own their own farms or they partner very closely with their farms and they have this direct connection to where the plants are coming from and then they're in control of the entire process of growing, harvesting, distilling. They have in house testing and third party testing, bottling and then they ship it directly to your door which is great.

And then also the added benefit of because they are sort of a direct sales type model, you get support. So as oppose to walking into whole foods and buying essential oils off the shelf and you are talking to the college employee that doesn't know anything about essential oils with Young Living when you buy you put in who your sponsor was. You put in who referred you and that person is there to guide and support you.

So we have a community of thousands of members that we get to interact with every day, answer their questions, help them, guide them on their journey. So anyone that signs up and they use my referral number, I always gift them with resource materials. I am all about education and empowerment. So when people buy a starter kit through me I'm like, "Girl I am going to hook you up. I am sending you reference like materials," I am hooking you to all of our groups.

I don't want people to be alone on their journeys because I am a firm believer that we all grow and learn together so much better than by ourselves.

[0:48:49.4] AVH: I completely agree. I think that is a perfect place to end off and Sam thank you so much for taking the time because as I said before, I always felt similar to you at the beginning of this call, like are essential oils hokey? I don't know. I am sure they're great but are they doing anything? I don't know but I felt it was something I was interested in and when it comes to health and wellness, I am a little bit of a hippie too and that I am willing to try anything that has worked for other people.

But has a natural basis that it can't hurt you so why not give it a try, I mean I am always very open but I felt like I didn't know enough and I didn't really know where to go and now, I feel like we barely scratched the surface here with our talk but I feel like I know enough now to at least start doing my research and trying some things out so I appreciate that and I love for you to end off just by telling our listeners where they can find your podcast, find out more about you and if they want to continue learning about essential oils, where they can go.

[0:49:51.9] SLW: Sure, so my podcast is called The Essential Oil Revolution. So if you listen to your podcast on any apps such as iTunes or Stitcher, if you just search Essential Oils, typically it is the first one that will pop up. If you are more of an online listener, you can listen right from our website which is revolutionoilspodcast.com and like I say, we have new episodes every week. They release on Tuesdays so pretty easy to find there.

And then I guess the last thing I'd like to leave your listeners with is if you really want a more step by step concrete guide at how exactly to use essential oils, a review of all the safety tips and then an overview of the top 10 oils that people usually start with, you can take my free mini course and you can find that at freeoilcourse.com and that just goes directly to your inbox. It's a three day video course that you can take at your own speed and that will sort of set you up with the basic intro to essential oils knowledge.

[0:50:54.0] AVH: Awesome, I'm going to do it and you can give me your referral number offline and I will be an essential oil expert in no time, I am pumped.

[0:51:01.4] SLW: Awesome. Well I can't wait to help you get started Ashleigh.

[0:51:04.1] AVH: All right, thanks Sam.

[END OF INTERVIEW]

[0:51:10.0] AVH: All right everyone, thanks for listening. If you use essential oils, I'd love to hear from you which ones you use and for what reason so you guys can help me get started as I sort this out for myself and do some experiments and try out a couple of things. So if you have some good ideas or some mixes or whatever that have worked for you for sleep or being calm or

focused or anything that's worked for you let me know, send me a message on Instagram @themusclemaven or you can leave a note when we post about it on Paleo Magazine's Instagram @paleomagazine so we can swap some tips.

All right so next week, I am talking to Dr. Becky Campbell. She wrote a book called *The 30 Day Thyroid Reset Plan* so stay tune for that and don't forget to leave us a nice review on iTunes if you haven't so I can keep my job and if you haven't gotten your ticket for Paleo f(x) in Austin in April, what are you waiting for? It's a super fun, super paleo event with all your favorite people including me, lots of smart people, smarter than me talking about health and wellness and fitness.

You don't want to miss it so if you have any questions about the show at all just don't hesitate. Reach out to me or you can at least follow along on social media while I am there so you don't miss out on all the fun but if you want to get your ticket you can still do that. Go to paleofx.com, get your ticket, come hangout with us and that's it for today. I will see you next week.

[OUTRO]

[0:52:42.8] AV: Paleo Magazine Radio is brought to you by the Paleo Media Group and is produced by We Edit Podcasts. Our show music features the song *Light It Up*, by Morgan Heritage and Jo Mersa Marley, and on behalf of everyone at Paleo Magazine, thank you for listening.

[END]