	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q
1	Date Submitted	Who were the essential oils used on?	What Essential Oils were used	How were they used	Were the essential oils diluted or used neat	What was the percentage of essential oil	How many applications	Essential Oil Brand used	Was the oil over 6 months old	What was the experience during	What was the experience immediately afterwards	What was the experience sometime later	Describe if any medical intervention	What type of essential oil session did you receive	Dates of essential oil application(s)	Personal Testimonial Page
2	2/28/2014	57 year old female	Oregano, wild Mediterranean oregano	Orally,...with water to avoid the heat of the oil	A mouth full of water, then undiluted drops squirted into mouth	5-10 drops	Three to four per day	Joy of the Mountain, organic, 70-80% carvacrol	no	Rash developed on palms of hands and a few places on arms	Within four weeks	It took many weeks for the rash to finally completely go away.	Primary care Dr examined me and gave the diagnosis of medicine reaction	none...	Early 2014, taken over 4 weeks	Trial oil as well as another brand was recommended to me by an author who has crohn's disease and has healed herself using essential oils and many other supplements and diet. She even gives it to her children. I see many aromatherapists suggest and use essential oils internally and it bothers me. Essential oils are not tested for this use by the AMA.
3	3/26/2013	Myself, female, 34	Lemon EO, Peppermint EO	Oral ingestion	Undiluted	1-2 drops per 16 oz. bottle	2, or 3	Young Living	no	One of the things I was SO excited to try when I got my shiny new essential oils kit from Young Living was trying oils in my water. It'd been told all about the "Health benefits" and was really looking for something to add to my water for flavor and variety (I first tried Lemon EO. Within SECONDS of taking my first sip of water, I had a horrid migraine headache, causing me to need to retreat to a dark room for several hours until it passed. I tried Peppermint EO the next day and had almost the exact experience.	After each incident, it took several hours for the migraine to subside.	no comment	No comment	no comment	January 2013 to July 2013	
4	3/1/2014	Myself, female, 34	Lemongrass	Oral ingestion	Completely undiluted	10 drops in a veggie cup, taken 1-2x per day	I think 2-4 days, not longer than a week	doTERRA	no	On the first day I felt more tired than usual, but it was tolerable. On the second or third day I started having episodes of extreme dizziness, so cut back to only one veggie cap per day of oil. A day or two later, I was driving home from my parent's house and had a SEVERE dizzy spell and believed that I was going to pass out behind the wheel. It was at that point that I stopped taking the oil.	After my worst episode, aside from being scared to death, I still felt "Tipsy;)" and disorientated for several hours.	no comment	No doctors needed	After inquiring from my upline's help group about essential oils that would aid in helping to maintain or reduce blood pressure	Over one week in February of 2012	
5	3/26/2013	My mother - female, 63	Slim & Sassy blend - grapefruit, lemon, peppermint, ginger, and cinnamon (bark); Citrus Bliss - wild orange, lemon, grapefruit, mandarin, bergamot, tangerine, clementine, vanilla; other citrus EOs	Ingested orally in drinking water.	Totally undiluted.	no comment	30ish were drunk throughout the day in water, usually served over ice	All oils were from doTERRA	no	Increased levels of thirst and dehydration followed by increasing signs of irritation in the mouth and throat until the pain became extreme and the tissues of the lips, gums,cheeks and tongue became bright red and VERY irritated and the pain became unbearable.	This was an ongoing, gradually worsening problem	no comment	no comment	Our naturopath, Dr. Linda Kartler, in Casper, Wyoming was the first person who mentioned that it was likely the oils that were causing the thirst, dehydration, irritation, and pain	no comment	January 2013 to July 2013
6	3/26/2013	Myself, female, 34	Slim & Sassy blend - grapefruit, lemon, peppermint, ginger, and cinnamon (bark); Citrus Bliss - wild orange, lemon, grapefruit, mandarin, bergamot, tangerine, clementine, vanilla; Lemon EO; Wild Orange EO; Lime EO; Grapefruit EO; Peppermint EO; Spearmint EO; Tangerine EO	Oral ingestion	Oral ingestion	2 drops to 1 quart of water	Drunk throughout the day, usually over ice	doTERRA	no	Increased feelings of thirst, dehydration, and mouth irritation (reddening of gums, lips, tongue, and inside of mouth, but no pain)	no comment	This was something that came about gradually over time	No medical intervention	no comment	January 2013 to July 2013	
7	3/26/2013	Myself, female, 34	SigneDen essential oil blend - Ginger, peppermint, tarragon, fennel, caraway, coriander and anise	Oral ingestion	Totally undiluted	10 drops added to a veggie cap or taken in	More than a dozen, not sure exactly	doTERRA	no	I started using this oil to help with symptoms of Acid Reflux. At first, taking the oil seemed to help, but over time it stopped working and actually made the reflux symptoms MUCH worse. Upon taking the oil, I would have a cold, burning sensation in my stomach that would last for HOURS, and the incidents of severe reflux, sometimes with acid running up into my mouth or sinuses at night, became much more severe both in the number of incidents, the duration, and the steps needed to remedy the problem.	Usually within 12 to 24 hours of taking the oils, I would have severe diarrhea. It got to the point that I didn't want to leave the house for any reason because I never knew when my bowels would have an episode.	no comment	No comment	no comment	I continued using the oils in this way from February 2012 to July of 2013.	I still occasionally use the oil blend for stomach upset or reflux, but I only use the oil topically or on VERY rare occasion in a veggie cap, heavily diluted
8	8/28/2013	Female, 38	Balance Blend (ignum, rosewood, blue tansy, frankincense), Lavendula angustifolia, melaleuca alternifolia, Ora Guard Blend (cinnamon, clove, eucalyptus, orange, rosemary) Aromatouch blend (basil, grapefruit, cypress, marjoram, lavendar, peppermint), Deep Blue Blend (wintergreen, camphor, peppermint, blue tansy, german chamomile, helichrysum, osmanthus), peppermint, sweet orange	Topically	Fractionated coconut oil was applied to the back first but all oils were used undiluted, dropped on the back	4 drops for every essential oil	once	doTERRA	I didn't know	I did feel relaxed during the massage, peppermint made me feel cold	Later that night I had a migraine headache then the next day I had another migraine	no comment	none	massage, AromaTouch Technique	Oct-12	
9	8/28/2013	24 year old female (self)	Slim & Sassy metabolic blend (grapefruit, lemon, peppermint, ginger, cinnamon) doTerra Aroma Touch Massage Blend (basil, grapefruit, cypress, marjoram, peppermint, lavender 2 Balance Blend (spruce, rosewood, frankincense, blue tansy) Deep Blue Blend (Wintergreen, camphor, peppermint, blue tansy, German chrtomile, helichrysum and osmanthus) On Guard Blend (Wild orange, clove, cinnamon, eucalyptus, and rosemary) Lavender , Melaleuca, Peppermint, Wild Orange	Oral ingestion: Slim & Sassy metabolic blend (grapefruit, lemon, peppermint, ginger, cinnamon) in water. Topical application, doTerra Aroma Touch Massage	Oral ingested blend: approximately 4 drops in glass of water (possibly 16 ounces)	Pre measuring, approximately 3 drops of ingested blend in glass of water (possibly 16 ounces)	Orally: I drank a few sips, added more water, still could not drink it. Total of approximately 2 ounces consumed.	doTERRA	unknown	Oral: Burning lips and throat Topical: Back of neck and head (mostly in hair line) began burning during massage. Additional coconut oil was rubbed on the area but did not change level of discomfort.	Immediate onset of moderate migraine headache. Was instructed to apply another blend to head named Past Tense (lemongrass, lavender, peppermint, frankincense, cilantro, marjoram, roman chamomile, basil, rosemary) Continued burning of lips and throat, numbness in lips Continued burning and irritated skin on back of head/neck	Headache continued for approximately four hours, prescription medication was of little help Lips remained burning for several hours, irritation continued for 24 hours.	Prescription medication for headache, Relpax, 40 mg x2	doTerra AromaTouch massage performed by a Registered Nurse (licensed and working at hospital in Indiana)	8-Sep-13	
10	8/28/2013	24 year old female (self)	http://www.aromatouchtechnique.com/reference/	Topical application, doTerra AromaTouch Massage	Topical blend: Fractionated coconut oil applied to back before adding undiluted oils	small amount of Fractionated coconut oil applied to back before adding undiluted oils topically, possible undiluted oils on bottoms of feet	see AromaTouch Massage	doTERRA	unknown	Oral: Burning lips and throat Topical: Back of neck and head (mostly in hair line) began burning during massage. Additional coconut oil was rubbed on the area but did not change level of discomfort.	Immediate onset of moderate migraine headache. Was instructed to apply another blend to head named Past Tense (lemongrass, lavender, peppermint, frankincense, cilantro, marjoram, roman chamomile, basil, rosemary) Continued burning of lips and throat, numb	Headache continued for approximately four hours, prescription medication was of little help Lips remained burning for several hours, irritation continued for 24 hours.	Prescription medication for headache, Relpax, 40 mg x2	doTerra AromaTouch massage performed by a Registered Nurse (licensed and working at hospital in Indiana)	September 4, 2012	no comment
11	8/26/2012	my 5 year old daughter	Purification, Blend, Young Living	applied two drops of oil topically, neat, on middle/center of her chest, spoonfed an area about the size of a golf ball	neat		2 drops	one	Young Living	no	my daughter was coming down with a cold and had the start of a cough	initially, everything was fine	within a few hours, my daughter was suffering from an itchy rash that entirely covered her upper torso - from shoulder to shoulder and down to her abdomen	within three days, the itching went from intermittent to non-stop and I had to take her to our pediatrician.	no comment	roughly 9 months ago	This incident happened when I was new to Young Living and using essential oils. I used the oils neat at the advice of other YL users/distributors. Everyone told me the oils were pure enough to use neat, the suggestion of diluting oils is never mentioned, because, you know, these oils are "just that pure!". I never knew that you cannot use a blend with lemongrass in it on a child, because everyone suggested it and others have done it. When I contacted people on the facebook support group about her reaction, I was told it was a Detox Reaction, mainly because my daughter has been routinely vaccinated from birth. To help the situation some suggested I use some oils to help with the rash and to continue the detox my 5 year old. I followed what I thought was learned advice and did as they suggested, because I was desperate for ANYTHING that would end her misery. One of the suggestions was to use Peppermint, neat, because it would stop the itching. It only made things worse. Within an hour or so of applying the peppermint, the itching became non-stop and unbearable and we had to take her to the Pediatrician that afternoon for medication.
12	2/21/2013	Female, 60	Lemon	oral ingestion		2-3 drops per 8 oz of water 10 times per day		doTERRA	unknown		no reaction until after a few months of use	after approximately 6 months the tongue started to go numb, gums were extremely sensitive and sore, back of tongue was bleeding, taste buds seemed dead.	none taken		approximately June through December 2012	
13	12/14/2013	Myself, 44, female	A blend from a MLM company of Wild Orange, Clove Bud, Cinnamon Bark, Eucalyptus leaf/stem, Rosemary leaf/stem Botanical names not listed on bottle	topically	neat - I was directed to use it neat and also to ingest it.	1-2 drops (as directed)	2x a day (as directed)	doTerra	No, I just purchased it.		burning, red bumps and irritation.	about 1 hr passed before it felt better.	no response	don't know? it is called On Guard Protective Blend from doTERRA.	September/October of 2013	I am very concerned about using this blend neat and ingesting it. When I stressed about by skin burning and the red bumps and that I dilute it, and all my oils now, I was told that I must have sensitive skin by the person who told me to ingest and use oils neat. I should have known better to trust this person; she is not trained at all in the craft of aromatherapy, she is just a MLM representative, and is merely preaching what she was taught.
14	2/28/2014	myself. Female; age 43	doTerra Frankincense, Lavender, Peppermint, lemon, orange, en guard, deep blue, melaleuca, life long vitality pack supplements (allegedly containing a whole list of essential oils) Also used Breathe for stuffy nose and then Past Tense blend topically for headaches. Also tried their Clary Calm blend on abdomen for cramps.	I was taking half the dose of the life long vitality pack supplements, a couple drops of orange or lemon in water 2-3 times a day, a couple drops of frankincense in water in the evening, and bathing with a few drops of lavender in the bathwater. Also I put a few drops of peppermint and frankincense (usually mixed with coconut oil) on my face. Used deep blue on painful tailbone after a fall. used Past Tense topically for headaches and Clary Calm topically for cramps. Also, I put many of the oils at different times in my diffuser. Finally, I was sharing the oils a lot with friends and family so I did at least two Aroma Touch technique massages on my husband and daughter and then abbreviated Aroma Touch on hands of friends a half dozen times within the space of 2-3 days and that includes 6 different oils. Balance, lavender, en guard, melaleuca, aroma touch, T, orange and peppermint.	Some used undiluted- like past tense and clary calm and an occasional drop of orange, frankincense or lemon on my face. Also, I put a few drops of coconut oil on my face. And whenever I did aromatouch- undiluted except on my 7 year old and then I used coconut oil.	Don't know. I used the oils and supplements as recommended (except about from the start reduced my dose of the life long vitality pack because I could tell it was giving me too much energy) for approximately three weeks.	Again- not completely sure how to answer other than what I have already said. It was daily use of pretty much all applications (except aroma touch technique) for about 3 weeks.	doTERRA	No. Brand new from the company in clam-shell except for my first bottle of Lemon. I opened it to share with friends and family and gave away some oils and sassy drops in water. Don't know how old that was.	tired for the first week, I felt no better (still had headaches every day and allergies). During taking the aroma touch clears and receiving and giving the technique, got a horrendous headache and had a bad bout of allergies (sneezing and runny nose) but this was typical for me so I figured it was either just a coincidence or the oils were not working. Headaches and allergies were back to my normal state of being by the end of the early (4 and 5 am) without headaches and brain fog and having energy. Started feeling a very fast heartbeat in the third week. Thought maybe I was just really thrilled to finally be waking up with no headaches and much less allergy symptoms. A couple of days before my big episode (which was on Jan 24, I get concerned for myself one night when I had been laying down for 2 hours but could not slow down my thoughts or my heart rate (200 bpm). I started having a lot of really creative and fast thoughts during the day that were coming so fast, I couldn't express most of them. This is highly unusual for me as a very articulate lawyer and writer. Anyway, I thought I was just excited and feeling good for the first time in two years and that maybe my brain seemed to be so clear and busy but it quickly spiraled out of control. I texted my first Essential Oil on December 28. By the morning of Jan 23, I was full on delusional. My husband found me at 5 in the morning in the tub, rocking back and forth and feeling like I was in labor (but I wasn't pregnant). I was refusing to get out, refusing to go to the hospital or say anything really to him except to beg him to pray for me. He finally along with my sister convinced me to get out of the tub. I got back in bed and hardly remember another thing until like 6 hours later when he took me to the ER. He told them he suspected the oils. They were mystified and had no experience with oils. They tested me for drugs and the test was positive for opiates. My racing thoughts, speech and delusions worsened significantly at the ER. Also, I was extremely psyched, my resting heart rate was racing (120) and I started breaking out in boils and blisters. They released me the next morning with instructions to my husband to have me rest and avoid the oils. He took all the oils away and for the next two weeks, I experienced what I imagine addicts go through during withdrawal. Shakes, fevers, extreme thirst, neuropathy in hands and feet, chest pains, extreme muscle and joint weakness, depression and anxiety, more delusions and paranoia, feeling of dread and impending death, boils and rashes. My family	After another ER visit, many specialist and therapist visits and being off the oils for three- four weeks, I am finally regaining my equilibrium both physically and emotionally.	I was first at Anne Arundel Medical Center on the 23 of Jan. They had no idea what was happening. They found the opiate in my urine. They gave me Ativan and zyprexa and put me in a psychie observation room. By the 25th, I was back in the ER and they put me on Ativan and on the 27th it was negative. I went to Baltimore Washington Medical Center ER on Jan 27, with chest pains and muscle weakness and all over boils and rashes. They gave me a shot of Benadryl and referred me to the midwife for hormone testing and for counseling for the grief I was expressing. Also they recommended natural practitioners who may know about oils. I saw a naturopath soon after who allegedly knew about oils but seemed to know very little when to use her. My lawyers sent me to a Psychiatrist who didn't even look at any of the records, spoke to me and my family for 20 minutes and said I might be schizophrenic. More terror. I saw my midwives who reviewed a full ultrasound and said that was all normal. I finally found a Chinese doctor in town (George Yu, MD) who knows about natural healing and he has been treating me for three weeks to get the oils completely out of my system. I have also seen my GP and a counselor. This has been extremely traumatic. My headaches and allergies are back so that stinks. But at least my brain is working again!	no comment	no comment
15	12/22/2014	the female 35 at the time	tea tree	placed in hot water for foot bath with epson salts (not combined with salts prior to putting in water)	not diluted, just dropped into water	12 drops	happened twice - 1st time though was a fluke, 2nd time it happened knew it wasn't	Aromra	not at the time	poured hard into water to clean! the oil - no reaction at the time	no reaction	next day woke up with blisters under finger nails on hand that had been placed in water to 1/wash!	No medical sought	personal use at home	5 years ago	Had used tea tree undiluted on her nails in the past with no reaction. had used it in foot bath pre mixed with other oils/aromas, no problems. Had so infected toe at the time, just wanted to give it a soak and added no to warm water. 1st time it happened, thought it was just a fluke and didn't associate the oil to the blisters. 2nd time, realized it was due to tea tree (swirling hands in warm water to do dishes does not cause this reaction). Have not done it again.
16	2/7/2014	Adult female, age 53.	Peppermint Mentha piperita	topically	undiluted neat	3 drop per location	1 on each temple 1 on back of neck	doTERRA	no	Burning, discomfort, burning in the eyes from the fumes. It was awful!	The same	It got less intense after I added coconut oil on top of the peppermint.	none	none. Was advised by a DT REP to apply peppermint oil neat to my temples and neck.	Jul-13	no comment
17	2/5/2014	62yr female	Birch, Frankincense & Lemon Balm	topically	neat application, followed by some coconut oil	2 of each	twice daily	no comment	no	non-itching, red rash down the inside of the arm (applied to the shoulder)	reaction started after 4 or 5 days of application	2-4 days after ob lemon balm and applying extra coconut oil, rash faded	None	no comment	Mar 1-5, 2014	
18	2/28/2014	Female 34yrs (self)	Oderra ("breathe"	Orally (under tongue)	Undiluted	1 drop twice a day for three days	no comment	doTERRA	no	Bad taste. Coughing	none	Day three I dropped use due to tightening of throat. This has continued for over 2 weeks now. Tight throat, feeling like I have asthma.	Saw doctor (family doc) said we cant prove the swelling in my throat was from the oils but believes it is.	no comment	January 24 2014	
19	2/2/2014	family, 47 yrs, female, consultant	lemon, and many others internally, citrus bliss blend,	orally, and neat on the skin	Totally undiluted	unknown	unknown	doTERRA	no	not spreading irritated rash around the eyes and mouth	took a long time to go away	no comment	talked to a japanese fungus expert, who said the rash must have come from irritation of the adrenals	no comment	no comment	no comment
20	2/1/2014	Myself. Age 57-Female	peppermint, tarragon, fennel, caraway ,coriander,anise	Topically used on lower abdomen after bath	Neat application	2 gtts	single application	doTERRA	Less than 6 months in my possession	A feeling of fullness,nausea and now flatulence	Topical warmth after 5 minutes or so	It has just been an hour or so now. Audible turning rumbling	n/a	n/a	2/1/2014	These may be normal symptoms for this blend but I find it uncomfortable. I stopped using it because of these symptoms. But this evening I thought I would go it a try again. If this is supposed to produce flatulence then it works.The nausea is not pleasant.I just must tarragon is suppposed to reduce flatulence. When I first began using this I thought symptoms to be normal, tonight symptoms are more uncomfortable. I want to go to bed and sleep the symptoms off. Is this normal?
21	2/4/2014	Me, 29 year old female	Roman camomile (anthemis nobilis)	Aromatically (bottle broke in shipment, some got on my hands as well)	Not diluted - high concentration (bottle broke)	Undiluted. Unknown amount. Came from a 5 ml bottle (about 3/4ppfull in the break).	Zero (?) smell was quite strong in the kitchen all day	doTERRA	no	none	Headache/dizziness	Violent vomiting all night and two days after when exposed to a small amount of the same oil again	None	None	2/13/2014	This could have been an allergic reaction or an overdose, but it is important for people to be careful. In my case the bottle broke in shipment, but firstnight in 2020 and I would have cleaned it up and kept everything outside had I realized what would have happened. I wasn't sure the camomile was the cause, but two days later, I was exposed to it again when making a blend. I went into vomiting fits again. I have been avoiding the oil since (to detox) and have not had any problems.
22	2/6/2014	22 years, Female	Thieves and Genre Fighter	As a mouth wash without ingesting	Undiluted	1 drop	For thieves, it took 2 days before the side effects kicked in. For genre fighter, it took 7 hours before I felt my lips swelling.	Young living (thieves) and Plant Therapy (genre fighter)	no	Burning sore-like feeling in my inner and outer lip, gum and tongue. Swollen lips.	Mouth ulcers, lip sensitivity	I couldn't take the pain after 2 days. So I went to the doctor to get antibiotics and meds to reduce inflammation. After about 5 days, my mouth was almost back to normal.	n/a	Mixed a drop with toothpaste. No ingesting.	20 Feb 2014 and 1 March 2014 (stupid me thought that maybe it wasn't the oils, than is why I tried genre fighter the 2nd time)	Prior to the whole mouth swelling thing, I had used thieves in the same manner about 2-3 times before without any side effect.
23	2/4/2014	Female, age 57	Clove oil	Topical on cold sore on lip	not diluted	n/a	2 (once at night over 2 days)	NYR	no	Tingling and redness	Redness and cracking	Open, bleeding sores within 2-3 days	n/a	n/a	unsure	My mother had heard that using clove oil need could get rid of a cold sore on her mouth, so she was dabbing it on a night. She experienced tingling and redness, but was told that was normal since it was a "hot" oil. After the 3rd application, she woke up the next morning with her mouth covered in sores, bleeding sores. She is now convinced to stay oil and cannot use it.
24	2/3/2014	Female 29	doTerra Lemon	Oral	Diluted in water	2 drops in 12 oz water	2-3xn	doTERRA	No	Nothing	Nothing	Couple hours later nausea and stomach pains. Felt like stomach lining was being burned through	Nothing	no comment	no comment	no comment
25	2/4/2014	Myself, female, age 53	lemon	Ingested orally in water	drops were put in water	about 5 drops in 5 ounces of water	3	Mountain Rose	no	almost an immediate reaction, I started to feel hot, itchy, felt like it was difficult to breath, hives started breaking out on my arms and legs	did not feel well for several hours afterwards, no long term effects	no long term effects	no medical intervention, I took 3 Benadryl	no comment	no comment	no comment
26	2/5/2014	Myself, 39, female	doTERRA's Slim and Sassy metabolic blend.	Orally, in water	N/A	5 drops in about 20 ounces of water	Once or twice a day, for 2 or 3 days. When I realized my blood pressure was up & it might be due to the oil blend, I stopped taking it for a several weeks, then started taking it again. I did this cycle 3 times, each time resulting in elevated blood pressure.	doTERRA	No	Elevated blood pressure. From the normal range (about 120/72) to high (155/100).	it took about 24 hours for my blood pressure to go back to normal after the last dose	Normal blood pressure after 24 hours.	I monitored & recorded my blood pressure & headbeats per minute	I used other doTERRA oils to bring my blood pressure down, in addition to beetroot powder	June 2013, August 2013, November 2013 - I don't have exact dates with me at the moment	I love doTERRA essential oils, they have been life changing for me & my family. Slim & Sassy is the only one that has a negative effect on me. I have several health issues, including metabolic syndrome, I was hoping this metabolic blend would help me.
27	2/18/2014	myself age 64. Female	oregano oil Wren with Nature	rubbed on the bottom of feet 3 drops per foot per night	neat as per Youtube video	3 drops per foot	over a period of 9 months	Wren With Nature	yes one bottle lasts about 5 months	none that I related to the oils, but I have rapid heart beat, and dizziness I thought was caused by something else	no infections in the lungs and sinus as stated in the videos	Burning in mouth and tongue after several months	Dr. Mikeworth of CKP Medical group prescribed Mestinon Dyph-Lidocaine 2 ML by mouth 4 times daily for mouth throat discomfort. I did not relize the mouth burning to S.O. usage and did not realize that my liver was going out again. I have been treated for heart palpis, and high blood pressure just this year. The palpis are gone now after just 2 days of not taking the oil on my feet. My Doctor was going to put me on Nexium for sleeplessness and I told him of my Hep-C condition. I refused to be treated. I had my blood drawn on 02.02.14 and I was sent to Mayo Clinic. The HVC RNA AB tested 5/58000	just Youtube videos	June March 3, 2014	the oil did stop all infections. And darned near stopped me too!
28	2/12/2014	Female - age 45	•EO: MEGA-NR ESSENTIAL OIL OMEGA COMPLEX from DoTerra ™ATTERN-ME™ •EO Mega is a revolutionary formula blending CPTG Certified Pure Therapeutic Grade® essential oils of clove, frankincense, thyme, cumin, orange, peppermint, ginger, caraway, and German chamomile, with natural plant-sourced essential fatty acids from flax, borage, cranberry, and pomegranate seed oils and marine lipids*	Oral ingestion - 1/2 recommended dosage per day for 3 days	no comment	no comment	3 days - 6 capsules total	doTERRA	no comment	TERRIBLE heartburn that kept me up all night long, literally. Stomach discomfort, cramping, indigestion.	Began shortly after taking first dose	Lasted several days	no comment	no comment	no comment	no comment
29	2/13/2014	60 yr old female	Sweet orange oil or possibly lemon oil. Aura Cacia Chill Pill blend (separate instances)	In an Epsom salt bath with plenty of water	Diluted in water and 1/2 C Epsom salt.	5 drops	two, separate days	Aura Cacia	no, brand new	Itching, stinging skin where the water touched, after 5 minutes of soaking in bath	Continued after washing and drying off, for 20-30 min	Nothing	None	No comment	February and March 2014	I do not fault Aura Cacia at all. I suspect I might be topically sensitive to either the sweet orange or citrus oils in general. The first instance, I can't remember if it was orange or lemon oil that affected me. The second instance, I used the Chill Pill blend, not thinking about my reaction a week earlier. Chill Pill contains sweet orange, and the other oils in the blend are oils I have used with no adverse effects.
30	2/26/2014	24 year old female	oregano, melaleuca, lavender	topically and diffused	diluted	diffused about 4-6 drops	One to two applications	doTERRA	NO	Topically I immediately reacted by having itching and sores and a total burn/ rash on my skin. Diffused I starting having major migraines/ headaches like ciptoms for a few days and I don't ever normally have headaches.	Feeling a burning sensation and putting on fractionated coconut oil to take off the oil on my skin. I had a severe burn that started peeling for over a week and a scab started forming.	Almost two weeks passed before I saw some improvavement on my skin but I know have a scar from where the burn was.	no comment	no comment	Sometime in Feb and March. Inaggravted twice in different dates from different oil.	I first started using doTERRA in Feb. 2013 and then started using them regularly in Feb 2014. I only used the lavender for my daughter and then I started ingesting them after I had a really bad cold and allergies. I first started noticing a reaction to the oils when I was using the Melaleuca Alternifolia and Melaleuca Ericifolia. I started having a rash on my face and I thought it was the melaleuca diluted with FCO in a syringe for a yeast infection and got a real bad rash that lasted for a few weeks. Again I ignored it to being too sensitive. After a few months not using the oils a friend invited me to host a class to learn more about the oils and I thought that would be a good idea since I was still fairly new. After that I started seeing ways I can use the oils internally by diluting them in some water. I did that with allergies, sore throats, and colds. I didn't notice anything until I started getting bits of congestion and phlegm buildup. I attributed it to the cold that I had after I stopped using them for awhile the phlegm drainage became less and then stopped. I went to a friends house and I got bad allergies from being around her cat so she diffused some oils and I got a headache immediately. I diluted frankincense in my house and also had bad headached migraines for a week after I stopped diffusing. Now that I no longer diffuse the oils I don't get headaches anymore. My 5 year old daughter has only had a rash on her skin when I didn't dilute the oils on her chest for a cold. I now just use a roller bottle diluted with FCO on her feet. When I contacted the team who I hosted the class for and told my reactions to the oils I only was told that I was too sensitive and should heavily dilute when applying to skin and use them only on my feet and ingest with water. I didn't know we can report this and have more companies aware of the potential dangers and adverse reactions that these oils can have on individuals especially for those new to the oils.
31	2/26/2014	54 yrs old at the time. Female	A blend from YLEO called Joy that consisted of the following oils. Bergamot, Ylang Ylang, Rosewood, Lemon, Tangerine, Jasmine, Roman Chamomile, Palma Rosa, and Rose.	Topically	Neat	I was instructed to allow several drops to fall in the palm of my hand and then apply them over my heart area for wellness.	one	YLEO	no	within several minutes after applying the blend I experienced a burning itch.	About 15 - 20 min. or so later a round patch of blisters appeared over the area I had applied the oil	healed in about a week. This took place in 1996.	None	My then husband just sponsored into this MLM. I had never heard of essential oils before this time. We were visiting his parents in Lancaster Co. Pa, Amish country. He signed a lot of Amish people into the MLM. They were drinking the oils, putting one on after the other on their bodies neat. It was crazy the way they were using them. Seriously you could smell them coming a block away because of the different oils they put on their bodies. My then husband was doing the same. They were hot.... they were 100% pure therapeutic oils and will not harm you.	Afterwear I told the up-line rep what happened she said, this could not answer why that took place. She also stated that usually whenever there is a reaction from an oil the body is detoxing.	
32	4/1/2014	Me, at about 54-55,female	Oregano	Topically	diluted, but not enough	don't know	one	NOW foods	don't know	BURN!!!	I rinsed it off quickly and held a cold cloth to my cheek. I had a red welt there for a few days.	2-3 day	nope	self	4 or 5 years ago	I was using Oregano oil in a scalp oil. I made it too strong and it dripped down onto my cheek and burned it. OUCH!
33	8/16/2014	Female 57	Red Thyme	Put into the ear!	undiluted	Several. She used it directly from the bottle and said "Drips the bottle got away from me!"	one	no comment	?	Awful burning in the ear canal. Burned tissue	Felt awful and knew it was NOT good!	Scar tissue and pain for a few weeks and very hard to heal ear canal.	Went to Urgent Care after flying home...not comfortable. Follow-up showed very irritated ear canal. July 20 2012 Mercy Care Clinic, Dr. Coleman several follow ups and ear was never quite the same.	Registered Nurse did this. She also runs a spa. I was sick with an ear infection and she said "I'm going to put oil in your ear. I assumed it to be sweet oil like mom did...no Red Thyme essential oils.	Q4-12	I was totally shocked that she would do this. I was so sick I was delerious and I was too late to stop. Applied from the bottle and way too much ent. I would have never used neat essential oil in my ear canal.
34	8/30/2014	ADI-used on me; when I was 16, 2007	Lemongrass	Alerted a whiff of Lavender to sleep. It was dark. I accidentally grabbed the Lemongrass instead (no glasses) and poured on myself in the middle of the night. The bottle had no orifice reducer. I wiped off what I could and tried to go back to sleep. But it made me nauseous, and I had to get up to throw up. Wiped my body off with olive oil, then washed with soap and water and had to change sheets.	undiluted	about 2/4 ounce poured on sheets and body	once in the night	doesn't matter it was pure Lemongrass	?	Nausea, vomiting, headache	already explained	none	none	none	one night in 2007	Put your glasses on before grabbing essential oils so that you don't make a mistake

ID	Date Submitted	Who were the essential oils used on	What Essential Oils were used	How were they used	How were the essential oils diluted or used	What was the percentage of essential oil	How many applications	Essential Oil Brand used	Was the oil over 6 months old	What was the experience during	What was the experience immediately afterwards	What was the experience sometime later	Describe if any; medical intervention	Was type of essential oil session did you receive	Dates of essential oil application(s)	Personal Testimonial Page
84	09/2012	17 year old son	Orange oil	Topically neat on feet and diluted	Neat	2 drops on feet 6 diluted	One time	Young Living	no	Immediate difficulty breathing red itchy eyes nose throat. Nose plugged. Cough. Very uncomfortable.	same	I gave it <benadryl and Zyrtec it. And had him shower. After 12 hours he was much better but nose still swollen closed for two more days		none	US-Jun	The rare recommendation to a pin-cushing an an oil that would bring 27 manners back into balance. I was told you could not be allergic to oils. So I wasn't concerned although my son has asthma and allergies. Very scary and more oilers need to be educate on the possibility of reactions.
85	3/4/2014	Myself, 29 female	Frankincense and purification	topically	Undiluted (was immediately followed with coconut oil	1-2 drops each followed by about a tsp of coconut oil	1-2 drops each followed by about a tsp of coconut oil	Young Living	Yes dates on bottles but I'd only ordered it a month prior	None	None till second day	applied 3 times one day without noticing anything, but by the next day the skin turned red, bubbled up and peeled, wasn't painful but looked awful. Was told I was "just detoxing". I'd applied it on one finger due to a small sore, but even the finger next to it developed the rash since the oils got there too	none	none	Dec-13	Honestly, after doing a lot of research I felt really betrayed, the people selling these oils just generally have no idea of scientifically what's going on. Although they tell you that they do and they have all the proof etc etc; when I went to my uplline in the MLM oil company and some other ladies that sell it they laughed at me and told me that I was just detoxing and that there's no way to be allergic or have a bad reaction to the oil since they are natural.
86	3/2/2014	Dead in 2003-2005 on myself. I used it from age 24-35. Female	Lemon essential oil was used extensively, but many others were also used.	The lemon essential oil was used numerous times a day in my water for drinking. I diffused other oils for many hours a day, especially Pine and Lavender.	The essential oils were diluted when applied topically only. Otherwise, they were used undiluted.	I would place 1 drop in a 8-12 oz. glass of water. I did this numerous times a day. I also would diffuse essential oils for 4 or more hours everyday. This typically would mean 20 drops diffused of pine or lavender essential oil everyday.	Numerous times a day!	Young Living	Not that I know. I purchased the oils extensively and used them up quickly.	None known.	I felt good because I thought I was doing something good for my body.	I started having what I felt was kidney and bladder pain in 2004, but no signs of an infection were present. I would have to urinate frequently, and my sleep was interrupted by needing to visit a couple times every night. My physician thought it was due to bacterial vaginitis. The symptoms continued. I got pregnant at the end of 2005. I had frequent cramping/ contractions, and would leak urine. Nothing could be found wrong. This continued with my next 2 pregnancies, as well. I learned to manage my kidney and bladder pain for the next 8 years by taking frequent baths to deal with the pain. I learned to cope with the interrupted sleep. I would wear pads continuously, to absorb the urine leakage.	Finally, a new physician I had an appointment with at Sanford in Fargo, ND suggested I get checked for interstitial cystitis in April 2012. The in office test confirmed the condition, and I finally had an answer to my issues.	Personal use.	2002-2005
87	6/8/2014	female, 24 years old	DoTerra individual oils of Frankincense, Lime, and Lavender	Topically on the armpits	They were ingredients in a natural deodorant. The other ingredients listed were coconut oil and beeswax	not sure	once to twice daily for 2 days	doTerra	1 am not sure, I purchased the deodorant from someone who made it	none	After using for 2 days, I developed hives, rash, itchiness in armpits. I took a break for a week. Symptoms cleared and then I tried using deodorant again. Within 3 days of using again I broke out in hives, rash, and itchiness	I discontinued use and the symptoms went away within 2 days	none	none	Apr-14	I am an aromatherapy teacher and business member of the NAHA. I have been safely using oils from many different companies for over 16 years. I have never used DoTerra before I purchased the deodorant. I have been looking for a natural deodorant that works well for me. One of my aromatherapy students (who is also a doterra rep) makes natural deodorant with doTerra oils. I purchased some deodorant from her. I used it and experienced the adverse reaction. In my 16 years of using oils, I have never had an adverse reaction before.
88	4/17/2014	43 year old female	oregano	topically	neat	was filling capsules with 3 drops of a mix of oils, oregano being one of them.	no comment	doTerra	no	oil dripped on my fingers and hands as I was trying to fill the "fish bomb" capsules and BURNED. Broke out in sores, and it hurt.	same	took several days for the sores to go away. Was told I was "detoxing" and this was good.	none - just coconut oil and aloe gel to soothe the burning and sores	no comment	no comment	These oils are not "perfectly safe". Oregano is a HOT oil (as in clove) and not safe for adults or children to use or handle neat. These doterra and Young Living reps are giving "classes" all over my area, all the time, training people to ingest and use oils, neat. I think this is unsafe and irresponsible.
89	4/17/2014	Myself and my husband (38 yrs male, 43 yrs female)	doterra lemon, doterra tea tree, doterra oregano, doterra On Guard	orally in a capsule	undiluted	3 drops each: doterra lemon, doterra tea tree, doterra oregano, doterra On Guard	2- days, 3/day	doTerra	no	burned all the way down. Ate through capsule.	same	Burned for days	None	no comment	no comment	Fb-Bomb!
90	4/17/2014	4 yrs female	doterra On Guard blend	topically	diluted	20 drops in a 30ml bottle- the rest filled with fractionated coconut oil.	one	doTerra	no	i was rubbing this on my 3yo's feet at bedtime to stave off the flu as instructed by my upline. They said i could use it neat on her feet- that it was perfectly safe. I went ahead and diluted it, "just to be safe". After I rubbed it on her feet, she reached down to "help" and it go on her little hand. I think she didn't like it on her hands and as she was pulling her hand away she bumped her own stomach with the remains of oil on her fingers and started screaming. Her little stomach was bright red in that spot and inflamed.	i went away after about half an hour, i rubbed plain (non fractionated) coconut oil over it until it went away.	no comment	just raw coconut oil to sooth it	no comment	no comment	DO NOT DO IT. It is not "perfectly safe".
91	4/17/2014	Myself. I am now 57 year old woman, I started using essential oils in 1997 in my infertility & acupuncture & Reiki practice. I stopped in 2000 when I was in graduate school then resumed again using in a bodywork practice from 2005 - 2008.	Young Living had several complex mixes (I will NEVER use co-mingling anymore again!) The blends were: Valor, Peace & Calming, Sacred Mountain, Gathering, and a number of their spiritual blends.	topically & diffusion	UNDILUTED! Yi said this was OK!	I would put one or two drops in my hands, then massage them into the feet of my clients as Yi recommended this. Thank goodness I NEVER did the Raindrop Technique! SO overload!	Many	Young Living	no	I enjoyed doing the bodywork, but in 2000 I started getting a bit sniffly when using them, nothing crazy, but sniffly.	The sniffiness would recede and I didn't think much of it.	In 2014, I started using EO again, but found good suppliers on the internet, but still using NEAT as Yi, educated people this is safe. And I find that years later I am now allergic to alot of substances and have even had anaphylaxis and carry an Epi-Pen now I had to stop massage in 2008 because I developed asthma to alot of even fragrances. I found Clinical Aromatherapists on the internet and started asking questions and found that EO are very volatile and can cause reactions and should NOT be used undiluted AND one should protect oneself. When blending such as with a face mask & glycerol Yi, NEVER said anything about safe procedures. NEVER.	Many visits to the ER over several years and now I carry an Epi-Pen	was the bodywork practitioner	1997-2000 2002- 2005	Began using Yi, EO blends in 1997 - 2001 undiluted in my bodywork practice, as this is what they teach (at least I didn't ingest! -thought that was extreme!) Continued to use only Yi, blends undiluted as they taught this was safe to do from 2005-2008, getting small allergic reactions. In 2014, found all new EO suppliers, only using single ECs, used some neat as Yi, had taught this, found certified Clinical Aromatherapists on the internet,who helped me understand the safe use of EO, I can only live there sparingly now and in less dilutions (if at all) and have turned to hydrosols & flower essences, which are wonderful, But I now have ALOT of sensitivities and allergies to a wide range of fragrances and EO.
92	4/20/2014	Myself- 27 yr old female	Topical: Joy and Stress Away,Diffusion: Joy, I had also used peppermint, valor, pan away topically on by back and neck but diluted in coconut oil. I have had no reaction on my back. Lavender was used in a bath to help with the reaction I had. Thieves, purification, frankincense, and peace and calming were all used but did not seem to cause a reaction.	Oral ingestion: Lemon Topical: Joy and Stress Away Diffusion: Joy I had also used peppermint, valor, pan away topically on by back and neck but diluted in coconut oil. I have had no reaction on my back. Lavender was used in a bath to help with the reaction I had. Thieves, purification, frankincense, and peace and calming were all used but did not seem to cause a reaction.	The ones that I believe caused a reaction were used undiluted/neat.	Joy 2 drops on the chest twice a day for 3 days,Joy 5 drops diffused once a day over 2 days,Stress away on the neck and wrists a few times a day with a roller ball,Lemon 2 drops added to drinking water multiple times a day over 4 days.	Joy- Topical: twice a day over 3 days for total of --4applications Joy- Diffused: twice Stress away- unsure-likely 4+Lemon unsure- likely 3+ a day for 4 days totaling ~12+	Young Living	No- brand new	I received the oils on Thursday. On Sunday I woke up with a terrible rash all over my chest and neck. I felt ill like I had the flu. I was told by a friend I was "detoxing" and stopped using the Joy at that point. By Monday I was worse and felt like I had the flu- fever, chills, muscle aches, headache, nauseated, tired lethargic. I am on a medication that can cause these symptoms as well (Lutasia) which if that was the cause would be life threatening and therefore were in urgent care. They tested me for the flu and I tested negative. The doctor said some viruses can cause skin rashes and to come back if it did not go away or became worse. He did not think it was the Lutasia but told me to check in with the prescribing doctor who agreed with that conclusion.	The flu like symptoms continued for a few days but were improving daily.	Contours Urgent Care- Denver, CO- April 7th, 2014. (I don't remember the doctor's name). Flu nasal swab was negative. I told him about the oils and he said he had no idea about them or advice to recommend other than stop using them. At home I took benadryl and applied neosporin. I also took multiple baths with epsom salt and clay that seemed to help.	I did this at home to myself	April 3-6th for Joy. A few days after for the Stress Away and Lemon.		I was under the impression that oils were completely safe to use and that my reaction was necessary and desirable in that it was getting rid of toxins in my body. I am ashamed to even admit to that because it was so stupid (even I have a pretty strong medical knowledge background. I have continued to use oils that I do not think were the cause although I only use them heavily diluted (for example 10 drops each of 3 oils in 1 cup of coconut oil for back pain). I am most suspicious of Joy because that is the ONLY one I applied to my chest. I did apply Stress away to my neck and wrists after that. I am unsure exactly what caused the rash on my neck because it started at the same time as the one on my chest. I have stopped using those two completely. I did use lemon orally a few days following the outbreak of the rash until I read more on safety. It has been at least a week since I stopped taking any internally--diluted or not. I have pictures that I took throughout the first day (I thought putting lavender on the rash would help but quickly realized that was dumb as well) and over the last two weeks that show the progress but I cannot attach them to this form. Please contact me if you would like them. I hope no one else has to experience what I did but given what I've learned about the marketing strategies over the last two weeks I am afraid this will continue. MLMs are saying this is a good thing, keep doing what you are doing, when I am scared hard I followed that advice that the ultimate outcome could have been much worse.
93	4/20/2014	58 yr old female	Native American Nutritionals Immune Strength blend: Clove Bud, Cinnamon Bark, Lemon, Eucalyptus Globulus, Thyme, Orange, Oregano, Nutmeg, Rosemary, Mandarin, and Ginger Root	Topical use	used undiluted	2-5 drops	one	Native American Nutritionals	no	Burning sensation	Redness	Cleaned up quickly, but have slight neosicurence with further use of properly diluted blend.	None	no	unknown	no comment
94	4/20/2014	Male, 25, normal healthy adult.	spices (canela, cinnamon); lemon; lemongrass; myrtle, juniper, and many others	Topical use	Second hand contact from pure (undiluted) residue on my hands from blending	n/a	Not application, residual contact	Mostly The Perfumery, previous Yes, some		Skin reddening, burning, and irritation	Irritation and burning, concern	like	Genetic testing, personal DNA sequencing	n/a	many	My partner has never been around essential oils until he met me. As a blender I work with essential oils in their pure state and either apply small amounts to my skin (neat) for testing or have residual amounts on my skin from working with them. My partner, is a geneticist and has had his personal genome sequenced. He has an inherited allele that makes him prone to psoriasis though he does not display the symptoms (and never has). Hence he just has sensitive skin which may be related to the allele. Although it is not the case for all the blends I've worked with, many times he has had a dermal reaction from touching him after I have worked with the oils in a pure state (forgetting to wash my hands). I've made note of the oils (above) that cause this reaction but it is hard to tell which oils exactly since they are blends. Curiously enough diluted application (ex. back massage with diluted blend) does not cause a reaction.
95	4/26/2014	Myself, 46 year old female	Thieves Oil - Young Living	In a neti pot	Placed in the neti-pot solution	1-2 drops per 8 oz of saline solution.	2	Young Living	No. Unless it has been sitting in their warehouse for that long.	burning	I burned for a while but my symptoms seemed to be cured.	All seemed fine for about 30 days. Then I noticed that my gum hurt and my face was swollen. Sense of smell greatly diminished	I go to the urgent care revealed that my sinuses were red, swollen and "angry" and the surrounding facial areas were swollen and the inflammation was also causing pain in my jaw. I was diagnosed with a sinus infection. Treated with shots of 2 different steroids and a 10 day course of antibiotics. 2 weeks later I was put on a stronger antibiotic and a short course of oral steroids, or oral dose pack. 3rd trip to dr revealed that the swelling was down and no apparent infection but my sinuses remain dry and burn sometimes and my sense of smell remains changed. Not completely gone, possibly improving. My next appointment will be with an ENT as this is still ongoing.	no comment	February, 2014	I see this and many other recommendations almost daily on a Young Living Facebook page that I am still a member on. It does no good to issue warnings.
96	5/4/2014	Female, age 32	Peppermint	topically	Diluted	dotween 1 and 3%	one	Young Living	no	intense warmth, burning feeling, within hours muscles were extremely tight	immediate heathurning sensation where applied	Within hours I was bedridden because muscles in my neck (where oil was applied for tender muscles) completely seized up causing severe nerve pain into scalp.	Emergency room visit 4 days after application. Physical exam. Injection of pain meds. Prescribed muscle relaxants, Toradol and Percocet (April 27th, 2014). Treatment ongoing as of a May 4th, 2014.	None, self applied	no comment	Was told after applying the oils by a YL representative to keep using the oil (when I told her my experience). Another person told me it was detox or I was missing something in my diet. DeNOT reapply.
97	5/10/2014	Female, 24 years old	Young Living, unsure of actual name as it was put in my water without my knowledge	oral ingestion	diluted as it was put in water I guess	unknown	no comment-(but narrative describes it as one time)	Young Living	unknown	Just a bad taste in the water at first	After I started drinking the water for a while my stomach started feeling weird and I felt a little dizzy	I ingested it Saturday, it is now Monday, and my stomach keeps feeling more and more upset. I keep feeling like I have to throw up. I've barely eaten since ingesting the oil.	no comment	no comment	5/10/2014	I would not have ingested it had I known prior that someone had put it in my water in an attempt to "heal" me. I noticed the water someone gave me tasted odd and figured she put her oil in it. I struggled it off as I had no other water around and figured I would just deal with it. Now my stomach is constantly upset since then and I have barely been able to eat.
98	5/10/2014	Myself, 54, female	skin and Sassy - doTerra	oral ingestion	undiluted	5 drops per capsule	1 time/day	doTerra	no	Within 1-2 hours of taking the veggie cap full of oil I started feeling gassy and uncomfortable, and ultimately had very loose stools for the next 3-5 hours.	see above	Usually fill the the next day until I think another cap. I didn't realize it was the oil causing the issue at first, took me a while to figure out because I was determined to loose weight. I didn't take any capsules for a couple of days, then took one again, had the same symptoms and realized this was not for me.	none	no comment	no comment	I was encouraged to take this oil blend and other oils internally by a friend. I saw and was told of great results using skin and sassy for weight loss and being overweight myself I thought here's an easy way to achieve success. Unfortunately, the side effects were too much to handle. I couldn't leave the house till the effects were over, I needed to stay near a bathroom for at least 2 hours once the problems started. Again, I should have known better, nothing in life is that easy and if it were no one would be overweight anymore! I have felt some benefits using essential oils topically and so has my husband. But taken internally has resulted in loose stools and nausea. I feel lucky that I stopped taking them after reading the article that had this link in it.
99	5/24/2014	female, 43 yo	Young Living: oregano, thyme, marjoram, peppermint, cypress, basil, wintergreen & 1 more.	topically, without dilution. neat was added after all 8 oils were layered on.	undiluted	8 - 10 drops	each oil was applied to each foot, and to my	Young Living	unknown	Extreme heat / burning during the treatment, especially when heat was applied. My nose / lungs were burning when the oils were applied closer to my face - on my back and up onto my neck.	Warm / tingling. I felt light-headed as I was working right after the treatment.	The next day my back has been extremely itchy / painful / burning.	None	Reindop Therapy - a a salon, by a cosmetologist. Not an aromatherapist.	5/23/2014	no comment
100	5/27/2014	30 year old woman	Doterra Oregano	topically	undiluted	one drop	one	doTerra	no	burning all over face skin, (applied topically under nose)	burning tingling feeling, redness	none	no comment	massage	may 7 2014	no comment
101	7/7/2014	Myself, female, 41.	Lemon essential oil	2-3 drops in a glass of water	undiluted	2-3 in a 10 glass of water	for approximately 2 weeks	doTerra	don't know	Nothing notable	Nothing notable	On the last day and the next to last day of using for 2 weeks I experienced pain and burning feeling in my chest, similar to extremely bad heartburn or GERD.	I did go to my PCP after about 6 days and he ordered a scope of my esophagus and stomach. I had another scope about 6 months previously for an unrelated issue that showed no damage. The scope ordered after ingesting the Lemon was about a month after and showed damage. My doctor told me it would be scarred permanently as I had burned my esophagus. The ingestion took place in August of 2013, the scope was in October of 2013. Lincoln County Medical Associates, Dr. William Kutchke	did this on my own on the advice of a DoTerra rep.	Aug-13	I still occasionally have difficulty swallowing and pain after and during eating. The pain has lessened immensely but I continue to have difficulty swallowing or have the sensation of food being stuck.
102	7/10/2014	Myself, 24 year old female	Oregano Essential oil	oral ingestion	undiluted	less than 1 drop	one	Mountain Rose Herbs (they state not to use internally on the bottle)	no, brand new	Instant extreme lip, tongue, mouth skin irritation. burning sensation. pain. redness. gagging.	awful taste for hours after rinsing with water for a long period of time (20 minutes). severely damaged ego. feeling stupid.	The sensation was gone soon, luckily I did not ingest much if any. The feeling stupid still lingers on months later	Not a SAE, no medical assistance was needed	No idea what this means... it was self inflicted. home use.	May-14	Pure essential oils should NEVER be ingested without the direct supervision of a QUALIFIED healthcare practitioner... should have listened to your safety guidelines Mountain Rose Herbs!
103	7/15/2014	25 female	Lemon essential oil, thieves essential oil, and purification essential oil all by young living	oral ingestion	These oils were used undiluted	Approximately between 25-35 drops over a master of 5-6 hours.	25ish 5-6 hours about 4 or 5	Young Living	no	Gagging, nausea, dry heaving, heart racing, high blood pressure, dizziness, anxiety	Felt dizzy	It took weeks to fully recover. I felt sick for weeks. Days after I ingested the oils I was still nauseous.	I went to my local ER and they placed an IV in me where they gave me saline.	I used them on myself. I had canker sores and was told by the aromatherapist that they are completely safe and fine to ingest. And that I can ingest as much as I wanted.	2014	I kept rubbing drops of essential oil on my canker sores in my mouth because the essential of representative told me it was PERFECTLY SAFE to do, well I used anywhere between 25-35 drops of oil on my tongue and in my mouth. I had multiple canker sores. I ended up in the ER. Heart racing, panicking, gagging, dry heaving, extremely hot, fever, dizzy and sick and high blood pressure. I thought I was going to die. The woman i called who sells the oils said it wasn't the oils and wasn't up and ddown I was fine and it wasn't the oils and they can't hurt and i can't overdose on them. She is going to end up killing someone. People need to know that THESE ARE NOT SAFE TO INGEST PLAINLY.
104	7/23/2014	female - 39	Purification blend - Young Living	inhalation using diffuser	Inhaled. 5 drops put into YL brand diffuser 5 drops	n/a	one	Young Living	unknown. purchased in March 2014	immediate intense headache, irritability	no comment	headache went away around 30 minutes after I turned off the diffuser	n/a	n/a - used vapor/air at home	May-14	I started to diffuse Purification blend to clear the air in my house. Almost immediately, I started feeling a strong headache come on, and i started feeling very irritable (probably from the headache).
105	7/27/2014	myself, Female, 24	Peppermint	oral ingestion and inhalation into nose	undiluted	2 drops	twice	doTerra	unknown	eyes watering after inhalation and oral. very uncomfortable sensation, eventually resolved itself.	uncomfortable	no further effects noted	no intervention	doterra representative	Jan-14	no comment
106	8/7/2014	my son who was at the time six years old, male	Ginger - not sure if from fresh or dried	topically	neat (by accident) - picked up the wrong bottle instead of the diluted bottle.	probably five drops	once	I do not remember ... seems like Kiwaai Well??????? or something like like	yes	burned him ,very red chest and obvious severe reaction. He was screaming. Terrible experience.	I realized immediately my carelessness and wiped his stomach with milk immediately. (All three kids had a stomach virus.)	I let it go and then diffused with ginger MUCH later in my room - he only came in my bedroom for a while to read his bedtime book. His entire face and chest where he DIDN'T have clothing - face and chest and arms...little raised bumps that were even and small...eyes were red and inflamed. Very profound. Then I cooked a LOT with ginger - in everything - and noticed that he seemed to have problems breathing when he was in the kitchen when I cooked with it. I finally made a connection.	I didn't take him to the doctor	I am not happy to say that I did it at home.	Fall 2009	This was really a careless error on my part. Also, he was too young to use ginger on him anyway. I should have used something better for children. I am VERY cautious with children now that I have this experience.
107	8/12/2014	59, female	doTERRA - Digest Zen	Oral ingestion	undiluted	1 soft gel	1 dose per day for 4 days	doTerra	?	Sores in my mouth, esophagus, stomach and intestinal tract. I couldn't eat or drink for 4 days and then had stomach pains for another 10 days.	Not sure what the question is asking. I didn't have any pain or sores until after the 2nd dose. By the 4th dose, I figured out that it was causing the pain and sores.	The pain was less and less, it took 10 days before all of the pain was gone.	Didn't go to the doctor.	Friend selling doTERRA	End of July, 2014	no comment
108	8/16/2014	Myself, 32, Female	Citrus Fresh	oral ingestion	diluted in water	3-4 drops in 1 liter	once per day	Young Living	no	severe migraines couldn't get them to stop had to go to the ER, severe nausea, vomiting, delusions, confusion, brain fog, extreme fatigue, inability to concentrate or think clearly, lethargic, depression excessive sleeping, aching joints, stiffness, muscle cramps and spasms, urine test showed blood in it, blood tests showed elevated liver enzymes, high calcium levels in blood tests, abdominal bloating, discomfort, pain in stomach. Foot pain within 2 days of when I began to take the drops in water. Had lots of swelling and bruising.	no	10 days after I began ingesting oils	ER visit, CT scan, neurologist appointment, primary doctor. blood tests, 2 urine tests.	n/a	July 25 - Aug 8, 2014	Hi! I had heard wow how the oils were safe to ingest. Heard stories of citrus fresh and other oils helping with flushing out toxins and body fat which was what I was hoping to get rid of. I had friends who it worked for them so I decided to do it. I began taking Citrus Fresh putting drops (1or 2) in 1 liter of water on July 25, 2014. By the end of the day I began having foot pain and by the 2nd day, I couldn't hardly walk on my feet. Had been doing house remodeling/painting projects so I just blew it off and thought i strained it. A week later, Aug 1st, I went to the doctor when my foot still wasn't better and my legs were cramping up when i walked. They did an x-ray saw no broken bones, just swelling and bruising. 3 days later (day 10 of taking the drops) I got a serious migraine that wouldn't stop so I had to go to the ER. Severe nausea, vomiting, delusions, confusion, brain fog, extreme fatigue, inability to concentrate or think clearly, lethargic, depression, excessive sleeping, aching joints, stiffness, muscle cramps and spasms.Aug 8th went to my massage therapist to try to work out some of the toxins in my body and get some type of relief with a light massage. She suggested that the ingesting the oils could have made me so sick and have to do with the foot pain as well. (The only thing I had been doing different within the previous 3 weeks in my lifestyle and dieting was ingesting the oils.) She suggested stop ingesting the oils to see what would happen. I stopped taking them that day. Aug 11th, went to my primary doctor to do blood tests cause I was still experiencing all the symptoms of muscle weakness extreme fatigue, etc and I knew something was wrong. Urine test showed blood in it, blood tests showed elevated liver enzymes, high calcium levels in blood tests, abdominal bloating, discomfort, pain in stomach, problems with eating and going to the bathroom. Visited neurologist 3 days later and repeated urine test as well. Urine test showed negative and no infection even though a few days before it showed I was having problems with a UTI and possibly a bladder/kidney infection. Both my primary and neuro doctor want me to repeat labs in a month because they are concerned with the several aspects on my blood tests when I've never had these kinds of problems before in the history of my blood tests before I was ingesting the oils. Today, a week after not ingesting the oils my body is slowing on its' way to getting back to normal. I feel more energy coming back. The stiffness and aches in my body are slowly going away. My foot pain is almost gone. I missed 2 weeks of work over this. When I had contacted two facebook support groups and my upline with these problems all the responses I got was that it was just detox symptoms and you have to stick with it cause it was getting rid of the bad stuff in my body. I was also told to do Juice fasting and other things and I was willing to do anything to get back to normal but I wasn't going to let anyone poison my body to do it.
109	8/17/2014	The essential oil was uses on the. I am a woman and at the time i was 50.	Frankincense, Copaiba and Balsam Fir	oral	They were ingested neat and undiluted.	3 drops of each	one	Young Living	no	I used 3 drops of Frankincense, 4 drops of Copaiba, and 4 drops of Balsam fir in my mouth. I suffer with chronic pain due to Fibromyalgia, Osteoarthritis, Peripheral Neuropathy, Cervical Spinal Stenosis, and bulging discs in my cervical spine. You.Unstoweabeadwetness a	I did not really have any concerning experience afterwards.	Within a few hours of ingesting the oils I began having racing heart, shortness of breath, pressure in my chest that radiated to my left arm. I felt like I was having a heart attack and transported me to Henry Ford Hospital in Detroit, MI. I remained hospitalized for 2 days and underwent a Heart Catherization. The symptoms did not go away.		It was not a session	8/2014	Young Living advertises a Morphine Bomb to alleviate pain and the protocol was to use 4 drops each of the oils mentioned above. They advertised it could be used via inhalation, on skin or ingested. I trusted this combination would alleve my pain due to their claims.
110	8/18/2014	Myself, Age 56, female	Frankincense	topically	undiluted	A touch on my finger	2 a day for 2 days	DoTerra	About 6 mos. or so	Red, swollen, blisters, pain,	No, took a couple days	It took 4 or 5 days for the swelling and blisters to subside.	none	Self applied for facial skin tightening	July, 2014	The Frankincense seemed to tighten the skin but my skin on my eyes and lips swelled and blistered. Didn't resolve for until about 5 days later. Lips were very tender, eyes red and swollen. I may try again but will dilute well with GO.
111	8/19/2014	37 yo F	Oregano	Oral ingestion	undiluted	3 drops	3 trials - same results each time	DoTerra	no	Diarrhea	Repeated episodes within 30 min	Resolved after several hours	none	none	no comment	no comment
112	8/20/2014	Used on 52 year old woman	Oregano and Melaleuca	Used topically	Undiluted	total # of drops used was probably 15	one	doTerra	yes	Burning initially	burning	Within an hour severe flu-like symptoms; fever, shaking, aches all over the body; nausea		none	8/20/2014	I was attempting to treat severe Athlete's foot myself. In order to combat the severe flu symptoms, I've taken ibuprofen. The affected footing is inflamed, painful, and is exhibiting a rash from the ankle up to the mid-shin

E	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q
ID	Date Submitted	Who were the essential oils used on	What Essential Oils were used	How were they used	How the essential oils diluted or used	What was the percentage of essential oil	How many applications	Essential Oil Brand used	Was the oil over 6 months old	What was the experience during	What was the experience immediately afterwards	What was the experience sometime later	Describe if any; medical intervention	What type of essential oil session did you receive	Dates of essential oil application(s)	Personal Testimonial Page
53	8/23/2014	Myself, daughter, friend	Peace and Calming by Young Living/ Tangerine, Ylang Ylang, Blue Tansy, Orange, Patchouli	My diffusion in our home in my bedroom.	1 drop of Peace and Calming, undiluted into the diffuser filled with purified water recommended the premium kit offered by Young Living	100% pure	1 dropped diffused for approximate 30 minutes	Young Living	received unopened on 8/22/14 and tried on first day.	My daughter had a allergic reaction around the mouth(moderate), about 10 minutes later her friend began to have a reaction (swelling in upper lip noticeable but not uncomfortable). About 5 minutes later I began to feel the same burning itchy sensation on my upper lip as well. (mild). My daughter began to feel itchy and sweaty all over her body and also began to feel a bit asthmatic (moderate, noticeable, a bit uncomfortable). I then decided to stop the diffuser.	My symptom and my daughter's friend's symptom persisted for about 15 minutes after I stopped the diffuser. The symptoms faded. My daughter however continued to feel moderate prickly stingy sensations all over her body.	This just happened tonight and we will see.	none	none	8/23/2014	I would need a my testimonial will be useful but I found your page as I kept researching the reasons xxx why we were all experiencing such reactions at the same time. My daughter has mild asthma and so when I ended up on the essential oils in the particular blend I was convinced that my daughter would feel more relief rather than a reaction. I used the Blue Tansy to a good Anti-histamine so this doesn't make any sense to me. I am not Asthmatic nor is her friend and we experienced symptoms as well. So I am convinced that this bottle was compromised. 14CC1009 is the number for the bottle labled Peace and Calming. I know that when I received my shipment the contents felt hot and I worried about how that would affect the oils.
54	8/24/2014	44, female	doTERRA clary sage and ylang ylang	topically neat (NOT diluted)	NOT diluted	100% essential oil	about 20 applications over a week's time	doTerra	no	very itchy at first, broke out in red blotches badly and then blisters	itchy pain	the itchiness and pain subsided with itchiness lasting longer....redness lasting longest	no medical intervention, just treated with jojoba oil and slowly subsided over a month or so	none	june, 2014	I used neat doTERRA essential oil topical therapy on myself on my wrists. I put two drops of clary sage and ylang ylang on my wrists several times a day for about 10 days when my wrist started itching badly. I think broke out in red blotches which turned into blisters which spread into an area of approximately 3 cm x 4 cm. I self treated the area with jojoba oil and stopped using essential oils on the area. It cleared up slowly over a month's time. Lesson learned: Always dilute your oils and never use neat oil application to the skin.
55	8/14/2014	Myself-Female	Dr. Guard by doterra	Oral capsules and rubbed on feet with coconut oil	both	10 drops to dime size of coconut oil plus 2 capsules	for about 2 months about 3 times a week	doTerra	no	There was no immediate reaction.	Adverse reaction that came on slowly. My skin starting erupting in what looked like small bug bites but within a week had spread out into huge welts all over my hand, chest and neck and face. They were very itchy and just kept growing. I went to walk in clinic and dermatologist who both said I was reacting to something but the oils never entered my mind. I assumed it was new cosmetics and body lotions. I started rubbing steroid creams on they gave me and it started clearing up mostly but when I started appearing again over and over even when I got rid of almost all cosmetics and lotions I started trying to figure out what else it could be. I suddenly realized after taking a dose of oils this morning that maybe they were the problem so I got on google and found your site and now believe the oils are what is causing my anguish. The sores and itching is coming back really bad and I have been taking pretty big doses of the oils due to flu season coming. As I'm typing I realize I might have done something stupid in taking a dose of the On-guard 2 capsules and oil of oregano on my tongue 2 drops and various other cold remedies because my ears are ringing and I feel not well. I took some charcoal capsules hoping that will absorb some of the oils.	About a month into taking the oils is when my skin started erupting into sores that itched and spread into a red raw rash	Visit to clinic exam and 2 dermatology visits where they both said I was reacting to something.	Doterra rep sold me the products from her store.	Started approximately May or June of 2014	Little sores appeared that itched and burned then quickly turned into a huge scabered group of aches on my neck, hand, face and chest. I thought it was a bug bite when it first appeared but when it spread all over I went to derm Dr. who diagnosed reaction to something which I assumed was body lotion or cosmetics. Never thought about the oils till getting on here and reading the reports then it hit me. OILS!
56	8/16/2014	oils used on self, age 36, female	Oregano	topically	neat	1 drop	one	doTerra	don't know	painful burning sensation	redness, painful burning sensation, after application dissipated, red flaky patches developed on skin	burning lasted a few hours, red patches lasted about a day and a half (was relieved by applying coconut oil)	none	I was sent samples to try without any application instructions (ie. dilution recommendations, etc.)	unknown	I had requested GO suggestions to help relieve canker sores and acne and was sent a sample of Oregano and Melaleuca from a DoTerra rep. No instructions were given for application methods or dilution. I was in a great amount of pain after applying the Oregano NEAT to some acne spots.
57	11/6/2014	myself, age 47 female	lemon	oral	1 drop in 16 oz of water	1 drop in 16 oz of water	2 - 16 oz glasses drank in 1 day	doTerra	no	face turned red and flushed looking, forehead was itchy and had to avoid scratching it. started to look welted but by not scratching it avoided welts I believe.	began immediately and continued for about 16 hours - my face looked sun burned	24 hours later my face is not red but my skin on face is rough and zip up if it was a dermitix. Also noted skin on hands and arms seem suddenly drier.	none at this time	n/a	11/6/2014	no comment
58	11/17/2014	2 year old male	lemon, peppermint, Doterra Breathe-Eucalyptus	topically	neat	10 to 20	1 app on chest, armpits, neck, behind ears	doTerra	no	2 febrile seizures, fever was only 99 and stopped breathing, foamed at the mouth	after 10min violent seizing, turned purple and stopped breathing	45min	Oct 27, 2014 Emergency medical center, blood test	no comment	no comment	Doterra & all companies need to start warning about the seizure effects with wintergreen, eucalyptus, fennel, etc! My son doesn't have epilepsy or any medical conditions. Once I removed his shirt and washed his skin at the hospital 45 min later he stopped seizing and returned to normal.
59	11/18/2014	29-year-old female	Thieves oil, containing Clove (Syzygium aromaticum), lemon (Citrus limon), cinnamon (Cinnamomum verum), Eucalyptus radiata, and rosemary (Rosmarinus officinalis CT 1,8-cineol) Blend containing orange & cinnamon (possibly called "Christmas Spirit"), containing Orange (Citrus aurantium), cinnamon bark (Cinnamomum verum), and spruce (Picea mariana)	diffusion	(diffused in the air)	unknown	exposed twice to diffusion & experienced reactions both times	Young Living	unknown	First time – scratchy throat Second time – eyes stinging followed by a dry coughing fit that didn't end for 10-15 minutes until I was out of the room & drinking water	Lots of coughing – couldn't complete sentences	10-15 minutes passed before coughing stopped	none	It was diffused in a room I walked into.	11/11/14 and 11/18/14	These oils were being diffused by a bygiene in a room where lots of people were walking in & out, without anyone's consent or concern. I could not stay in the room for long without feeling irritation in my throat or eyes
60	11/11/2014	40 yo female	lemon and peppermint	ingested and topical	neat applications and dropped onto my tongue	2-3 drops several times a day	7-10x/n	Young Living	no	nausea, severe stomach pains.	stomach pains	pain continued	no medical intervention but I took anti acids due to the pain and reflux	none	July 2014	I was told by a a Young Living sales rep to take lemon, peppermint and lavender orally for allergies. I started having bad stomach pains but continued to take the oils internally until one day a friend who ordered the same oils and was also taking the same oils called to tell me she was having severe stomach pains. I stopped the internal oils and the pains stopped.
61	12/4/2014	Age 25 Female	Marjoram, Frankincense	Oral ingestion (in capsule)	undiluted	6 drops of each, 12 drops total	Not sure– my guess is 2-3 times per day for	doTerra	unknown	None (except unpleasant taste)	Severe heartburn, not to mention the morphine bomb! did nothing to address my severe chronic pain.	The heartburn stopped as soon as I stopped taking the oils	none	Advice from a friend who sells the oils	Mar-14	I have late stage Lyme Disease. I was trying these oils after stopping my narcotics cold-turkey because of dangerous respiratory depression (because of longer term use requiring higher and higher doses). The pain was excruciating. This, of course, is the reason I was even on narcotics in the first place– it was not a decision I made lightly as I do prefer safer alternatives (when they work). Someone told me this combination of oils was said to be as good as morphine. I was desperate, after days of crying and screaming, and I figured it couldn't hurt to try. The oils did nothing to help my severe pain and added to my discomfort by causing awful burning sensations in my chest and throat. I don't know if this matters to anyone but I did eventually find relief with medical marijuana (THC and CBD orally). Tranxiaid made a dent too but it just wasn't strong enough.
62	12/8/2014	40 female	Doterra's Vetiver face line - cleanser had melaleuca, basil, and wild orange; toner had ylang ylang, palmarosa, cypress, and coriander; serum had boswellia carterii gum, tamalaxe pseudacaium wood, lavendula, commiphora myrrha, fell, and rosa; moisturizer had juniper, jasmine, geranium, bigagrahe, and sea buckthorn. Also took Doterra lavender, lemon, and peppermint (3 drops each) internally in veggie-cap.	topically (face line) and internally (veggie-cap) as listed above	topically was in the product; I didn't dilute the facial products. Internally was neat.	topically was in the product; I didn't dilute the facial products. Internally was neat.	no comment	Veggie-face line was one time. Lemon/lavy/peppermint in veggie-cap was 2-times	doTerra	no	Puffiness, red, hives, bumps, itchiness	not sure if it was lemon/lavy/pep or the face stuff. I used face line WEdnesday pm. Woke up Thursday morning with puffy face. It has gotten worse since then (it is now Saturday morning and I can barely see out of my right eye it is so swollen)	2 days later and it is worse	doing today to urgent care	no comment	Wednesday December 3, 2014	I would love to post pictures to show you how swollen and red I am.
63	12/10/2014	Female, 31	peppermint, clove	diffusion	?	?	6 hours a day, 2 days straight	Young Living	?	face burning, blisters on nose and lips that lasted 4 weeks	face burning, blisters on nose and lips that lasted 4 weeks, Vomiting	4 weeks, still some scabbing	none, A&D ointment applied all day everyday. Even after 4 weeks	work for YL and they diffuse this crap throughout the office everyday all day long	11/24/2014	
64	12/06/2014	myself, 59 year old female	OnGuard	topical	carrier oil used: coconut oil	unsure	one	doTerra	no	nausea, hyperactivity, heart palpitation, dizziness, delirium, confusion'	same	approx 2 hours after so started they began to improve	none	none	12/2/2014	Please note that I had used OnGuard in the past, but never had I used it after ingesting my 120mg Sertraline tablet. After researching further I found out that Clove (which is an ingredient in OnGuard) can interact with SSRI-which Sertraline is. I will use OnGuard again just never within 2 -4 hours after taking the Sertraline.
65	12/28/2014	Myself 64 years old, Female	lavender, stress away, purification, clary sage, peppermint, lemon, progesterone plus	topically and oral ingestion	neat	3 drops each application	35	Young Living	no	no adverse experience	rash, itching, dryness, red	one month later, skin was still very red, dry, itchy	Dermatologist, I was given ointments to relieve inflammation	self-administration	January - July of 2014	It took months to accumulate in my system, but once the rashes started, I could no longer use any oils without the rash coming back. I was told by Young Living Reps that I was detoxing and that I should use more oils. I was told to try different oils for the rash. I was told to take sulfur. I was told that it's impossible to be allergic to the oils. I was told that I must have a defective gene which is causing the rash.
66	12/31/2014	12mo, male	Thieves & on guard blend	Topically	One drop of &O blend to 1 tablespoon of carrier oil.	one drop	The reaction happened on the 4th & 5th application, a week apart	Young living & doTerra	no	Closing of throat and slowing of breathing	He came out of it the first time after about 30sec and the second reaction lasted longer, about a minute before he came out to breathing normally again.	Same experience except longer one week later.	no tests	no comment	Feb-14	Thieves & on guard were used on separate occasions on my son at 12mo. The blend was very diluted (topical on his feet), he was 12mo, and I was informed it was 'safe'. His throat started closing on him and he breathing slowed to a very dangerous level. After further research I found out they both contained eucalyptus & Rosemary, both unsafe for kids under six. We had applied it & diffused it around him before his reaction, so it wasn't his first exposure to it. Very scary holding your child while they are helpless.
67	1/1/2015	Female 30	Lemon and Grapefruit	Oral ingestion,Topically,Bath,Diffusion	both	Lemon and grapefruit 20 ml	no comment	doTerra	yes	Stomach problems, Dr's want to remove gallbladder,Chronic digestive upset	Dry mouth, sore throat	Almost ten months in stomach is now weeded.	Dr Daniella Perry, Olathe medical center,Ultra sound, Another scan of gallbladder function is happening on the 9th	No comment	no comment	I used lots and lots of oils. I limited my injection to mostly flavoring my waters. I was told it cleansed me, aided weight lose and was safe. I'm 30 years old and my gallbladder has never acted up. The pain is very isolated to that site. I'm afraid of damage done but grateful to learn how to use oils safely now.
68	1/30/2015	34 year old female	Young Living: Hyssop, Wintrose, Oregano, Panaway	All used topically. All used on feet soles and on gastronomy and jejudenny tube stomas.	Undiluted. Straight from bottle.	2-3 drops of each/three a day.	2-3 days at it times a day	Young Living	no	Extreme and increasing burning pain and red, angry skin around tubes.	Stated above	none		Self and friend (a YL distributer) applied directly.	Late November 2014	I was and am very open to essential oils, however I regret trusting my friend whose genuine good intentions and that of her friend who is more experienced with essential oils as a Young Living distributor without first doing my own research. I was repeatedly told that it was impossible to be allergic to YL oils because they are the only 100% pure therapeutic grade oil. Considerably my mother and sister experienced a severe allergic or allergic type reaction from just being in a small area when I had the oils on. I was ever promised their ability to treat a staph and yeast infection at my tube sites and felt superstitious when suggesting the souls caused a reaction. Ids not feel comfortable at this point discovering which oil(s) caused the adverse reactions.
69	1/5/2015	Self, 24 year old Female	Tea tree oil	Vaginally inserted on the tip of a tampon.	neat	5 drops	1	Young Living	no	Initially felt a warming sensation, it was not uncomfortable. Went to bed as normal and woke early the following morning in severe pain (burning).	Did not immediately note any problems that differed from what the sales consultant had told me about. She had told me it would initially feel warm, but that was the oil working against the infection.	The following morning (6 hours) after initial application the pain was so intense I could not remove the oil-containing tampon myself.	Emergency room visit in Arlington, TX off (QDAD on Matlock Road). Diagnosed with internal chemical burns. Upon followup with my GB/GYN (Dr Neill in Arlington, TX) at 30, 60 & 90 days after initial burn, scarring remained. Scar prevent for the following several years annual pelvic exam. I can still feel the scar tissue.	Advice for yeast infection from Young Living representative.	Jul-07	I was suffering from a vaginal yeast infection following heavy antibiotics for a MRSA staph infection. Had already tried OTC medications and prescription medications without result. Was advised by a Young Living consultant to soak a tampon in tea tree oil, insert it before bed, wear it overnight and by the morning my yeast infection would be cleaned up. Before bed that evening I put 5 drops of Young Living Tea Tree Oil on the tip of a tampon (I was worried about soaking the tampon as she instructed & using too much). I inserted the tampon and soon noticed a warm sensation. I called the representative as she told me it was normal and how I knew it was working. I went to bed and woke up about 6-7 hours later feeling like napalm had been poured into my vagina. I could not remove the tampon myself the pain was so bad. A neighbor drove me to the nearest hospital (I'm called USMC now but I believe it was owned by a different company when this happened). They removed the tampon immediately and treated me for chemical burns with a prescription of burn jelly to continue using for the next 10 days and more antibiotics to prevent the burn from becoming infected. They also gave me instructions to followup with my regular GB. I saw my regular OB several days later, the burn still very raw. He scheduled me to come back after some time had passed to let the tissues heal before he did a more invasive exam. At the 30 days check the tissue had scabbed over & partially healed. The 60 day exam the scabs were all gone but he noted I may have scars remaining and at the 90 day exam he told me scarring was present and would likely not completely heal.
70	1/30/2015	me-age 55	do terra lemon balm--on throat--hard to breath reaction--like trachael asthma--" on guard--internally 2 drops in cup of water ---same reaction---then next day again externally on throat---same reaction was able to use on sides of throat with no reaction.I also have a thyroid issue-Hashimotos-with-euthyroid.I do believe the on guard prevented me from a flu bug coming on-but-i-am not sure if-im allergic to everything on my thyroid area or what								lemon balm was take-about 10 mins on guard-orally was about 10 min(at first when i drank it i felt great-as i was feeling-by-till-th with chills) on guard on throat-immediate-asthma of throat	no comment	no comment	no comment	no comment	no comment	no comment
71	1/14/2015	Myself, Female, 42	Mary - cypress, frankincense, copaiba balsam, blood orange, atlas cedarwood, black spruce, scotch pine, lime, vetiver, rosewood, and others.	topically	Undiluted while blending.	no comment	This happened after 6 (or so) weeks of getting small droplets of undiluted oil on my skin daily.	Nature's Gift, Stillpoint Aromatics, Amanda Apothecary	Maybe 2 or 3 oils	I had no immediate reaction but the hives would pop up all day long and through the night	Intense Itching and burning.	More itching and burning. The only times I got relief were for 2-5 day periods in that 6 week period when I went out of town. I initially thought it was because I was more relaxed while out of time....I have now concluded that it was because I had no oils with me when I traveled.	I was using OTC medications to control the symptoms: anti-histamines and cortisone cream	No comment	Intense period of product-making between the last week of November and the first week of January.	While making a variety of blends for customers over the holidays I was using several different oils. As I drop oils from one bottle into others, I often get little droplets of undiluted essential oils on my skin. I generally wash my hands when done making a blend. During the course of the holidays, I started to develop hives on both of my arms which I originally attributed to the stress of the season. After a night of heavy blending with the oils mentioned above, I woke up the following morning with both arms covered in itchy hives and it finally hit me that I had become sensitized to one or several of the oils I've been using so frequently. After this realization I have stopped using my oils and my arms are clearing up.
72	1/20/2015	Self, male, 64y3mo	Lavender	Topical	Neat application	A bunch. My wife said it was a new 5mL bottle, she used 20 drops and I just shook it into my hand and applied	One	Young Living	no	none	Within 10 minutes of application I became very itchy, bumps were starting to form on the areas I applied it and spread. I started to experience shortness of breath.	Within an half an hour of application I was at the hospital ER with shortness of breath. The bumps spread to other parts of my body (trunk, arms, legs and genitals.)	I was placed on a respirator for 3 days and given many medications. I was in the hospital for a total of 5 days. When I was discharged I received oral and topical cortisone prescriptions.	I applied it myself	Jun-14	My wife was making soap and handed me the lavender to recap while we were talking. Before I recapped it I shook a bunch into my hand and put it on my arms, legs and my chest/stomach. I then went to the bathroom and by the time I was done I knew something was wrong. My skin where I applied it was red, hot and very itchy. I went to my wife and said something like 'we have a problem.' She turned and looked at me and said 'oh no.' She then started to throw coconut oil all over me while ripping off my shirt. The bumps were now red. I looked like a walking pustule.I then started to have trouble getting my breath. She told me to sit on the floor and take deep breaths. Didn't work and I felt like I was gagging. She then called 911 and I was taken to the local trauma center.I followed up with my personal physician (DO) within a week of discharge. The bumps were still there. I was still itchy and uncomfortable. More cortisone. It took about 2 months for all of the lesions to go away. By the way I was given a prescription for another skin problem (a fungal infection) got while traveling outside of the US) and within 3 hours of taking the prescription the lesions were back, exactly where they were from the lavender. It took another round of cortisone and two months to make those go away. In December 2014 I did a patch test of a different brand of lavender and had no reaction. It was applied diluted in jojoba lotion my wife prepared. I had no reaction and now use lotions she makes with lavender in it.
73	1/27/2015	Female-53 years	Slique Oil	oil ingested in water	added to water	First time used approx 50 drops before quitting (2 drops per morning in a glass of water, much below the recommended usage) Second time used approx 70-80 drops	First time approx 25-30 times, Second time approx 35 to 40 times	Young Living	I assume not as it began to use it as soon as I received my order.	First time: started with an all over ill feeling after a few weeks. One night body felt like it was seizing up, muscles tight, painful. Next day did not take the Oil in the water, upon urination there was a huge mass of oil floating on top of the toilet water.Second time: burning sore throat, then burning in esophagus, then chest pains, a feeling of tightness around my upper arms, upper back pains much like gallstone attack pains.	First time: After expelling the oil, the muscles symptoms started to subside immediately. Second time: the symptoms basically reversed over a period of 2 to 4 weeks, the last symptoms to appear easing up first, the burning sore throat eased up in about a month, maybe longer. I still have a burning sensation when I drink hot liquids sometimes	Eased up gradually, see above	I had a panel of blood tests done during this time. My good cholesterol registered as low and my bad cholesterol as high. My HB registered very high which is normally on the deficient side. I have NEVER had test results like these in my entire life. Hoping to have them retested soon.I had an ECG done which showed normal..	No comment	First time began ingesting in September 2014, not sure when,Second time began ingesting in October 2014	When my doctor checked my throat he asked if I had had strep in awhile..so I am assuming that he saw inflammation there. Throat swab showed negative. At the time I had not thought of mentioning to him that I was ingesting this product as I had not connected the escalating symptoms to the product as of yet.