

ID Number	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 undiluted	What was the percentage of essential oil used	How many applications	Essential oil brand used	Was the oil over 6 mos old	What was the experience during	What was the experience immediately afterwards	What was the experience sometime later	Describe medical intervention, if any	What type of essential oil session did you receive	Dates of essential oil application(s)	Personal testimonial page
269	2/7/2018	Male, 8-12	Lavender(Lavandula angustifolia) to relieve the itches of a mosquito bite	Topically	Undiluted (Neat)	neat 1 drop	once 8years old, once 11years old	Louise garden	Yes	irritation, sore, redness	washing off it with natural soap, but the redness staid for several days.	It was cleared after 3-4 days.	None	NAHA, IFA	AUG 2013, 2016	
270	2/20/2018	Female, 51	Inner Defense capsules which contain Young Living's Thieves oil blend	Oral Ingestion	Undiluted (Neat)	I took 3 capsules one day and 2 the next day		Young Living	No	No discomfort initially	Nothing immediately	After only about 30 minutes I had severe stomach cramping and painful diarrhea	None	Home use to try to recover quickly from upper respiratory infection	3/17-18/17	
271	2/23/2018	Female, 19	lavender, peppermint	Bath	Diluted	5 drops of each into a full bath	twice	DoTerra	No	Was fine until about 10 minutes into my bath, then skin started to tingle and feel too hot	blistering Uncomfortable to sit or lay	areas, waited 20 minutes then rinsed it off. Skin remained red but no longer felt like it was burning	None	N/A	2015	
272	2/27/2018	Female, 44	Oregano and digest zen	Oral Ingestion	Diluted	1 drop of each in water	4 th day	Doterra	No	Violently ill, rang poison hot line	After 7 days I felt better	7 days	Live 2 1/2 hours from town, so I toughed it out! Poison help line gave me comfort in my choices	Drank with water at home as I suffer with bloot and parasites	17 February 2018	I was told to do this by my sister that sells them , I thought she had studied and knew what she was talking about, vomiting headaches direar, I felt poisoned from the toxins for 7 days! Oils need to be sold only through professional trained at a University for safe usage, normal people off the street are selling and advising people to drink with water. I believe more deaths will occur over these oils!
273	3/1/2018	Female, 24	Digize	Topically	Diluted	1-2 drops	One	Young living	Yes	Hard to breathe deeply/well, faster heart rate		Only lasted a few hours				
274	3/1/2018	Female, 24	Peppermint	Topically	Undiluted (Neat)	1-2 drops		Plant therapy	No	Burning, nerve pain all over body (application was only to back of neck/top of spine)	Burning pain	Still have nerve pain on and off	None			
275	3/5/2018	Female, 57	Orange oil, clove bud oil, cinnamon bark oil, eucalyptus oil, rosemary oil	Oral Ingestion	Diluted	4 ounces of water to one drop although it was hard to just have one drop in the water and the couple of times two drops went into the water	About 5	Doterra		I do not know how old the oriole was. The bottom of the bottle says 21 No 2	Twice I had a couple heart palpitations but nothing much really	Within a day of swallowing the Oils: Great difficulty breathing after coughing like I have never had before Sore to touch my neck below Adam's apple as never before(felt like bruising) Constricted breathing and difficulty swallowing. Sore sternum area.	Dr visit. GP said The flu bug turned into tracheitis. I did not discuss essential oil's with him		I am not 100% sure that swallowing these oils caused by infection. However I've never ingested oils before and I have never had an experience like this before so I put the two things together. Because I was suffering with the flu friend gave me an essential oil blend and advised me to mix a drop with 4 ounces of water. I was to gargle and swallow. They blend that I was given contained orange oil clove bud OL cinnamon bark oil eucalyptus oil and rosemary oil. Well I can't say for certain that doing this cause my problem the timing was such that I wondered if it did cause my problem. I ended up with tricky TI I was to gargle and swallow. They blend that I was given contained orange oil clove bud oil cinnamon bark oil eucalyptus oil and rosemary oil. Well I can't say for certain that doing this cause my problem the timing was such that I wondered if it did cause my problem. I ended up with Tracheitis. An actual aromatherapist told me that it was possible that the oils caused burning and transported the bacteria down through the trachea where it could've lodged into a spot where the oil could've burned the soft tissue. So I am now will pass the flu but dealing with very uncomfortable tracheitis.	
276	3/7/2018	Adult female	peppermint	evaporation	Undiluted (Neat)	Unknown	1 ?		No	Severe asthma attack at work. Eventually led to pneumonitis and hospitalization	Severe shortness of breath.	Still dealing with pneumonitis 2 MONTHS later	frequent nebs, steroids.	At my place of work	2/5	I almost died because of this exposure at work
277	3/7/2018	Female, 54	Thyme, rosemary, oregano, lemon, lemongrass, clove bud, pink grapefruit	Oral Ingestion	Undiluted (Neat)	2-6 drops, different combinations	daily for 5 months	do Terra	No	no problems; ingested with capsules	none	rash around mouth, itchy skin on face, mostly around mouth, lips so chapped, skin was peeling off; doctor said it was from contact with saliva; after months of use	Island Clinic, Dr. Dennis Chin prescribed 40 Benaderm 0.1% ointment 4 times a day in lips for 1 week, then twice a day for 10 days	none	Sep 2017 - Feb 2018	
278	3/9/2018	Female, adult	Panaway, peppermint and lavender	Topically	Diluted	5 panaway, 5 peppermint 4 lavender in a 10 ml with coconut oil		Young living	No	Felt good	Cooling sensation, itchy	Hives, still have little bumps, sensitivity, itchy, sore sensation	None		3/6	3/9 and still the same
279	3/18/2018	Female, 32	Breathe blend	Topically	Undiluted (Neat)	3-4 drops	1	Doterra	Yes	Stinging	My eyes were burning	Swelling, redness, burning, watery yellow discharge, hardness, itching	ER visit. Steroid injection, steroid pills, topical cortisone Same day of incident, about 7 hours after application	At home	3/18/18	These oils need to come with a warning label. In four years of use, never have I ever heard that you have to dilute oils. I have applied this and other eos on my babies skin. The same way Tylenol, Motrin, cortisone creams come with warning labels this should too. This is serious!
280	3/27/2018	Female, 27	On Guard blend - lemon, oregano, and melaleuca.	Oral Ingestion	Undiluted (Neat)	2 drops On Guard blend, 3 drops lemon, 2 drops oregano, and 1 drop melaleuca	Ingested 2 capsules on separate days	Both DoTERRA and Young Living	No	I felt extremely nauseous and light headed both times I took the capsule.	Nausea and lightheadedness lasted for about 2 hours before I felt okay.	No other side effects were noticed after initial symptoms passed.	None	None		I was getting sick and thought essential oils could be consumed because thats what I was taught in my oils "class." I took these capsules and felt nauseous and light headed. I never confronted my upline but I will not take capsules again nor will I recommend anyone else does. I feel stupid for not researching!
281	4/3/2018	Female, 38	Digestzion	Oral Ingestion	Diluted	2 drops toglass of water 250 mls	1	Doterra	No	Discomfort during drinking, burning. Since then, 3 days, I have had heartburn, which I have only ever had during pregnancy.	Oesophageal discomfort	Heartburn continueing 3 days on			31 march 2018	
282	4/8/2018	Female, 44-45	Lemon, (cold pressed).	Oral Ingestion	Diluted	After being pressured from a Doterra saleslady, I used one drop of lemon essential oil in a large glass of water. As many realize though, the dropper sizes on Doterra orifice reducers were rather large a few years back.	One	Doterra	No	My moods and energy level went haywire. I believe that ingesting the lemon did a real number on my neurological and endocrine systems because I've never experienced anything like I did the day I drank some of that concoction. Prior to ingesting the lemon that day, I loved diffusing it and using it topically. In fact, I don't think I've ever had any problems along those lines. Lemon used to only cause me to feel joyful, optimistic, and refreshed. Period. Just one or two sips of lemon in my water, just one time, seemed to change all of that. Shortly after taking a sip or two, I started laughing uncontrollably. The thing was though... the situation that I was in was not funny. It was a strange and uncomfortable feeling. The best way that I can describe what I experienced, is that it was akin to way it feels when someone is tickling you, but you can't get away. You may be laughing, but really it hurts inside. I was also taking a mile a minute. Normally I talk very slowly because I'm so fatigued from fibromyalgia and untreated hypothyroidism/hasimoto's. A few minutes later, I started feeling angry at a complete non-issue. Internally, I realized that the anger was not appropriate to the situation so I did not reveal my feelings to anyone. I realized that the lemon had had a strange effect on my neurochemistry, so I decided to spent the rest of the day at home alone. That night I was not able to sleep at all. Not even 5 minutes, even though I only had one or two cups of white tea the morning before and tried knocking myself out at bedtime with lots of magnesium and even benadryl, to no avail.	lemon in it, I had no problems inhaling lemon, or non-citrus-citral rich essential oils. In fact, I loved diffusing and using all of them topically. Now, I experience neurological pain as well as brain fog upon smelling citral rich essential oils unless they are present in very small amounts within blends which contain a good amount of constituents that help mitigate the potentially adverse effects. I will say though, that I have cold induced pain and multiple chemical sensitivity, which are separate, pre-existing conditions. The cold induced pain developed after I went off of thyroid medicine, so perhaps the thyroid issues might be predisposing me to experience cold induced pain, as I will describe in next field. I apologize if I'm confusing the issue. The point I am trying to make, is that I'm not sure if I became sensitized to citral, or if the adverse effects that I experience when smelling citral rich essential oils is more from the antipyretic effects of citral within the context of having untreated thyroid issues, MCS, and fibromyalgia. Fortunately, I was fine again, (back to normal), the next day. Just very tired.	None, though I do have thyroid tests showing that my TPO antibodies are very high. Again, I don't believe this was caused by the lemon, it pre-existed. I'm just trying to provide relevant parts of my medical history in order to provide clues as to whatever the reason might be that I still don't feel well when smelling citral rich oils, for lack of a better term. Yes, I realize that lemon has only trace amounts of citral. However, I feel fine when I inhale most other citrus essential oils, so I believe that I may have related outbreing becoming sensitized to limonene. Its not sure about that though... Juniper berry is still one of my favorite oils to diffuse and use topically. This is limonene dominant. On the other hand, I don't feel well when I smell most resins, which are also high in limonene. Go figure...			As an aromatherapy student, it's important for me to understand why I had the adverse reactions, but for now, it's still a mystery. Any insights shared privately would be much appreciated. Thank you for your providing this service to the public and for forwarding the cause of essential oil safety.	
283	4/8/2018	Female, 47	Peppermint	Oral Ingestion, Diffusion	Undiluted (Neat)	One drop to roof of mouth	Once a day	Doterra	No	Throat swelled slightly and felt like I had a lump in my throat	No	A few hours later	I had a barium swallow performed with extrays. My oesphagus was damaged and no longer contracts and releases well when swallowing		2017	
284	4/8/2018	Female, 63	Silver Fir, Atlas Cedarwood, Pine, Spruce, Sweet Orange & Lavender	Diffusion	Diluted	4 drops to 100mL H2O		Eden's Garden Sniffles & Sneezes	No	Burning in throat	Burning in throat	Lasted 2 days until I "ate" a spoonful of unrefined solid coconut oil.	N/A	N/A		I have used each of these oils topically in blends and never had any reaction. I can only assume that diffusing them in this blend caused one or more of them to adversely react.
285	4/14/2018	Female, 12	RC	Topically	Diluted	5 drops		Young Living	No	She had a cough and cold and I gave her RC from young living on her chest and neck and afterwards within an hour she had nausea and was profusely vomiting	Nauseated & vomiting	Nausea and vomiting	Called Dr and given Zofran to help the vomiting	Home use	4/5/18	
286	4/25/2018	Female, 29	PasTense blend	Topically	Undiluted (Neat)	Rubbed the roller ball of eo on my temples and back of neck per consultant's direction.	One (in three different spots)	DoTerra	No	Nearly immediate response- nauseous, vomiting, headache intensified, lightheaded.	Nauseous	Nauseous and vomiting within thirty minutes after use. Headache and lightheaded also within thirty minutes.	No medical intervention was taken	Topical use with a roller ball	April 20th 2018	
287	5/17/2018	Male, 12	Lemon	Oral Ingestion	Diluted	1 drop in 200ml of water	every morning and afternoon for 5 days	Doterra	No	Frequent urination, stomach ache.	Stomach ache started to develop after few days of drinking lemon oil in water.	Not sure exactly, maybe 2 or 3 days later	none	None	10.5.2018	My son's stomach ache would come and go. It lasted for 4 or 5 days and when he went away for the weekend the stomach ache stopped. When he returned back home and started drinking his favourite 1 drop of lemon oil in a glass of water, the stomach ache returned. We are not sure if it was caused by the oil, however, whenever he has a tummy ache it does not last for days, but only for day or two. We realised that when he was away, he was not using the oil and his stomach ache was gone, but as soon as he returned back home the pain came back. I have also been taking 1 drop of lemon in a glass of water every other morning for a week or so, but stopped using it as I needed to urinate very frequently for about 5 to 6 hours after drinking it. I have since looked into the safety of essential oils and cannot believe the contradictive advice Doterra reps give to their customers. I am surprised that companies like Doterra get away with it.

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288	5/19/2018	Female, 41	Lemon	Oral Ingestion	Diluted	About 5 drops	2x a day	DoTerra	No	VERY severe stomach cramps, gas, painful bloating, severe diarrhea, nausea, lethargy, drowsiness, the arthritis became much more painful than usual. It's was almost unbearable in my back.	I noticed it almost a day or day and a half after I started but thought i had a stomach bug	Continued taking oil for almost 2 weeks until i realized it was causing the symptoms. It took about 4 days to start feeling better.			5/6/18-5/16/18	My neighbor is a DoTerra sales rep and very passionate about essential oils. I told her I have high blood pressure and she told me that her husband takes five drops of lemon oil three times a day and his blood pressure has dropped dramatically. I decided to try it but I only did 5 drops 2 times a day. About a day or so after I started I thought I was coming down with the stomach bug. I had terrible nausea, severe, severe cramping, terrible bloating, tiredness, the arthritis in my back made me hurt so much and it's usually just mild. I also had severe diarrhea anytime I ate or drank anything. I began to get more and more miserable as the days went on but still thought it was something else wrong with me. I finally realized that the only thing different I have been doing was ingesting the oil drops. I stopped them on a Wednesday afternoon and continued to feel terrible Thursday, felt a little better on Friday, and started to feel a little bit more like myself on Saturday. I still have to be careful about what I eat and stay close to a bathroom but I think the oils are finally getting out of my system. After much research, which I should have done before ingesting anything, I learned that ingesting essential oils without instruction of an aromatherapist is extremely dangerous. I think the sales reps need to be better educated. The sales rep also put a drop of Wintergreen in my daughter's water for her to try and later I found out that Wintergreen is one of the most toxic oils to consume. Luckily my daughter did not like the taste of it and did not drink it. I read in many places that it could cause seizures and hospitalizations for all people but especially children. Essential oils seem to be very potent and very powerful and sales reps for these companies need to be better educated before selling these oils.
289	5/22/2018	Female, 43	AromaTouch series	Raindrop Massage	Undiluted (Neat)	Unknown	One series of all oils in AromaTouch	DoTerra		Moderate to severe nausea	Mild nausea as I left after a 45 minute AromaTouch massage	12 hours later, I am experiencing severe nausea. I am trying not to throw up.	I hope this won't be necessary	Massage	5/21/18	I don't think this massage therapist would have ever used this technique (using undiluted oils) if she were aware of the adverse reactions it could cause.
290	5/23/2018	Female, 43	lemongrass	Oral Ingestion	Diluted	1 drop of lemongrass to 6-7 drops coconut oil in capsule	10	doTerra	No	Burping up pure lemongrass EO	narcolepsy	gradual return to normal sleep over 5 weeks, new food allergies	Doctor, diagnosis by scent		Jan 2018	In January 2018 I consumed lemongrass EO (1 drop in a veggie capsule filled with coconut oil) twice a day for 5 days on the advice of my upline in a MLM EO company for indigestion issues. I burped the oil all day and all night, pure as it smells from the bottle. I continued to burp the oil for another two days after I stopped for a total of 7 days. I visited my allergist during time time, he knew the instant he came into the exam room what I had ingested. With a history of food allergies and my symptoms, he diagnosed this incident as an allergy event. A day later I started experiencing the symptoms of narcolepsy, and fell asleep randomly and for long periods of time (16-18 hours) for a week. I gradually went back to a normal sleep pattern, sleeping less and less, over a 5 week period. At that point, I also started to experience new food allergies, and since then have developed more allergies to food.
291	5/25/2018	Female, 59	Breathe Again - Caprylic/capric triglyceride, Eucalyptus staigeriana† leaf oil, Eucalyptus globulus† leaf oil, Laurus nobilis† oil, Rosa rubiginosa† (Rose hip) seed oil, Mentha piperita† (Peppermint) oil, Eucalyptus radiata† leaf oil, Copalifer officinalis† (Balsam copaiba) resin, Callitris intratropica† (Blue cypress) wood oil, Eucalyptus bicostata† leaf oil, Myrtus communis† (Myrtle) oil	Topically	Undiluted (Neat)	Roll-on Forehead and face-over sinuses	3	Young Living	No	I had used it for a year with good results, then I bought a new bottle. After 3 days my skin started feeling burned, which I assumed was from the sun. After 5 days there were definite burns in exactly the location where the product was applied.	warmth, then burning	It slowly went away after 4 days.	none		April 2017	After using the product for a year and finding the result somewhat beneficial, I was surprised that the next bottle would burn my skin. I assumed it was because I was traveling and outside in the sun all day. I ceased using the product for a month, and then applied it one more time. It went to an immediate deep burn on my face. I contacted Young Living to let them know of my adverse reaction to this new bottle. They basically said it was my fault for letting it oxidize. When I replied that it was a brand new bottle and its first application, they first asked if I had medical proof. I said I'll send pictures of the burns on my face. He said some people have allergies and shouldn't use a product if they do, and that they'd give me my money back.
292	6/8/2018	Female, 25	Lemon and Orange	Oral Ingestion	Undiluted (Neat)	5-10 drops in 22 ounces of water twice a day for roughly 1 year	Roughly 120	DoTerra		Horrible stomach pain, vomiting, feeling of not being able to swallow food fully	Extreme chest/stomach pain, insomnia	After 1 week of pain I was hospitalized ..about two weeks later the pain finally went away	I was treated at St. Mary's Hospital	Nurse gave me water with lemon essential oil in it		I was in the hospital having a baby and the nurse asked if I wanted some lemon water. I didn't know what essential oils were at the time and figured she was a nurse and so it had to be safe. She told me it's great to detox your body. So I did this on and off for a while and then consistently for a year
293	6/10/2018	Female, 40	Franciscense, OnGuard, Peppermint, Lavender, DigestZen, Breathe	Oral Ingestion, Topically, Diffusion	Diluted	2-4	1	doTERRA	No	Heart Palpitations	Immediately discomfort in my heart	I would have heart palpitations for about 30 mins. Every time I would be exposed to an oil.	I haven't been to the doctor for the heart palpitations. I did get constipated after 2 weeks of putting 1-2 drops of lemon in 20 oz water bottle and went to doctor with severe stomach pain.	I purchased these oils online		I got into oils about 6-7 weeks ago. Never have I experienced heart palpitations on this level since I started using oils on myself or around my house for cleaning. I follow the dilution chart and only use a few drops. I've reduced the amount I use in a day and I do see improvement but I'm getting very leary with the oils.
294	6/11/2018	Female, 62	DoTerra: Lemon, Orange Bliss, Lime Jade Bloom: Trim, Lemon, Lime , grapefruit, orange	Oral Ingestion	Undiluted (Neat)	In My tea I would use Trim was told to add 6-7 drops In my water 1-2 drops in 12 Oz	Every day	DoTERRA and Jade Bloom. Would just grab what Flavor I wanted to use. I use both brands	No	My throat was getting very sore Dry. Thought it was allergies as I was outside working in the garden and yard daily I did this for 3 months. My throat was getting really sore. Was taking tablespoons of honey to relieve the dry irritated feeling. I did call the company and talked to the wellness advocates and asked how many drops as I was a newbie. Also said I was concerned as a cancer survivor I wanted to make sure I was doing everything right. I was told from both companies their oils were safe to ingest		After 3 months of soong trim to my tea daily and a drop to every glass off water ( I drink almost a gallon of alkaline water daily) I was having severe dryness in my throat. I was soon taking tablespoons of honey to help with the irritation. I would wake up a few times a night to get honey. I now have not added any oils for ingestion for 2 months now. My throat is SLOWLY starting to feel better. It is not totally healed I'm hoping I didn't damage my esophagus		Jan - April 2018		
295	6/12/2018	Male, 4	Love and peace blend	Topically	Undiluted (Neat)	2 drops	1	Jade Bloom	No	Burn on his neck after going in the sun	Blister	2 weeks	None	None		
296	6/27/2018	Female, 50	Lemongrass	Topically	Undiluted (Neat)	Several drops were applied to foot after massage for plantar fasciitis, so there was a small bit of oil on skin.	1	Young Living	Yes	Bottom of foot was red hot and burned feeling. Felt nauseated and itchy. About an hour after massage.	When I got home I didn't feel well, was strangely sick to my stomach, felt warm all over like I had a fever. My foot itched and burned intensely. I looked and everywhere oil was applied was lobster red. I took a Benadryl and washed the area with soap and water applied carrier oil, repeated a few times.	Several days later the redness remained.	Message	January 2018	If you are using a oil on someone you need to ask first. This person had no idea if I had allergies, on medication, or had an issue with this particular oil. I since have not been able to use anything with this oil in it. This particular MLM teaches internal use, neat application, tells reps oils never expire and refuses to give gc/ms reports. This person stores her oils on a shelf in lobby which is exposed to sunlight and heat. These open bottles are sitting there until used up which in it's self is an issue even if used properly. I reported this tyo massage therapist with instruction to not use any oils on me again. But she still continues to diffuse oils even during my session. It is scary that this is happening. I don't blame people for being scared to use oils. I have enrolled in Aromahead to educate myself on safety and to help teach it to others.	
297	6/28/2018	Female, 50	Peppermint	Bath	Undiluted (Neat)	8 - 10 drops onto epsom salts	One	Doterra	No	Foot soak using epsom salts with oils on it. Tingling, heat and redness ( initially thought this was from hot water)	Tingling, itchy and Rash appeared. Only on reddened skin	Redness slowly faded, itchinness and rash lasted 4days till completely gone	Antihistamines administered.	Foot soak	June/July 2017	I now know EO do not dilute in epsom salts contrary to what I was told. When I informed my supplier they said was "detoxing" .
298	6/28/2018	Female, 50	Peppermint	Topically	Undiluted (Neat)	3-4 drops	One	Doterra	No	Tingling, burning, itching	Redness and rash appeared. FCC applied to try to dilute it. Itchinness/burning continued	Symptoms slowly receded. Rash lasted a few days	Antihistamines	Massage on back of neck ( headache relief)	October 2017	This was my second reaction to peppermint, andi still wont useit as i am not sure if i react to it or it was because the application was undiluted. I was never specifically told by supplier about dilution ratios or even that it was needed.
299	7/4/2018	Female, 40	M Grain, Palo Santo, Deep Relief and lavender	Topically	Undiluted (Neat)	One drop of each	1	Young Living	Yes	Received a red swollen blotchy painful each on chest and back and migraine worsened as well was extreme nausea	Symptoms are going away as time passes	It's been three days no more headache or nausea however rash is still present just not raised and burns	None	None	7/2/18	

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300	7/9/2018	Female, 32	Anchor steady blend from the doTERRA yoga collection Contains cinnamon bark oil	Topically	Undiluted (Neat)	Several drops	3 separate areas	doTerra	Yes	Burning sensation, heat, bright red skin, abrasions, pain	Burning sensation, bright red skin, hot to touch, heat in skin, pain	Fine after several hours	None	Self	7/8/2018	doTerra makes this oil blend with a high concentration of cinnamon oil and there is no warning on the label about it. The oil is pre-blended and diluted in a carrier oil meant to be applied directly to skin. I feel that they could prevent further incidents by providing a warning label and asking people to do a test on skin first before use
301	8/3/2018	Female, 40	Slim & Sassy Blend	Oral Ingestion	Diluted	1 drop to 250ml/8.5 fl oz (recommended 1 drop:4 fl oz) in water.		2 Doterra	No	Nothing at the time.	Not long after I developed a chemical burn on my lip in the evening, black scab over night, and small white blisters the next day.	It's only the next day at this stage.			3 AUG 18	
302	8/7/2018	Female, 54	Progressence Plus	Topically	Undiluted (Neat)	1drop a night	Nightly For almost a year	Young living	No	None	None	About 8 months later I had my progesterone level drawn and it was very high. I had been taking progesterone bioidentical capsule for years and my levels were never high. I stopped using the oil and cut my progesterone bioidentical amount in half. This was in about March of 2017. In Oct of 2017 I was diagnosed with breast cancer that was highly progesterone positive and somewhat estrogen positive.	I had a biopsy which showed estrogen positive, progesterone positive, Her 2 neg breast cancer. I had a lumpectomy and 6 weeks of radiation treatment. I was tested for all genetic markers for disease including breast cancer which were negative. My breast surgeon was Dr Mary Bryan at Texas Health HEB hospital in TX. My oncologist is Dr Heidi Jordan and my radiation oncologist was Dr Tomberlin both of Texas Oncology, Grapevine, TX	None	2016-2017	
303	8/24/2018	Female, 58	Lavender, Eucalyptus, peppermint, Thieves	Bath, Diffusion, Vaporizer	Diluted			Young Living		Lipoid Pneumonitis			Wake Forest Baptist Health... told my spouse I would need a lung transplant. I was not healthy enough so I was put into a medical coma and was put on a ventilator in ICU for four days. A total of 12 days in Hospitals. On Home oxygen x 3 months and Prednisone as well. Took well over a year to recover. Doctor was amazed that I had healed.			Maybe it won't happen to everyone...but it did happen to me and the possibility is present.
304	8/29/2018	Male, 9	Melaleuca, onguard blend	Oral Ingestion	Diluted	Dont know, friend added them to milk	3 or 4	Doterra	No	Child didn't eat other foods besides drink essential oils with milk. He had a horrible upset stomach. His mother's words were "his stomach was just tore up"	I believe after eating and stopping dosage he felt better by next morning				8/17/2018	Second hand testimony, I had a mother friend tell me this incident about her son. The growing rate of MLM companies and their affiliates promoting ingestion and undiluted application is concerning. Unfortunately most people dont have proper training or education and trust an uneducated friend for their information.
305	8/31/2018	Female, 35	Lemon	Oral Ingestion	Diluted	3 drop mix with water It was supposed to be the digestible lemon essential oil and the instructions it said mix 2 to 3 drops with your water and enjoy		1 Young living	No	Anaphylactic reaction Sweating Nervousness shaking when I got to the emergency room I couldn't even sign my own name! My throat started closing in	Heart racing, sweating, nervousness, shaking, throat started closing in.	This horrific experience happened in May and we are in August and I am still feeling the effects. My anxiety is worst and I feel like it did something to my nervous system	I'm currently in the process of doing heavy-metal testing and bloodwork		5-4-18	