ESSENTIAL OILS AND HERBS -

BEWARE OF THEIR POTENTIAL HARM

Essential oils and herbal remedies are widely used and sold for many different reasons, from health benefits, to treatments, to scenting your room.

We have recently had a 1 year old patient who died from swallowing a small amount of camphor oil.

Particular oils to be aware of: What are the potential dangers?

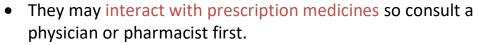
Essential oil	Uses	Risks/ Dangers
Camphor: (present in Vicks,	Colds, skin	Highly toxic especially if swallowed. Immediate
tigerbalm, mothballs)	healing	symptoms, seizures, death especially in children
Peppermint (Menthol element),	Multiple uses	Can cause breathing to stop in young children (esp
Wintergreen, eucalyptus, rosemary		if have breathing problem). Menthol: severe
		jaundice in babies
Bergamot, lemon, lime, orange	Multiple uses	Photosensitivity (skin reaction to the sun)
angelica, grapefruit, ginger, cumin		
Tea tree oil, Pennyroyal	To get rid of	Tremors, weakness, vomiting, depression, damage
	fleas on pets	to liver and kidneys, death

Bottom line on essential oils

- Never swallow essential oils.
- Always store essential oils out of reach of children and pets
- Always dilute an essential oil with a carrier oil consider a test patch firsT
- Use essential oils cautiously or avoid in pregnancy and breastfeeding, in children, with certain conditions (eg epilepsy, migraines). Always check with a healthcare provider







- Buy dietary supplements and herbal medicines from reputable sources (reduce risk of containing contaminants or adulterants)
- If new symptoms develop whilst using these remedies, stop them and consult a physician.
- Pregnant, breastfeeding mothers, young children, and other vulnerable people should avoid using herbal medicines or dietary supplements (except folate and iron supplements.



Further information