

organicfacts.net and dangerous advice

Please note the site below may make changes to the page indicated, but their errors are proof of their lack of knowledge on safety issues when they started the site. Therefore one wonders **if they really know anything about what they sell**. They still run their site as an information resource on organic foods etc., which looks very convincing. They also have a facebook blog (don't all con artists) with 8000 mislead followers. **I would trust nothing they say.**

The therapeutic use claims, made on the following India based organic produce advice site, indicate an appalling lack of knowledge on the part of the author. There is some extremely dangerous advice given that could cause severe harm if the advice were followed. This site is not unique, but it is the worst I have seen for many years.

<http://www.organicfacts.net/organic-oils/natural-essential-oils/list-of-essential-oils.html>

Companies are being linked from the site above via the google linking system where it seems google customers sites are not checked for quality, legality & honesty. Any linking sites can have their links to the above blocked if they choose.

The information provided by this site fails to differentiate between:

1. External use of the oil in aromatherapy.
2. The internal medicinal uses of the oil - often a historical use when other safer medicines were not available.
3. The traditional use of the herbal preparation (NOT the oil) as a medicine.

They also fail to point out to the public the extreme hazards associated with certain oils such as bitter almond, Rue, etc. on the summary pages.

If you are a student and are taught the kind of dangerous junk that follows, you need to dump the course and ask for a refund.

If as this site indicates, **a chemist is involved**, the public will presume these people monitor what their site says and that the advice is sound. IT IS NOT!!!!

My Key to colours:

Red = dangerous advice - if bold it is very dangerous.

Blue = unjustified advice - meaning no sound evidence or ridiculous claims.

Green = use of herb, not the oil, or possibly the internal use of the oil.

Black = my comments.

Some of the less outrageous claims, and a few oils where the claims are reasonable are removed.

Allspice Essential Oil

Claimed Health Benefits: **protects against septic**, Septic What????

fighting ageing, tones up body. removes gases

Anise Essential Oil

Claimed Health Benefits: **epileptic, sedates inflammations, kills worms, protects against septic**, Septic What???? **purgative, removes gases, facilitates digestion.**

Basil Essential Oil

Claimed Health Benefits: **eye treatment, indigestion, blood circulation, vomiting.**

Bergamot Essential Oil

Claimed Health Benefits: cures wounds; kills intestinal and other worms in the body; fights infections from virus, fungus and bacteria, brings down fever. suppresses pain, heals cuts and scars, promotes digestion.

Birch Essential Oil - NOTE: This is not a genuine essential oil; most of these effects are unjustified; **the oil is very toxic**; this advice is dangerous for those who are not skilled in the use of this substance.

Claimed Health Benefits: Tones up all the systems functioning in the body, removes toxins from the body, helps cure arthritis by removing uric acid and improving circulation, promotes urination, protects wounds from being septic, tightens gums and **stops haemorrhage**, purifies blood.

Bitter Almond Essential Oil - Note: the genuine oil **is extremely toxic** and is banned for all cosmetic or aromatherapy purposes. Only grades processed to remove the hydrocyanic acid are considered safe. The forgoing advice says nothing about the grades.

Claimed Properties: Vermifuge, **anti carcinogenic, cure for hydrophobia** Note: an old term for Rabies

Claimed Health Benefits: Kills worms, reduces fever, kills bacteria, germs and fungi, sedates and reduces inflammation, brings numbness and desensitizes, purgative, increases urination and helps remove excess water, salt, toxins and fat from the body, counters effects of intoxicants, **checks growth of cancer cells**, cure spasm, helps cure hydrophobia. **Of course, it checks the growth of cancer cells by killing the person!!**

Black Pepper Essential Oil

Claimed Health Benefits:

prevents age-related ailments?? I wish!!

helps remove toxins from body, Aids digestion, increases perspiration and helps remove gases from intestines and does not let them form, acts as a purgative, cures spasm, helps cure arthritis and rheumatism by removing uric acid and other toxins, inhibits Bacterial growth, and neutralizes free radicals.

Buchu Essential Oil - A highly toxic oil not for internal use.

Claimed Health Benefits:

increases urination & removal of toxins, Protects against septic,?? tones up body.

Cajuput Essential Oil

Claimed Health Benefits:

kills worms, takes care of skin, reduces fever, tones up organic systems, removes gases and does not let them form, stimulates secretions and nerves, increases perspiration, gives relief from obstructed menses and makes them regular.

Calamus Essential Oil - Oil banned by most authorities as a possible carcinogen.

Claimed Properties: anti biotic,

Claimed Health Benefits:

Treats rheumatism & arthritis, relaxes spasm, inhibits microbial growth, good for brain & boosts memory, increases blood & lymph circulation, cures nervous disorders, stimulates functions, induce sleep.

Camomile Essential Oil - Which one as the properties are very different?

Claimed Properties: anti biotic vermifuge,

Claimed Health Benefits: kills worms, cures neuralgic pain by reducing swelling in the vessels, soothes inflammation due to fever, removes gases, promotes discharge of bile, opens up obstructed menses and regularises them, cures pain, reduces fever, good for liver, sedates inflammation and hyper-reactions, restores health of nervous system, aids digestion, tones up all aspects of health, cures spasm, increases perspiration, improves functioning of stomach, soothes inflammation, fights infections. All the traditional use of the herbal medicine, NOT the essential oil.

Camphor Essential Oil

Claimed Health Benefits:

Stimulates discharges and other systems, cures spasm, protects wounds from infections, opens up congestion,

Caraway Essential Oil

Claimed Health Benefits:

kills worms, checks haemorrhage, .

Increases milk in the breasts, curbs histamin to fight cough, good for heart, cures spasm and cramps, removes gases, promotes digestion, maintains stomach health, fights infections, increases urination and helps remove toxins from body, makes menstruations regular and clear, cures coughs, increases appetite, contracts gums and muscles (hogwash!!), kills insects, stimulates secretions and other functions, tones up health.

Cardamom Essential Oil

Claimed Health Benefits: restores body from adverse effects of chemotherapy, fights nausea, increases libido, contracts gums, muscles, They got to be kidding!!! and checks haemorrhage, promotes digestion, maintains stomach health, stimulates secretions and other functions, increases urination and thereby removes extra salt, bile, water, toxins and fat from the body.

Carrot seed Essential Oil

Claimed Properties: anti carcinogenic, vermifuge

Claimed Health Benefits: Protects wounds from septic, fights infections, removes toxins from body, neutralises free radicals and reverses effects of oxidation, checks growth of cancer cells, removes gases and does not let them form, purifies blood by removing toxins, increases urination, opens and regularises menses, stimulates secretions and other functions, promotes generation of new cells and growth, tones up health, kills worms.

Cassia Essential Oil

Claimed Properties: Anti diarrhoea, HERB NOT OIL!!!! astringent, anti viral, carminative, circulatory, emenagogue,

Claimed Health Benefits: Stops loose motions, reduces milk flow, tightens gums & muscles and helps stop hair fall & haemorrhage, fights viral infections, removes gases, improves blood & lymphatic circulation, opens obstructed menstruations, reduces fever, stimulates functions.

Catnip Essential Oil

Claimed Health Benefits: Fights spasm, removes gases, promotes sweating, opens obstructed menses and regularises them, strengthens nervous system, maintains stomach health, stimulates systems functioning in the body, contracts gums, muscles and skin and checks haemorrhage by contracting blood vessels.

Cedarwood Essential Oil

Claimed Health Benefits: fights spasm, tones up health, cause contractions in gums, muscles, tissues, skin and blood vessels and prevents haemorrhage, promotes urination and removal of toxins, water, salt and fat from body, promotes menstruations,

Cinnamon Essential Oil As no indications of which cinnamon oil, this is very dangerous!

Claimed Properties: astringent, anti clotting,

Claimed Health Benefits: blood impurity, blood circulation, birth control, breastfeeding, heart disorders, diabetes, colon cancer,

Citronella Essential Oil

Claimed Health Benefits: sedates inflammations, drives away body odour, promotes perspiration, increases urination & removal of toxins, reduces fever, good for stomach, stimulates functions, tones up body, kills worms.

Clary Sage Essential Oil

Claimed Health Benefits: removes gases, improves digestion, opens obstructed menstruations, lowers blood pressure, maintains good health of stomach, restores health of uterus.

Clove Essential Oil

Claimed Health Benefits: skin care, earache, blood circulation, blood purification, diabetes, cholera, sty.

Coriander Essential Oil

Claimed Health Benefits: removes gas, purifies blood, reduces fat by breaking it down by hydrolysis,

Cumin Essential Oil

Claimed Health Benefits: removes gas from intestine, promotes digestion, increases urination, protects wounds against septic, removes toxins from blood,

Cypress Essential Oil

Claimed Properties: Astringent, diuretic, haemostatic, hepatic, styptic, vasoconstrictor,.
Claimed Health Benefits: and contracts muscles, increases urination, stops haemorrhage by contracting blood vessels due to astringency, Cypress oil is NOT an astringent, the herbal lotion is.

Dill Essential Oil

Claimed Health Benefits: prohibits infections, increases secretion of milk, sedates hypersensitivity increases perspiration.

Eucalyptus Essential Oil

Claimed Health Benefits: diabetes, fever,

Fennel Essential Oil

Claimed Health Benefits: clears spasm, increases appetite, removes gases and does not let them form, purifies blood, increases urination, promotes menstruations, increases milk secretion, helps clear bowels and constipation, stimulates systems, good for stomach's health, good for spleen, tones up health, kills worms.

Frankincense Essential Oil

Claimed Health Benefits: induces contractions in gums, muscles and blood vessels, keeps cells healthy and promotes their generation, promotes digestion, increases urination, promotes menstruations, tones up body, ensures good health of uterus,

Galbanum Essential Oil

Claimed Health Benefits: increases blood & lymph circulation, removes toxins, eliminates parasites,

Geranium Essential Oil

Claimed Properties: Astringent, haemostatic, cicatrisant, cytophylactic, diuretic, styptic, vermifuge,
Claimed Health Benefits: Induces contractions in gums, muscles, skin and blood vessels and stops haemorrhage, heals scars and after marks, promotes growth of cells, increases urination, kills intestinal other worms.

Grapefruit Essential Oil

Claimed Properties: Diuretic, lymphatic, tonic

Claimed Health Benefits: Increases urination, fights infections, stimulates functions, protects wounds from being septic, promotes removal of toxins, tones up health.

Helicrysum Essential Oil

Claimed Properties: anti coagulant, anti allergenic, anti haematoma, cholagogue, hepatic, diuretic, splenic, cytophylactic.

Claimed Health Benefits: maintains fluidity of blood, fights allergies, dissolves and clears blood clots, reduces inflammation due to fever, reduces fever, promotes proper bile discharge into stomach, makes skin smooth and young, good for liver, promotes urination, good for spleen, promotes generation of new cells and cell health.

Hyssop Essential Oil

Claimed Health Benefits: Induces contractions in gums, muscles, skin and blood vessels, removes gas, promotes digestion, increases urination, promotes menstruations, increases blood pressure, promotes sweating, tones up body, reduces fever, kills worms,

Jasmine Essential Oil - rare, it's usually an absolute.

Claimed Health Benefits: increases breast milk, it does not, in fact it does the reverse. good for uterine health.

Juniper Essential Oil

Claimed Health Benefits: purifies blood, makes gums stronger and stops haemorrhage

Lavender Essential Oil

Claimed Health Benefits: urine flow, blood circulation, indigestion,

Lemon Essential Oil

Claimed Health Benefits: strengthens gums, induce firmness in muscles, stops haemorrhage, cures fever, heals damages, tones body.

Lemongrass Essential Oil

Claimed Health Benefits: reduces high fever, strengthens gums and hair, stops haemorrhage, promotes urination, reduces fever, increases milk, tones up whole body.

Lime Essential Oil

Claimed Properties: anti viral, haemostatic,

Claimed Health Benefits: Protects wounds from being septic, protection against viral infection, reduces fever, stops haemorrhage, restores health and heals wears and tears, tonic for health.

Mandarin Essential Oil

Claimed Properties: circulatory, cytophylactic, depurative, digestive, hepatic, stomachic and tonic.

Claimed Health Benefits: increases blood & lymph circulation, promotes growth & regeneration of cells, purifies blood, facilitates digestion, good for liver, good for stomach, tones up body.

Manuka Essential Oil

Claimed Properties: anti histaminic, anti allergenic. cicatrisant, cytophylactic,

Claimed Health Benefits: counters venom, checks production of histamin & cures allergic symptoms, promotes growth & regeneration of cells

Marjoram Essential Oil

Claimed Health Benefits: enhances libido, inhibits viral growth, lowers blood pressure, widens and relaxes blood vessels, heals wounds.

Melissa Essential Oil

Claimed Health Benefits: opens blocked menses, good for stomach, removes gas, increases perspiration & removes toxins, reduces fever, lowers blood pressure, boosts health and immunity.

Mugwort Essential Oil

Claimed Properties: Anti epileptic

Claimed Health Benefits: Pacifies epileptic & hysteric feats, facilitates digestion, increases urination & removal of toxins, maintains uterine health, kills worms.

Mullein Essential Oil - No such essential oil!

Claimed Health Benefits: Pain relief, sedates inflammations, protects against septic, fights infections, increases urination & removal of toxins, expells phlegm & catarrh, reduces fever, relaxes body & mind, brings sleep.

Mustard Essential Oil - No definition of which type and one is very dangerous.

Claimed Health Benefits: Stimulates discharges and other systems, causes irritations, increases appetite, inhibits Bacterial growth and fungal growth, keeps insects away, boosts hair growth and stops hair loss, warming, increases perspiration, stimulates circulation and helps cure rheumatism, boosts health and immunity.

Myrrh Essential Oil

Claimed Health Benefits: tightens gums and muscles and stops haemorrhage, stimulates discharges and systems, removes gases, good for stomach, promotes sweating, improves circulation and protects from rheumatism & arthritis,

Myrtle Essential Oil

Claimed Health Benefits: tightens gums and muscles and stops haemorrhage,

Neroli Essential Oil

Claimed Health Benefits: gives relief from gases, tones up body functions.

Niaouli Essential Oil

Claimed Health Benefits: kills worms

Nutmeg Essential Oil

Claimed Health Benefits: counters aging, kills parasites & worms, good for heart, clears bowels, stops prostate enlargement, tones up body.

Oakmoss Essential Oil - usually an absolute, not an oil.

Claimed Properties: Anti septic, demulcent, expectorant and restorative.

Claimed Health Benefits: Protects against septic, soothing, expells phlegm & catarrh, heals damages & restores health. NOTE: This is a perfume trade extract and it has no history of medicinal use.

Orange Essential Oil

Claimed Health Benefits: Soothes inflammations, gives relief from gas, increases urination and removes toxins, tones up health & immune system, increases discharges & secretions from glands

Oregano Essential Oil - Which one out of many?

Claimed Properties: Anti viral, anti parasitic, anti allergenic

Claimed Health Benefits: Inhibits viral, and parasitic infections, heals damages done by oxidation, soothes inflammations NOTE depending on which oil, it can be VERY inflammatory, promotes digestion, opens up obstructed menstruations, helps cure allergy.

Palma Rosa Essential Oil

Claimed Properties: anti viral, cytophylactic, digestive, febrifuge and hydrating

Claimed Health Benefits: inhibits virall growth, promotes growth & regeneration of cells, facilitates digestion, reduces fever, maintains moisture balance NOTE: no essential oil can do that.

Parsley Essential Oil - which one?

Claimed Properties: astringent, carminative, circulatory, detoxifier, digestive, diuretic, depurative, emenagogue, febrifuge, hypotensive, laxative, stimulant, stomachic and uterine.

Claimed Health Benefits: tightens gums & muscles haemorrhage, removes gases, improves circulation of blood & lymph, removes toxins, facilitates digestion, increases urination & removal of toxins, purifies blood, opens obstructed menstruations, reduces fever, reduces blood pressure, clears bowels, stimulates functions, good for stomach, restores uterine health.

Patchouli Essential Oil

Claimed Health Benefits: soothes inflammation resulting from high fever, tightens gums, muscles and **stops haemorrhage**, increases urination and removes toxins, cures fever, tones up body functions.

Pennyroyal Essential Oil

Claimed Health Benefits: tightens gums & muscles and helps stop hair fall & **haemorrhage**, purifies blood, facilitates digestion, opens obstructed menstruations & makes them regular, kills & repels insects, good for stomachic.

Peppermint Essential Oil

Claimed Properties: **astrigent**, vasoconstrictor and vermifuge

Claimed Health Benefits: reduces discharges, strengthens gums, induce firmness in muscles, **stops haemorrhage**, removes gas, promotes bile discharge, reduces fever, good for liver, good for stomach, promotes perspiration, **contracts blood vessels**, **kills worms**.

Pimento Essential Oil

Claimed Health Benefits: fights aging, I wish!!

Pine Essential Oil

Claimed Health Benefits: increases metabolism

Ravensara Essential Oil

Claimed Properties: anti allergenic, anti viral, aphrodisiac, diuretic,

Claimed Health Benefits: cures allergies, inhibits viral, growth, enhances libido, increases urination & removal of toxins,

Rose Essential Oil

Claimed Properties: anti viral, astrigent, cholagogue, emenagogue, haemostatic, hepatic, laxative, nervine, stomachic, uterine

Claimed Health Benefits: soothes inflammation due to fever, fights viral infections, cures sexual disorders, tightens gums, muscles **and stops haemorrhage**, purifies blood, opens up obstructed menses, stops haemorrhage, boosts liver health, cures constipation, good for stomach, good for uterine health.

Rosewood Essential Oil - see other articles in the archives.

Claimed Health Benefits: Reduces pain, enhances libido and promotes arousal, good for brain stimulates discharges

Rue Essential Oil - A highly dangerous oils that can cause severe skin damage.

Claimed Properties: **Antidote to poison, anti epileptic**

Claimed Health Benefits: Neutralizes effects of poison, improves circulation & removal of uric acid, promotes digestion, **sedates epileptic and hysteric attacks and helps cure them.**

Sage Essential Oil

Claimed Properties: anti oxidant, anti inflammatory, anti spasmodic, cholagogue and cholaretic, digestive, emenagogue, febrifuge, laxative,

Claimed Health Benefits: Inhibits viral, **parasitic infections**, heals damages done by oxidation, soothes inflammations, clears spasm, increases production of bile, promotes digestion, opens up obstructed menstruations, reduces fever, helps clear bowels, stimulates discharges and functions.

Sandalwood Essential Oil

Claimed Properties: anti inflammatory, anti phlogistic, **astrigent**, cicatrisant, carminative, diuretic, emollient, hypotensive, memory booster,

Claimed Health Benefits: soothes inflammations due to fever and otherwise, clears spasm, tightens gums & muscles and helps stop hair fall & **haemorrhage**, gives relief from gas, increases urination, increases memory, boosts health & immunity.

Spearmint Essential Oil

Claimed Health Benefits: good for brain, opens up obstructed menses, restores health and heals wears and tears, stimulates discharges & functions.

Spikenard Essential Oil

Claimed Properties: anti inflammatory, laxative, and uterine

Claimed Health Benefits: sedates inflammations, clears bowels, sedates inflammations restores uterine health.

Tagetes Essential Oil - A probable photo sensitiser

Claimed Properties: Anti biotic, anti parasitic,

Claimed Health Benefits: Inhibits parasitic growth,

Tangerine Essential Oil

Claimed Health Benefits: Protects against septic, relaxes spasm, promotes growth & regeneration of cells, purifies blood, sedates inflammations & nervous afflictions, good for stomach, tones up body.

Tansy Essential Oil - no mention of which type some of which are highly toxic.

Claimed Health Benefits: viral growth, checks production of histamin & gives relief from allergic symptoms, reduces fever, stimulates production of hormones, kills worms.

Tarragon Essential Oil

Claimed Health Benefits: improves circulation of blood & lymph, facilitates digestion, opens obstructed menstruations & makes them regular, stimulates functions, kills worms.

Tea Tree Essential Oil

Claimed Properties: anti viral,

Claimed Health Benefits: Inhibits viral & infections, promotes absorption of nutrients, stimulates functions & discharges, promotes sweating.

Thuja Essential Oil

Claimed Health Benefits: tightens gums & muscles & haemorrhage, increases urination & removal of toxins, opens obstructed menstruations & makes them regular, tones up body, kills worms.

Thyme Essential Oil

Claimed Health Benefits: gives relief from rheumatism by removing toxins good for heart's health, gives relief from gas, heals scars & after marks, increases urination, makes menstruations regular,

Tuberose Essential Oil - No such thing, it is an absolute.

NOTE: This is a perfume trade extract and it has no history of medicinal use.

Vanilla Essential Oil - No such thing, it is an absolute.

Claimed Properties: Anti oxidant, anti carcinogenic,

Claimed Health Benefits: Neutralizes effects of free radicals & oxidants and repairs damages due to oxidation, inhibits growth of cancerous cells, reduces fever,

Vetiver Essential Oil

Claimed Health Benefits: Sedates inflammations, tones up body,

Wintergreen Essential Oil - Highly toxic oil, not a distilled natural oil.

Claimed Health Benefits: tightens gums & muscles and helps stop haemorrhage, removes gases, increases urination & removal of toxins, opens obstructed menstruations & makes them regular, stimulates functions.

Wormwood Essential Oil

Claimed Health Benefits: Kills worms & larva, promotes secretion of bile and other discharges, facilitates digestion, opens obstructed menstruations & makes them regular, reduces fever, intoxicating, tones up body.

Yarrow Essential Oil

Claimed Health Benefits: Soothes inflammations, improves circulation & removes uric acid and gives relief from rheumatism, tightens gums & muscles and stops haemorrhage, gives relief from gas, increases perspiration, promotes digestion, lowers blood pressure, good for stomach, tones up health & immunity.

Summary: For those who rely on the Internet for information on essential oils, this is a great example of what you get. The same kind of dangerous junk is also taught by some aromatherapy teachers so beware.

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<http://www.aromamedical.org>