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Aromatic Wisdom Podcast Episode #014 **1,8 Cineole Essential Oils For Respiratory Health**

This is the Aromatic Wisdom Podcast, Episode 14. In today's show I'm going to be talking about 1,8 cineole, that little "rock star" molecule that loves our respiratory system.

You're listening to the Aromatic Wisdom Podcast with your host, Liz Fulcher.

If you're interested in learning about Essential Oils, hearing interviews with industry experts, and discovering ways to grow your own Aromatherapy business, this is the podcast for you.

For more information and show notes, visit the website at www.AromaticWisdomInstitute.com. Now sit back. Relax. Take a deep breath and enjoy as Liz shares a dose of Aromatic Wisdom.

Hi, Everyone! Thank you so much for joining me today for the Aromatic Wisdom podcast. If you are a new listener, welcome! I hope you enjoy what you hear. If you are returning, thanks so much for coming back. I love that you are here with me in your earbuds. My name is Liz Fulcher and I am your host for the Aromatic Wisdom podcast and today is September 10, 2015.

So last week my friend Julie Waltman made the suggestion that I start adding the date to the podcasts to give some framework for the seasons, and it's a good idea. Julie is a graduate of my Aromatherapy Certification Program; she graduated in Spring of 2015 and she's been working with me as my transcriptionist, which is perfect because she understands the language that I'm speaking, the language of aromatherapy and Essential Oils. What she does is, takes my recordings and types them into transcripts, which is simply a written out version of what I say in the podcast. If you scroll down to the bottom of the page where the podcast is on my website, you'll see a little icon that says, "click here". Actually, it says, "Love this episode? Download the transcript, click here." You'll see that at the very bottom under the show notes is a big colorful icon. Click that and you'll get a PDF file of the transcripts. Some people like to print them out and save them and read them later, which I really appreciate.



If you are interested in having Julie provide transcription services for you, she is terrific! Julie is very professional, she works fast, and her rates are really fair. If you'd like some transcription services, you can write to her at Waltman912@aol.com (subject line: transcription services), and I'll put that in the show notes. Julie has actually been a tremendous asset to my business because I used to do the transcripts myself and it takes a lot of time. I'd really much rather be making the podcasts, creating the content and having someone else do the transcripts. That's called *outsourcing*, and as you grow your aromatherapy business, I'd invite you to outsource the things that someone else can do, so that you can put your energy and your intention into the things that a) that only you can do like creating the content and writing the blog posts, making your blends and your products, or those things that make you money. You don't want to be spending all of your time doing the back end of stuff. Outsource. Fivvr is a good a source. Julie does things beside transcription services, so write to waltman912@aol.com. Tell Julie you heard about her on my podcast and see what she can do to help you grow your aromatherapy business!

One more little piece of housekeeping, I don't know if that's the right word. I want to clarify the difference between a transcript and show notes. When you got to my website and go to the page where the podcast is featured, like a blog post, except that at the top I have a link to where you would download and listen to the audio, which is me speaking—what you are doing right now. Underneath that audio clip is just a little recap of the highlights of the show and specific links, so that you don't have to write them down as you are listening. These are links, resources, or anything that I mention on the show that I want to share with you. Under that you can click to “get the transcript” which is the verbatim of me saying what I am saying during the podcast.

Just a recap: Show notes are just an outline of the content of the episode with links to any resources that I mention in the podcast and a transcript is written copy of every single thing that I've said during the podcast. That's not good news for Julie because I sometimes say words in Italian, and she calls me up and says, “What the heck was that word?”

Okay, let's get started with today's topic: **1,8 cineole—Essential Oils for respiratory health.**

So, do you know what I mean when I say a 1,8 cineole Essential Oil? Or you might hear me say 1,8 cineole high Essential Oil. What I am making reference to is one specific molecule



that is found in a high quantity in certain Essential Oils. Let me just step back and take it back down to a little more basic foundation.

We know that Essential Oils are made up of 100s of chemical components. Those components are actually molecules and that's all Essential Oil chemistry is, is the study of these molecules and how they give each individual Essential Oil their therapeutic properties and actions. I think that as professional aromatherapists, it's important that we understand the chemistry of Essential Oils. It's nothing to be afraid of; it's just like learning a new language. You learn some new words and what the properties are associated with those words. A lot of it is memorization, and with time, it comes really easily. I invite you to look at the Essential Oil chemistry if it is something you feel afraid of. Trust me, once you get even a little bit of Essential Oil chemistry under your belt, you will be very empowered and your blends will take on a whole new level of efficacy. When you study Essential Oil chemistry, you are deepening your understanding of the actions of the Essential Oils, so you'll be a better blender.

The best way to understand the therapeutic properties and safety of Essential Oils is to purchase oils that have been tested with a technology called Gas Chromatography/Mass Spectrometry. Nobody says that if they don't have to, so we just say *GC/MS testing*. There are actually two components to this technology. The first is Gas Chromatography that shows the individual components of an Essential Oil and Mass Spectrometry that identifies the amount of the components then shown in percentages. Now, you may not love science, but I can promise that once you learn to read these GC/MS reports, you will become a total aroma geek. It is inevitable. As I said, it is empowering for you as a health practitioner because you learn incredible details of an oil that you cannot know any other way without the GC/MS report. Sometimes I will receive an Essential Oil or get an Essential Oil that I have never smelled before or I am not familiar with it, and I'll take a whiff and my first thought is that I have to see the GC/MS report; I've got to know more about this oil. It really is a snapshot of the depth of the Essential Oil and what it contains. When you have a GC/MS report in your hands, even if you have never experienced the Essential Oil before, even if you never even seen the Essential Oil if you are just looking at the report, you have got a whole lot of information about the oil that you don't even have to smell it to know the shelf life, you can see the chemical components and know, "ah, this is relaxing" or "this is stimulating" or "this has got some safety features and so we better be careful to keep this one heavily diluted" or "this one's going to be pretty safe" or "this one will help other Essential Oils penetrate." All of that information can be gleaned just from looking at a GC/MS report.



I teach a live 365-hour aromatherapy certification program at my school, The Aromatic Wisdom Institute in Pennsylvania. **NOTE: The program is actually 235 hours and this correction will be reflected in the show notes section of this podcast.** My students go in complete newbies and they are always afraid of two things when they come in to the program: the chemistry and the research papers. By the time they graduate three months later they are fluent in aroma-speak. They are so comfortable with the chemistry that they are speaking to each other in chemical terms. There is an activity in class called “defend your blend” which means that when they make a blend they must explain why they used the oils that they did. They are able to come back to me and say things like:

1. I used beta-myrcene because it was good for pain or beta-caryophellene for pain.
2. I used 1,8 cineole because it was good to open up the respiratory system.
3. I used Lavender because it's high in linal acetate, which is good for the central nervous system.

This is the kind of language that happens once you have studied aromatherapy chemistry. As I've said, it's very empowering, you can understand trade journals better, you can understand what's happening at conferences, and your practice will be grounded in science it will give you a lot of credibility as a practitioner.

So, what all this has to do with today's topic is that there is one particular component that's well known for its support of the respiratory system among other things. That component is called 1,8 cineole. My students know that I refer to 1,8 cineole as a “rock star” molecule because of its spectacular healing properties. The 1,8 cineole molecule is found in the family of molecules called *oxides*. I'm going to read to you a list of properties 1,8 cineole Essential Oils offer. These are properties that come from this molecule so that if an Essential Oil has a high percentage of 1,8 cineole in its report, if you get a GC/MS report and you see 1,8 cineole in there at 20-40%, you can assume that Essential Oil is going to have the action of the properties I'm going to read to you now. Some of the wonderful properties that 1,8 cineole offer are:

- Airborne anti-microbial. It's going to kill airborne microbes.
- Analgesic. It helps reduce pain.
- Anti-bacterial.
- Anti-inflammatory.
- Anti-spasmodic.
- Anti-viral.
- Expectorant.



- Mucolytic. It thins the mucous so that you are able to expectorate it, so it has both the mucolytic and expectorant effect, which is great. So it thins the mucous but then with the expectorant effect you can get that stuff out.

Do you see now, how all of those properties of 1,8 cineole would be great to have if you've got respiratory distress? If you've got excess mucous and your sinuses are swollen or if they're infected? If you've got head pain? If you've got coughing? They kill bacteria and viruses. This is all based on scientific research and I will put my scientific references in the show notes.

So now let's get down to the fun stuff! I know you want to know by now what are the Essential Oils that are high in 1,8 cineole, and therefore good choices for respiratory support. Here we go:

Cardamom
Eucalyptus—both *Eucalyptus globulus* and *Eucalyptus radiata*
Helichrysum gymnocephalum
Niaouli ct. 1,8 cineole
Rosalina
Saro
Spike Lavender
Laurel Leaf
Ravintsara
Rosemary ct. 1,8 cineole
Melaluca quinquenervia
Myrtle

That list is not every single Essential Oil that are high in 1,8 cineole but it is a pretty comprehensive list and those are all oils that you should easily find at a good, reputable supplier. Another thing I wanted to mention, that the Essential Oils high in 1,8 cineole all have in common is that they have that camphoraceous aroma that we associate with Eucalyptus in particular; that we associate with respiratory helpers. That's one thing that you can expect from all of those oils to a certain degree. The higher the 1,8 cineole percentage of your oil, the stronger the camphoraceous aroma is going to be.

Let's talk about safety. We love our 1,8 cineole because it does amazing things for our respiratory system. It is a powerful little molecule but it does come with some safety issues. I personally always turn to Robert Tisserand's *Essential Oil Safety Book*, 2nd edition



for my Essential Oil safety info. The information I'm going to give you now comes from that book and I will put a link to the book in the show notes. I neglected to mention before that I am also going to write out all of those oils with their *Latin binomials*.

Because 1,8 cineole oils have a strong camphoraceous kind of aroma, they really are not recommended for children under the age of ten, and that's on page 273 of the Robert Tisserand *Essential Oil Safety Book*. So, if keeping 1,8 cineole oils away from kids until they are ten seems extreme, I'm going to share a little story. I have a student named Jen and a couple of years ago was in class and told me that her then three-year-old daughter had a cold and was congested. Jen, in her innocent "motherness", said come on and lay down on the bed with me and we're going to put some Eucalyptus in the diffuser and come and lay down with me. She had her little girl lay next to her and after a couple of minutes she noted that her daughter's breathing was becoming more labored. Jen noticed that the longer her little girl lay there breathing in the Eucalyptus the worse her breathing got until eventually she was suffocating and they had to take her to the ER.

Now this story is not intended to frighten. I never, ever want to frighten you about Essential Oils. However, we do need to use them responsibly and understand that they are highly concentrated plant medicine. Before you are working with any Essential Oil, study it, especially if you are working with children, get a good Essential Oil book. Definitely buy Robert Tisserand's *Essential Oil Safety Book*, and find out what you need to know about the oil before you use it on anyone, yourself included.

Also, take care with anyone who has asthma. With asthmatics, introduce the oil slowly and be sure the aroma relaxes the breathing and doesn't cause any sense of constriction. With asthmatics it can go either way. It can really help open them up and ease their breathing or it can actually cause a bit of tightening, so it will be important to start with a small amount and test it out before you go with a high dosage. If you use these Essential Oils that are high in 1,8 cineole on the skin like in a chest rub or you want to add it to a little bit of lotion to use on the back or along the lungs or near the throat, please dilute them in a carrier or a lotion; 1,8 cineole Essential Oils can be irritating to the skin, so please do not use them undiluted or neat directly on the skin.

Let's talk about some fun ways we can use oils high in 1,8 cineole. Personally my very favorite way to use those oils is in a nasal inhaler. So a nasal inhaler is a little tube with a cotton wick inside and you add the Essential Oils to the cotton wick and you close it with the cap, and you stick it up your nose and you inhale it. It's a really great vehicle to get Essential Oils right into your sinuses and into your throat and your lungs. I will put a link in



the show notes to a blog post I wrote on how to make a nasal inhaler—so easy, I just love them.

Another great way to get respiratory relief with these oils, especially for the sinuses, is to do a steam inhalation. Again, it's super simple: you need hot water—hot enough that it's producing steam by using a kettle to heat and pour it into a bowl. I have been travelling and so I just filled up the sink with hot water—you just want to have a source of steam and put in one drop of Essential Oil. You don't need more than one drop, two at the most, and while you are hanging your head over the bowl, just take a towel over your head and make a tent so that the steam doesn't escape. Keep your eyes closed. I find when I'm doing a distillation like that I have to blow my nose frequently because it starts loosening up the mucus.

I also like to use 1,8 cineole Essential Oils in a diffuser so the molecules are going out into the room so I can breathe them while I'm working and going about my day.

Do keep in mind that Essential Oils high in 1,8 cineole tend to be stimulating and have a dopaminergic energizing effect on the brain, so they are wonderful to use during the day, but I would not put a lot of them in my diffuser while getting ready for bed. You may find it keeps you awake.

Another thing you can do if you are concerned about being over-stimulated by the 1,8 cineole oils is just to add some nice calming oils. Frankincense is great for the respiratory system, for the lungs; Lavender is great for calming things down—you can add some of those in to support your blend and also to help keep your nervous system calmed down.

I have a super simple chest rub recipe I'd like to share with you. I call it *respiratory relief chest rub*:

1 oz. Jojoba oil
8 drops Eucalyptus
4 drops Tea Tree (for disinfecting)
3 drops Rosemary ct. 1,8 cineole
3 drops Lemon

This would be a daytime chest rub and it's designed to boost your immunity, to help keep your sinuses open, keep your lungs open, and also to help liquefy the mucus that builds up in your nose so you can blow your nose and get everything out.



There you have it! All kinds of information on the molecule 1,8 cineole and the Essential Oils high in 1,8 cineole. I hope this has been helpful and offers you some sort of respiratory support, enhancement for your blends, and for your practice.

If you have any questions, you can always email me:

Liz@aromaticwisdom.com

*And now we are moving into the segment, I like to call **Smell My Life**.*

If you are new to the Aromatic Wisdom podcast, this is where I share an example of how I've used Essential Oils or aromatherapy in the previous week.

This one's fun! I am at a conference, at the Alliance of International Aromatherapists Conference in Denver and I knew for the long flight (I live in Pennsylvania, the conference is in Colorado), and so it was a long time in the air, in preparation for the trip, I made myself a nasal inhaler for the airplane. I find this to be an important part of air travel because, think about it, for hours you are sitting in this little confined space with recycled air, breathing everybody else's air. Whatever they are breathing out, you are breathing in. So I make myself an inhaler and I used it throughout the trip. It's great on the airplane. Every once in a while you may sit next to someone who doesn't smell the best, so you just get out your little inhaler. It's really great to keep your immunity boosted while you are traveling.

It helps to keep my nose and my head clear, and as I said it keeps my immunity up. Again, check the show notes for the blog on how to make a nasal inhaler because in that post I share the recipe for the nasal inhaler for the trip to Colorado.

Now let's do an **Ask Liz**. This is toward the end of the podcast where I like to answer a question that someone writes to me. I call this **Ask Liz**—Aromatherapy Q&A. This week's question was sent to me by a young lady by the name of Alexandra Nicholas. Alexandra writes:

Hi! Loving your podcast. Thanks so much. One question I have is in regard to your second podcast that stated that Essential Oils and water should not be used in a body spray. I find that people often do this though. It is, essentially, water with Essential Oil, right? How do you make a simple body spray?



So, indeed, the podcast episode that Alexandra was referring to is www.aromaticwisdominstitute.com/002. It was the second podcast I ever did and it was on blending guidelines for making aromatherapy products. And yes, in that podcast, I did say don't make a body spray with Essential Oils and water and nothing else. There is a very specific reason that I make this recommendation. Two things to keep in mind are this:

1. We don't like to use Essential Oils directly on the skin for fear of developing sensitization;
2. Water and oils don't mix.

What that means is that when you spray a mixture of water and Essential Oils on your skin you are getting blobs of Essential Oil directly on your skin and you could experience irritation. Or, if you do it often enough you could have sensitization, which is also known as contact dermatitis.

What you want to do is to add something to the spray to be sure to make a dispersant, to make sure the oils and the water become one solution and there is not a separation. What I do is very unscientific. I add a blob of Aloe Vera Gel in the bottle to help disperse the Essential Oils. So now the product becomes a uniform solution and you can spray to your heart's content. By a blob, I mean for a two-ounce spray bottle I would put in two tablespoons of Aloe Vera Gel. Aloe Vera does have a short shelf life, like a year, so you don't want to keep this in a really hot spot, but two ounces, four ounces would be used up pretty quickly anyway.

I hope that helps to answer your question, Alexandra? Thank you so much for writing. If you would like to write to me, send me an email at liz@aromaticwisdom.com and put "Ask Liz" in the subject line and then send me your question and maybe I'll read it on the air.

Well, my friends. That is it for episode 14 of the Aromatic Wisdom podcast. Thank you so much for being here, I really appreciate your listening. If you enjoy the show, remember to subscribe in iTunes and leave me a review! A review that's full of love~that way more people will listen to the show!

Next week I'm going to continue with this September theme of respiratory health and allergies, and I'm going to do a podcast on—are you ready?—Hydrosols!! Everybody's been writing to me: please talk about hydrosols! I love hydrosols. I distill them and I do a class on hydrosols and they are quite the big thing right now. So, I'm going to do a podcast



on hydrosols that support you, and help you clear your sinuses of allergies. It is a goody, so don't miss it!

Until next time, be well. Be happy.

Bye, bye.

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