

When is the Best Time to Take Oils Internally?

by David Stewart, PhD, DNM, IASP

Essential oils that are certified by the FDA as "GRAS" (Generally Regarded As Safe) may be taken orally and swallowed. The "Essential Oils Desk Reference" (EODR) has a list of such oils, Appendix C, page 431. Young Living's booklet, "Essential Oil Users Guide" also has a table denoting which oils are regarded as safe for internal use.

Personally, I take a capsule of clove or Thieves(R) containing 10-12 drops almost every day in order to support my immune system, maintain my health, and add productive years to my life. In so doing, the question arises as to when is the best time to ingest essential oils for maximum benefits.

The acid in your stomach can destroy a good portion of any essential oil, even up to 80%. Eating essential oils when your stomach is acid requires taking several times the dose as would be required if your stomach were not acid.

The good news is that your stomach is not always acid. It produces acid only when it needs to do so. For the most part, this is only when you have eaten proteins. This includes meat, fish, nuts, grains, and dairy products. If you eat a meal consisting entirely of raw fruits and vegetables, your stomach does not secrete any acids for these since their natural living enzymes are sufficient for the digestion process.

Therefore, for maximum benefits from minimum dosages of ingested essential oils, take them on an empty stomach before eating protein, or with a fruit or vegetable juice, or with raw fruits or vegetables. Putting them in your NingXia Red juice is a perfect way to receive them. You can mix the oils with your drinks or foods or swallow them in capsules. In this way, you get the benefit of all of the oil, not just part of it.

As for me, I take mine first thing in the morning as I enjoy my NingXia Red "start-the-day-right" cocktail.

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