

Essential Oil Protocol: Gut Health

Now that we've talked about essential oils for [gut health](#) and oils that can help to [heal the gut](#), we can walk through ways to use them! There are dozens of oils and countless blends out there, but a few are especially beneficial for the gut, with several approaches for application and use.

When to Use Essential Oils

Essential oils are the "volatile" component of the plant, meaning they are released quickly and evaporate just as fast. This little botany tidbit can help you remember that they work especially well for quick results situations.

In other words, most essential oils are helpful for fast-acting results, such as symptom relief and antimicrobial effects.

This kind of effect matches well with gut health concerns and is amplified as part of a multipronged approach to healing the gut. Diet and lifestyle changes are imperative, and it's often worth working with a holistic healthcare professional to maximize your botanical efforts.

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Taking a Whole-Body Approach

As we walk through some of the uses for essential oils and gut health, it's important to remember that you can integrate them into your whole-body approach to wellness. Suggesting an essential oils protocol or preparation does not exclude other steps toward health and healing.

For gut health in particular, essential oils pair very well with probiotics, an absolutely vital component of intestinal healing and balance. (1) They are also often used alongside digestive enzymes to maximize digestion improvement. An excellent example of early research on the combination comes with lab testing, where animals showed decreased intestinal inflammation with thymol and cinnamaldehyde essential oil components combined with the enzymes xylanase and [beta-glucanase](#). (2)

Essential Oil Applications for the Gut

>Try watching this

video on www.youtube.com, or enable JavaScript if it is disabled in your browser.

The Essential Oil Protocol for Gut Health includes evidence-based & traditional techniques to counteract concerns like nausea, GERD, IBS and more! EOs can be used in numerous ways, varying based on the oil, individual, concern, and even preference. Here are some ways to use essential oils for improved gut health.

Internal

Use capsules when you need the oil to make it to the stomach rather than the mucous membranes of the esophagus. If the oil is specifically for the intestines, enteric coated capsules are necessary, which you can find, but they can be pricey.

The important thing to remember for capsule creation is that the oils should still be diluted for extra precaution, and that the capsule shouldn't be filled with the essential oil. You still only need 2-3 drops at a time, so most of the capsule should be comprised of the [carrier oil](#). Very small capsules are best.

Note: Internal, medicinal use of oils should be executed in proper dosing, with knowledge of contraindications and safe usage. Seek guidance or further education before creating and using capsules, or use a pre-formulated, pre-dosed essential oil supplement.

Optimal oils for capsule use: [peppermint](#), [clove](#), [ginger](#), [oregano](#), [tea tree](#), [thyme](#). (choose 2-3 oils at a time, and mix up protocol every couple weeks).

Optimal situations for capsule use: indigestion, nausea, IBS, GERD, dysbiosis, supervision by an integrative care professional

[Carrier oil](#) options: [coconut](#), almond, sesame, apricot kernel, avocado, castor, evening primrose, jojoba, sunflower, pumpkin seed, neem, hemp seed, hazelnut, borage seed.

Topical

The soothing effects of aromatherapy are translated well into massages, and an upset tummy does well with a topical application. If you keep a diluted blend or two on hand, you can quickly grab it and apply when needed.

Dilute oils to 1-3% of the total volume into a carrier oil of your choice. Favorites include [coconut oil](#), almond oil,

jojoba, and avocado oil. Do remember that if the [coconut oil](#) is exposed to temperatures below the mid-seventies, it will solidify. Fractionated [coconut oil](#) is an option if you'd like it to remain liquid and other carriers are unavailable.

Optimal oils for topical use: [peppermint](#), [ginger](#), caraway, coriander, *[fennel](#), [anise](#), [tarragon](#), [thyme](#), [citrus](#).

Optimal situations for topical use: indigestion, constipation, stomachaches, nausea.

Word of Caution: *[Fennel oil](#) (Foeniculum vulgare) contains the estrogenic compound Trans Anethole. (3) This raises obvious concerns for people with estrogen dominance and estrogen positive cancer. Also, "estragole, a main component of vulgare has become a cause of concern, as the structurally similar methyleugenol has been recently found to be a potential carcinogen. This has led to the European Union (EU) to allow a new legal limit for estragole of 10 mg/kg in non-alcoholic beverages." (4)

Aromatic

Don't let a pretty scent fool you! Aromatherapy is powerful, transferring the oil's composition to your body

simply by inhaling it. Inhalation is actually one of, if not the most, effective ways to administer the benefits of essential oils.

We are most familiar with diffusion, but essential oils can be inhaled much more directly for the person who is experiencing tummy trouble or gut health concerns. A couple of drops in a bowl of hot water becomes an instant personal steamer to "tent" a towel over and inhale. Jewelry or clothing can hold a drop or two for a more lasting personal source to inhale, and aromasticks can fit in pockets or purses for easy access. The simplest method? Simply open the bottle and sniff!

Optimal oils for inhalation: [citrus](#), [ginger](#), [fennel](#), [peppermint](#), [clove](#), [cinnamon](#)...or any!

Optimal situations for inhalation: nausea, stomachache.

Essential Oil Digestive Blends

Now that you have a good idea of your options, you can start to connect them with overall. Blending the oils first into a carrier oil or honey will ensure proper dispersion and dilution, creating a safer and more effective remedy.

For internal use, culinary or otherwise, pure, organic essential oils are ideal.

Healthy Digestion Blend

Choose a few of the following, and blend a total of 20 drops into 10 ml honey and carrier oil ([coconut](#) is my favorite): [clove](#), orange, [cinnamon](#), [rosemary](#), [eucalyptus](#), [lemon](#). Stir 2 drops of this diluted blend into tea or water, or take directly.

Add a drop or two of the following organic essential oils as replacements in culinary preparations: [ginger](#), [fennel](#), dill, coriander, [cardamom](#), [cinnamon](#), [citrus](#), [thyme](#), [clove](#), etc.

Nausea Blend

Blend 3 drops [ginger](#) and 2 drop [lemon](#) into 1 ml [carrier oil](#). Inhale or use topically.

Blend 3 drops [peppermint](#) and 2 drop [ginger](#) into 1 ml carrier oil. Inhale or use topically.

Tummy Trouble Blend

Choose a few of the following, and blend a total of 5-7 drops into 10ml carrier oil: [thyme](#), [rose](#), [cardamom](#), [peppermint](#), [clove](#), [tea tree](#), [oregano](#), [tarragon](#), [ginger](#), caraway, coriander, [fennel](#), [anise](#). Inhale or use topically.

Blend one drop of [peppermint](#) in 1 tsp of honey. Add to water or tea for soothed and improved digestion, or create capsules replacing the honey with carrier oil.

A working knowledge of essential oil capabilities can be a valuable ally in times of digestive upset. Take the time to learn about each of these oils thoroughly so that you can add them to your at-home essential oil medicine cabinet and begin to heal your gut.