



# MYTH BUSTING: THE TRUTH ABOUT ESSENTIAL OILS AND PETS

Real Talk. There is some pretty scary (and controversial) stuff about essential oils and pets on the internet these days. In the age of viral posts and everyone getting their 5 minutes of fame, Dr. Google isn't actually the best source to get your information from this time. In fact, whether your dog gets stressed out during thunderstorms, or your cat could benefit from some digestive support, using essential oils as part of a well-rounded health program can actually help your pets thrive and live the best possible life.

*[Note: Before using any product with or around your pet, it is important to note that not all EOs are created equal. Many EOs on the market may boast "100% pure" on the label, but they could contain substances that are actually quite toxic to animals and should be avoided. This is also true with many candles, wax melts, air fresheners, cleaning solutions and fabric refreshers. To ensure the highest quality products, be sure your EOs are third-party tested and Certified Pure Therapeutic Grade.]*

Let's demystify once and for all some of the myths, and learn the TRUTH about essential oils and pets.



## MYTH #1: Diffusing around pets is toxic

**TRUTH:** An essential oil is a highly concentrated, aromatic compound distilled from a plant. Because of this, EOs are quite potent. Pets have millions more olfactory receptors than humans do, which does make them sensitive to strong smells, but they are certainly not toxic. However, the truth is, diffusing around pets is an excellent way to improve their health on a regular basis. It is best to use a water-based diffuser (such as the Lumo Diffuser) on an intermittent setting. Allow the pet the option to leave the room by leaving the door open and only use 3-4 drops of EO at a time in the diffuser. Diffusing Lavender has been shown in shelter situations to provide calming effects for pets.

## MYTH #2: Never pet your dog or cat after using essential oils

**TRUTH:** Petting is actually an excellent way to apply oils topically to pets. Along the spine or on the ear tips are the most common applications. Here's the issue behind this myth: after using essential oils like Peppermint, Deep Blue, or others the oil smell can linger on your hands. I'm sure I'm not the only one that has rubbed my eyes after applying Peppermint - Ouch!

## MYTH #3: Using essential oils around pets can cause liver or kidney damage

**TRUTH:** When using therapeutic grade essential oils, we have seen certain oils that can be used to actually SUPPORT the kidneys or liver. Many of these accusations come from the fact that liver failure and kidney failure is common in pets - regardless of essential oil use. Many times people want a reason for why these things happen, and often essential oils get implicated falsely.

It's always a good idea to seek veterinary care and use serial bloodwork with the use of essential oils to monitor prior health conditions when using essential oils as a tool in your home.

## MYTH #4: [Insert Oil Here] Oil is harmful to cats

**TRUTH:** I have heard it all - Citrus oils are toxic to cats. Pine oils are toxic to cats. Even Lavender oil is toxic to cats. You name it. The truth is, there is just no sound science or basis for these claims. Ultimately, you will hear many things from many people about cats and oils. Here's my take: cats lack a liver enzyme that is important for metabolizing certain things, so it really isn't a bad idea to use a bit more caution with these little ones. If you use the precautions already recommended, these oils are perfectly safe to use in your DIY cleaning or diffused in your home with cats. Use a little extra caution with Melaleuca, Birch, Wintergreen, Spearmint, and Peppermint, as well as hot oils such as Oregano or Thyme.



## MYTH #5: If my pet gets too much essential oil they will die

**TRUTH:** This is extremely rare, and most adverse reactions (not usually death, mind you) usually are due to a significant amount of essential oil (2 bottles undiluted, for example) being used or consumed. However, anyone who has rushed their dog to the vet after they ate an entire chocolate cake when no one was looking knows that accidents can happen. In the event of an adverse reaction, dilute with a carrier oil - skin irritation is the most common, and most reactions resolve within 24-48 hours after oil exposure. Discontinue use of an oil if your pet shows signs of distress, drooling, squinting, rubbing their face, vocalization, shaking, vomiting, or diarrhea. Seek veterinary attention if significant. Keep the lids on your bottles and store them in a safe place such as a closed box to prevent your pets from "borrowing" one of your oils.

EOs have emotional as well as physical benefits for your pets. They can help with calming, soothing, supporting, immune boosting, uplifting, focus, and overall health and wellness of your 4-legged family members. As with any new thing you introduce to your pet, begin slowly. Start with a small amount of a diffused or diluted EO and observe your pet's behavior. Keep your diffusers in a safe place where your pet cannot knock it over.