

Review of an article "how to Ingest Lemongrass Oil" on: http://www.ehow.co.uk/how_5780039_ingest-lemongrass-oil.html

This company ehow.com (Demand Media), run information web sites on a wide variety of advisory topics. However, when challenged on the accuracy and safety of their featured articles they ignore you. Even contacting them is very difficult as their main contact points are social media or require you to fill in a web form the contents of which may not be confidential. Even their web security certificate triggers an alert in my browsers.

In my opinion this all suggests a company who are only interested in making money from advertising links rather than about the accuracy of what they publish.

I have tried on two separate occasions to contact this business, even sending my concerns to their legal department. There has been no response and the dangerous article above is still there.

Why is this article dangerous?

1. It is about **drinking** lemongrass oil. That is crazy when the aromatherapy supplies trade has numerous web sites selling adulterated or fake oils.
2. The article claims "Its many therapeutic benefits include pain relief, improved digestion, reduced perspiration, more energy and cold symptom relief. It also helps to kill viruses, bacteria, fungi and other microbes". Some of this information is due to the actions of lemongrass herb tea or the herb eaten and NOT its essential oil. The average reader would not have a clue about such issues and will assume the author knows this, clearly not.
3. Lemongrass oil is notorious for oxidizing and polymerizing within a few months of production. This makes it impossible to measure drops (as advocated) from older lemongrass oil. If the oil does not go thick and sticky after a few months it means a chemical has been added to inhibit the natural degradation. **What that chemical may be is rarely declared on bottles of essential oils.**
4. The link at the foot was to a business well known for lying about its products and was a promoter of Young Living, a Multi level marketing company-see other articles on this site.

Conclusion: Please do not assume that articles on web sites providing advice on the internal use of essential oils are accurate. **Most are not** and many are just targeted at promoting the sale of oils from multi level suppliers.

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<http://www.aromamedical.org>