

MISLEADING AND FAKE COVID CURES

By Martin Watt. June 2020

Since the coronavirus outbreak started there have been numerous quacks setting up prestigious looking web sites and blogs. The aromatherapy world has plenty of them. I expect the multi level sellers representatives are spreading the usual lies directly to their customers now after the FDA stopped them over Ebola. So a few things to watch out for:

Claims to be highly experienced clinicians. Are they really or they just claiming that? Check their qualifications and see if they are medical professionals or, for example, are they naturopaths some of which have poor training on essential oils. Some of their people still teach the long dismissed chemical group theories of Dr Penole and his followers. In addition, many of those therapists do not have what they do monitored by competent authorities in the same way as doctors. You have no way of knowing if their treatments are successful or cause more harm than good.

Claims to have treated thousands of patients: Can these people supply any statistics on the numbers of people they have treated and with what treatments? Never forget that anyone can claim anything on blogs and web sites, who is doing the checking of truthfulness? There is no central system in aromatherapy for collating clinical results.

Claims of antiviral activity of certain essential oils: In my surveys of significant volumes of research papers I have found only a few oils that have been clinically tested for antiviral activity and most of those are on rats and mice. Most of the testing has been laboratory tests which may not be replicated in tests on humans.

Many claims of antiviral activity are based on chemical groups theories rather than on tests on the whole oils. Never forget these chemical groups theories are just that and most have already been disproven - see other articles on this site.

If you see such claims for essential oils (or blends) look to see if there is a checkable reference. In most cases you will not find one, or is it to research of little relevance to the antiviral claims being made for an essential oil.

Volumes of essential oils being suggested: If you see someone suggesting that 10 drops of an oil (or undiluted blend) are applied to the skin up to 10 times a day, this ignores all the known dangers of using certain essential oils on the skin. For example, I have seen articles that state that cinnamon bark oil is dermocaustic – yes, it will burn the skin. However, the same article fails to say anything about the high risk of skin sensitisation (systemic) which this oil can cause. Therefore one has to consider if the writer really knows anything about known safety issues.

I have seen an article suggesting that children under 7 may have 0.5ml-2ml of undiluted essential oils put on the skin. This is shocking as it does not differentiate between a baby and a young child. No way should that volume of ANY essential oil ever be used on the skin of a baby.

Adding essential oils to the feet: The skin on the feet is the thickest on the body. I have never seen any verified evidence that essential oils can penetrate far enough to have any systemic effect. If you can smell an oil after using that method you are inhaling it!

Other claims you may see: *“Ceylon cinnamon leaves are uterotonic”*. Possibly the leaf infusion in traditional medicine might be but certainly **not** the essential oil.

“Clove oil is uterotonic” As above. *“Palmarosa oil is uterotonic”* As above. All such claims lead me to suspect that the writer does not know the difference between herbal medicine and aromatherapy.

Summary

Certain essential oils can be very helpful for those that catch viruses affecting the lungs. Indeed that is one of the oldest uses for them as they are effective expectorants and anti-inflammatories. This is best done via the breathing air using appropriate diffusers. It is generally not via skin application - although a little oil may help via body heat evaporating the oil and the vapours are then inhaled. **That does not mean they can rid the body of the virus**, it simply means they can help with some of the side effects of the infection.

Also, beware of 'the latest news' articles on health food type web sites and blogs. They are notorious for corrupting scientific research in order to promote sales.