

Essential Oil Know-how with Dr Janet Roark

Will Falconer, DVM: [00:00:00] If you want a wildly healthy, naturally disease resistant pet who turns heads and starts conversations with awe-struck onlookers, you're right where you belong. This is the Vital Animal Podcast with your host homeopathic veterinarian Dr. Will Falconer.

So welcome everyone. We are on episode 42 of the Vital Animal Podcast, and I have the good fortune to interview an expert from Austin, Texas, a veterinarian named Janet Rourke. Dr. Rourke is an expert in essential oils, calls herself the essential oil vet in fact, so we're really lucky to have her and she's got a program [00:01:00] coming up I want you to hear about, but welcome, Janet! Glad to have you here.

Dr. Janet Roark: Aw, thank you so much for having me, Dr. Falconer. I, it is truly an honor to be on this podcast with you. I've secretly been super fanning you for so many years since you were from both being in Austin and whatnot. So it's just truly an honor to be a part of this, and thank you so much for having me.

Will Falconer, DVM: Oh, my pleasure. I'm glad you're here. I've always had some interest in these things, but I've never plunged into it. You always select certain things that are, that you vibe with, and it sounds like you've really had some early experiences with essential oils that said, "Hey, this is my modality! I'm gonna go deep on this." Tell us a little bit about that history. What got you into that?

Dr. Janet Roark: Oh my gosh. Yeah. So actually it's not like I got out of vet school and was like, oh, you know what? I'm just gonna go be the essential oil vet. That's usually not how our journeys were. No, at all. [00:02:00] So what had happened was with me vet school and after vet school, in my first several years of practice, I started to develop a lot of health issues related to stress.

Oh, So stress and the inflammation in the body, and I had pretty severe headaches, migraines, was seeing a neurologist here in Austin. And even they diagnosed me with something called Ice pick Migraines.

Will Falconer, DVM: Wow!

Dr. Janet Roark: Believe it. Believe it or not. So that gives you a good description about how it felt.

Will Falconer, DVM: Ouch.

Dr. Janet Roark: And it was quite debilitating. It impacted my work. I had to take days off, obviously impact severely impacted at the quality of my life and my marriage. And I was on a lot of medications around that. Oh. As well as struggling with. Mental health problems associated with that.

Will Falconer, DVM: I bet.

Dr. Janet Roark: Not feeling like I was doing a good job and really struggling with depression around that, and so I was on medication for that as well.

Ah, good old big pharma. Yeah, and so I actually was looking for [00:03:00] anything to help. I did acupuncture, chiropractic, like all the things that I knew about. And then a friend of mine invited me to learn about essential oils a little bit, and I was like, "Hey, do you have anything for headaches? Because I'm really struggling."

And she's here's, she gave me a roller bottle of essential oil that had some mint oils in it. And I smelled it and I didn't like the smell, actually, to be honest. I'm more of a, I like the cinnamon and the clove, like Christmasy smelling type smell uhhuh. And so I was like that's not really my favorite.

And I threw it in my purse and forgot about it. But a few days, a few weeks later actually, I was at work working on the computer and one of 'em hit and I grabbed my purse to grab my meds and I was out of meds.

Will Falconer, DVM: Whoa.

Dr. Janet Roark: And I did not have time to go to the pharmacy to refill them. And so I saw the little roller bottle in there.

I'm like let's try it. And I put it on my temples and on the back of my neck. And within 15 minutes my headache was not only gone, but it did not come back.

Will Falconer, DVM: Whoa!

Dr. Janet Roark: Which is not something my, which is not something my meds did. They like, [00:04:00] suppressed it a little suppressed the pain enough to function and that's about it.

And, but this and then it didn't come back for a while and the next time it came back, I used that oil again and guess what? It didn't come back again. And then I went six months without even having one. And I was getting these almost every single day.

Will Falconer, DVM: Wow!

Dr. Janet Roark: At this point. So I was just like, this is incredible.

And so I was just like being a scientist, right? As veterinarians we're like, how does this work? Why is it working?

Will Falconer, DVM: Exactly.

Dr. Janet Roark: And so I like dug into it. I'm like, surely there must be some science behind this. So I started to dig into the research. I got on PubMed, I got on Google Scholar. I started looking at the research articles.

And I was floored. There are thousands of research articles about how essential oils work and plants work as medicine. Wow. And was just like, there's a lot of actual science behind this. The research was real and it was really there. And you know this obviously from all of the herbal stuff you do and whatnot.

So it's just really, [00:05:00] it was really fascinating to me that there was a lot of science behind it. And so I started using incorporating essential oils into my everyday life. For everything, because I just realized how many, and I'd been to the doctor recently and my liver enzymes were elevated, and I'm like, all right, this is severely impacting my health, so I'm gonna use some things to try to get back to health.

And essential oils were an easy tool that I had on hand, so I just started using them. And then obviously I have a lot of pets and animals in my own home. Started using them with them for some day to day somebody got a cut, somebody has a runny nose instead of just immediately going to the pharmaceuticals.

And I'm naturally minded anyways. I was always really interested in acupuncture and chiropractic and stuff in vet school, but this is my really my chance to start implementing it. And then about six months into this, like just using 'em for myself, I had a client with a horse actually that had chronic sinusitis.

We had been treating his sinusitis for. On and off for about three years. You know how it is in Austin. Anytime the wind changes, everybody's sinuses go crazy. Yeah, [00:06:00] and it was same thing with him. It was a right-sided sinusitis and we would give him some antibiotics for a couple of weeks and he'd get better.

And then three months later he'd come back and we were starting to have the discussion of we might have to do a flush or something more advanced. And his owner just looked at me in the eyes and was like, "Dr. Roark, is there anything we can do besides antibiotics? I hate giving 'em to him. He doesn't like 'em. I know it's not good for him." Very naturally minded person.

And I was like, I've been researching these essential oil things and we can try it and if it doesn't work we can always put 'em on meds tomorrow or whatever. It wasn't a life or death type situation. And she was like, oh my gosh, yes, let's try it.

And I did this session on this horse and I kid you not, it was probably about a 45 minute session cuz I was just experimenting a little bit based on the research. And this horse, at the end of this 30 minute session, it was about 30 to 45 minutes, his nose was running. I looked down and there was a puddle about the size of, probably about a foot wide.

Will Falconer, DVM: Wow.

Dr. Janet Roark: Of just like snot that had just [00:07:00] drained out of his sinus. And it was running clear. Ah. And I was like, "**what** just happened?"

And so I was like, of course that's what happened to my client. And I'm like, this is amazing. And I drove away from that farm and I said, "My life just changed, like I'm using essential

oils in my practice."

This is amazing. This is getting results so much faster and so much better than what I have with the more traditional veterinary medicine. Yeah. In certain cases, and so I called back the next day and I was like, Hey how's Louie doing?

And the owner was like, "Oh my gosh. He's totally better! Thanks Dr. R." Like nothing totally dry. Like I'm like, and not only that is the next two months when the winds changed again, he did not get a sinusitis. He got another one. About six months later we did another oil session and that was eight years ago.

Will Falconer, DVM: Whoa!

And he hasn't had another one since.

Whoa!!

Dr. Janet Roark: I know.

Will Falconer, DVM: And for people that don't know medicine, sinuses are really tough to treat [00:08:00] because they're hidden away from antibiotic reach oftentimes, and the circulation's poor up there. So you can, like this horse had you use round after round of antibiotics and they don't really get cured, right? They just get palliated.

So that's awesome. So awesome.

Dr. Janet Roark: So yeah, I started using 'em in my practice.

Will Falconer, DVM: Oh, that's awesome.

Dr. Janet Roark: Learned everything I could and I just learned by doing a lot. And then read every book I could read. I still read every research article I can find on it. Sure. I'm a super nerd in that regard. I just really like research articles.

Yeah. So luckily I do the research so you guys don't have to.

Will Falconer, DVM: Curiosity is an important factor of being a veterinarian. I think you gotta keep, I think so open minded and keep looking at research and all that sort of stuff. We have a thing in homeopathy we call the homeopathic honeymoon, and I think you had a similar thing.

It's like you treat an animal and you go, oh my God, I didn't expect that great of a response to happen!

Dr. Janet Roark: I can't believe it works.

Will Falconer, DVM: Exactly. [00:09:00] We're giving these micro doses of medicine that's so diluted it's not even physical anymore. And heart disease goes away and epilepsy goes away, and it's like "how did that happen?" So it's amazing. You got a nice dose of reality of

what's possible early on and Yep. I think that seals the deal, right?

Dr. Janet Roark: Yeah. Oh, totally. Totally. It's literally changed my life completely. Yeah. Yeah. And just love what I'm doing now and helping so many animals.

And going online with it, I was able to reach even more animals and more people and just help people all over the world. I had a friend who, one of my students actually did in South Africa, helped a dog that would've otherwise died because they don't have the kind of care that we have here in the U.S. As far as veterinary training and things like that, and they certainly don't have the funds to be able to pay for their animals as much.

And so she was able to help 'em with some essential oils and literally saved that dog's life. And they called me and they were just like, [00:10:00] it's because of your training and because of you teaching up me how to use essential oils with animals and thank you so much.

And I just started weeping. I'm just like, I never Yeah. Would've thought that this would be possible to have to impact so many lives. Exactly. Because not only are the animals lives improved, When they're healthy, the owners' lives are improved. Exactly. When their animals are healthy as well.

Exactly. Yeah. So I love it.

Will Falconer, DVM: I call it ripples. It's like you don't know how far it's gonna go, right? She's gonna tell somebody else and that somebody else is gonna tell somebody else and, Hey, have you heard about these essential oils? That's how powerful the connections are these days. We're all more interconnected than ever before.

So you're talking to somebody in South Africa? Yeah. I've got students in Scotland and here and there. It's " Hey, we tried this remedy and it did this thing and I gotta go tell everybody! Yeah, good. Please do. Please do. Yeah. So, with all this research that you've studied, I'm really [00:11:00] curious about where these things take their action, their mode of action.

Is it brain, is it gut? Is it all of the above?

Dr. Janet Roark: Oh, all of the above. So the cool thing about essential oils that is, pretty unlike some of the other, even the, of the natural modalities that we have out there is that essential oils are lipophilic, uhhuh instead of, and hydrophobic. And so what that means is that you can use them transdermally, you can actually apply 'em to the skin, and they absorb into the skin and into the bloodstream very quickly.

Ah, The molecules in the essential oils are such that the smaller ones can actually cross the blood-brain barrier, ah, which a lot of meds and a lot of herbs can't as quickly. And it works very quickly. It's pretty much throughout the whole body, within a couple of minutes of being applied topically.

Or they can be given internally and you can use, certain ones can be given internally, and then you can obviously diffuse them. And the cool thing about diffusing [00:12:00] is

olfactory systems in our pets are so advanced. Compared to humans. And they have so many more millions of olfactory receptors and the vomeronasal organ, organ, which we don't have.

And then it goes directly into the limbic system in the brain, which can affect behavior and emotion because it's so closely associated with that behavior and emotional center of the brain. And you can actually stop anxiety in its tracks. You can stop inappropriate behaviors in their tracks.

You can stop aggression in their tracks because it goes straight to the brain.

Will Falconer, DVM: Wow.

Dr. Janet Roark: It goes straight to the brain just by breathing it in. Ah. And, but the lipophilic nature of them is really beneficial for animals that have like vomiting or they're, they have a lot of in inappetence, which of course we see a lot of palliative care type cases.

And so you can't get them to take anything internally, right? And so it gives you an option and it just, and not only that, teaching the owners how to get their hands on the animals and just that connection and that [00:13:00] bond is so meaningful throughout life. And so yeah, it absolutely affects the gut because essential oils are really smart.

They're trying to get the body back to homeostasis.

Will Falconer, DVM: Beautiful. Yeah.

Dr. Janet Roark: And so the same essential oil, for example, a peppermint. Peppermint is a plant that everyone knows, and it's an essential oil. It works directly on the digestive system and you can actually give it for an animal maybe that is constipated to help move things along more quickly.

Or an animal that has diarrhea. Oh, to slow things down a little bit. Cuz it's telling that gut to get back to normal. It helps those cells function normally. It corrects the signals in the body to help it remember what it's supposed to do. Beautiful. And the cool thing about essential oils also is that they work really well with other modalities like herbals, like homeopathics, like acupuncture, like a chiropractic, all that stuff, uhhuh like laser.

You can use it all together and it just really have a holistic approach to every individual case [00:14:00] that you have cuz every animal is an individual. So beautiful.

Will Falconer, DVM: And I bet you there's a long history of their use, right? This must go way back.

Dr. Janet Roark: Oh, thousands of years. Plant-based medicine is from the very beginning, we have 80,000 years ago in graves, people buried plants with their dead.

Will Falconer, DVM: Oh yeah.

Dr. Janet Roark: And then all through in Chinese medicine, the book that we use in Traditional Chinese Medicine, that book talks about acupuncture and things like that. But it also talks about herbs and different plants that you can use to heal. And essential oils got really popular kind of in the, really, like the 1500-1600's was their age of popularity.

But that's what people used as medicines during the plagues. They actually protected people. Not only did they enjoy the smells to try and cover up the stench of the dead, but like they, they actually used it to protect themselves. And perfumers were actually immune to the effects of the plague because they were [00:15:00] using essential oils in the perfume.

And it went from there. And they started using 'em in apothecaries and things like that over the years and really started using 'em in the creeks and the Romans and everybody used them and they actually started getting out of popularity when...

Will Falconer, DVM: Guess what? Pharmaceuticals came!

Dr. Janet Roark: Drugs came on board, and so the pharmacopia, they actually used to have 600 different herbs and essential oils in them, and they slowly dwindled and dwindled, and now they have hardly any.

And it's just really, it's a lost art, but it isn't really lost because essential oils are actually getting a lot more mainstream now. People know about 'em and use 'em and I just really enjoy educating people about how to use them properly because they are very potent. They're kinda the opposite of homeopathics.

You're very dilute with homeopathics and with essential oils they're actually very potent. Yes. 70, 50 to 70 times more potent than herbs. But it's [00:16:00] really nice because they're lipophilic and things like that, they're very effective and work very quickly. But on the same token, you do have to be careful and dilute them properly for the size of animal and the species of animal that you're working with.

And that's one of the reasons why I'm running the workshop this weekend and I'm just super excited about it.

Will Falconer, DVM: Yeah. Yeah. Tell us about that because it, that was one of the main reasons I wanted to get you on board here. It sounds like you're going to be teaching at some length, and it's open to the public for free, is that right?

Dr. Janet Roark: It's not free. This one's a paid workshop. There is a free kind of introduction video, the top five Mistakes people make when using Essential Oils. So that one is free. So 30 minute Masterclass, and I give you like my main, here's how to introduce essential oils to animals, beautiful kind of methodology.

So that's available for free, but up until Saturday you actually have access to it at the early bird price, which is \$149. And we're gonna cover safety, self selection, the basics of essential oils for [00:17:00] somebody who is never, like you, who doesn't really use 'em a lot or doesn't know about 'em. And we're gonna cover a little bit of history as well as drug

interactions and ones to be careful with if you're animals on a certain medication.

And then we're gonna cover some general wellness recommendations, the pillars of health, which I'm sure you've covered with your folks a lot. Yeah. Starting of course, at the Foundation of nutrition. Sure.

And then talking about toxic load and environmental potential, potentially reducing the toxic load in the home by using essential oils for cleaning and grooming and things like that instead of bleach on the floors, which our dogs walk around.

Yeah. Then they look their paws. Yeah. And that toxic load can be really affect them. We're gonna of course, talk about anxiety and stress and senior pets and all the problems that come as our animals age with their joints getting a little more sore. Of course, we're gonna talk about cancer and cognitive disorder and losing their sight.

And losing their hearing and kidney and liver and heart and gi

Will Falconer, DVM: Wow.

Dr. Janet Roark: All of those things as well as end of life [00:18:00] palliative stuff. Uhhuh. And then we're gonna do like an exercise on blending, which is really fun cuz it's like a chemistry experiment.

Will Falconer, DVM: Oh, I love it.

Dr. Janet Roark: And that's just day one. Whoa. I thought is day one we're gonna cover essential oils from A to Z.

We're gonna cover oral health and allergies on day two, as well as fleas, ticks, parasites, and a little bit on breeding and whelping. Not too much cuz I know not a lot of people do that. And then introducing a new animal to the home cuz there's some emotional dynamics and stress associated when with, whenever you bring a new puppy home Sure.

Or a new kit into the family group. As well as focus on performance animals, all the CCL tears and fractures and hip dysplasia and luxating patellas. And then we're gonna do a whole session on first aid too. So you can actually do first aid at home with your animals and save thousands of dollars on vet bills.

And we're gonna do Q and A's and breakout sessions all through that. Oh yeah. All of that probably worth \$5,000 worth of information I would say that we're [00:19:00] giving away for \$149.

Will Falconer, DVM: Yeah, and it sounds like it, it would be of interest to veterinarians as well as lay people.

Dr. Janet Roark: Absolutely. Absolutely. I think a lot of it will be basic like people like veterinarians know about allergies and we're gonna, of course, I'm gonna, of course, talk to people about what exactly allergies are and stuff.

And then of course, get into the essential low that can help with that. Who wouldn't want to add this tool to their toolbox?

Will Falconer, DVM: Absolutely. Absolutely. Oh, really? Cool. So this is put on by Pet Summits, right?

Dr. Janet Roark: Yes. My friends over at Pet Summits.

Oh my gosh. I just love those guys. Yes, they really do a good job with putting a great package together and oh my gosh, tons of bonuses.

Tons of I think we have over 14 bonuses or something on this one, including one on birds and essential oils, as well as using laser light therapy with essential oils and a whole lot more. Whole lot more.

Will Falconer, DVM: Yeah. I noticed they've really piled on things. I did one with them a while back on senior [00:20:00] pets help helping the senior guys, and there was all sorts of cool things that were added on for people who joined it.

So it, it's, yeah, it sounds like a rich program.

Dr. Janet Roark: Yeah, it's really amazing what they provide. I'm like, wow, that's a, it's just gonna be a lot of stuff. And they have a great backend, how they run things as far as like making sure the fulfillment is taken care of and there's customer satisfaction. They're gonna run the Zoom for me, the breakout sessions and things like that.

So Cool. I don't, I can just focus on the content and delivery. Awesome. And they can take care of all the tech stuff. Awesome. I didn't learn a whole lot of that in vet school, so Very cool.

Will Falconer, DVM: So we hear sometimes that there's cautions to be had, and especially I guess in the cats who are these sensitive creatures in our world that seem to be more sensitive than most, to not only drugs, but environmental toxins and all sorts of things.

I hear both sides of it. Yes, you can use them in cats. No. You better stay away from essential oils and cats. What's [00:21:00] your take on that?

Dr. Janet Roark: So yes, cats are small and you need to factor that in. And cats also, they are true carnivores. They're true carnivores. And so they do have a harder time with some plant-based stuff.

They lack a liver enzyme that processes some of that stuff that dogs and the humans actually have. Ah, but the, there's some information out of U.C. Davis, some studies out of U.C. Davis that show that they do actually have glucuronidation. It's just through different pathways, so it's not the same pathway.

It's a little different. The metabolism, is it a little bit slower? And so the biggest thing with cats that you have to factor in is dilution, making sure you're properly diluting, because again, these are very potent. Most cats are like 10 pounds. Let's not overwhelm them. Yeah.

With so much stuff. Yeah. And as long as you're diluting it properly and you're using a really good quality.

The other thing with, the other problem with essential oils being so mainstream is you can get 'em from anywhere. You can go to the grocery store and get 'em. You [00:22:00] can get a, go on Amazon and get like a whole package of essential oils for \$10. Oh man. Those are not actually essential oils, guys. So those are perfumes, just because they're, they smell good. Yeah. But they're perfumes, but they're not therapeutic and they, those actually have a lot of synthetic fragrances in them. Sure. And stuff. Even if it says it's the pure essential oil. Just like with herbs, just like with we don't buy our groceries necessarily off of, I don't buy my peaches off of Amazon I go to the place that has peaches.

And sells fresh stuff. And so it's the same thing with essential oils, that the quality really matters. Absolutely. Where the plants are grown, it really matters. Like we can grow. Lavender in Texas and when you har, you can harvest it and get essential oils from that. But the therapeutic properties of that lavender in Texas that's struggling to survive because it's so hot and it's scraggly and very sad, are gonna be very different than a plant that's grown in ideal climate.

Ideal soil in Franceso, Bulgaria. Those Google images of the fields, yes. Beautiful. Very different. Yeah. Very [00:23:00] different chemistry of those plants. Because of how they're grown. And so that, all that stuff you have to factor in. And a lot of people, a lot of people just choose a brand because they can choose a brand that actually does all that stuff.

And you don't have to go and learn all that stuff and do your research and stuff. But and that's a good way to go as long as it's a really good quality brand. Yeah. So yeah. Yeah. Brand matters when it comes to cats, dilution matters, and there are some oils that they do not metabolize well at all.

Tea tree being one of 'em. Wintergreen Birch is another one that they just have I just avoid those with cats completely.

Will Falconer, DVM: Interesting. Huh? Birch sounds like it would be mild, but interesting.

Dr. Janet Roark: Yeah, it's it's a little hard on those livers for those little guys. It's just super strong is the thing.

And it's a really commonly adulterated oil as well, very commonly until trade.

Will Falconer, DVM: Yeah. Here in India they talk about essential oils in this product and that product. And I've tried a few, and it's obviously perfume. It's just cheap perfume.

Dr. Janet Roark: it gives you a headache, right? Yeah. And that's not, essential oils should not do that, so no. No. [00:24:00]

Will Falconer, DVM: So it's buyer beware like many areas. Yeah. Especially today as people are getting a little more devious about trying to make money and take shortcuts.

Dr. Janet Roark: Oh yes. It's all like capitalism. Yeah. And capitalism. And it's fun. Yeah. Yeah. But yeah, it's like peanut butter, right?

Like you have natural peanut butter that you can get. Yeah. And then you have name brand peanut butter, hydrogenated oils. It's literally pure sugar and like barely any peanut. Yeah. Yeah. It's a big difference. Yeah.

Will Falconer, DVM: I recently had somebody write me, Janet, who said, I've got this dog who's thunder phobic, and it's a three day ordeal.

I guess the dog probably senses the storm coming and the storm is there for day two maybe, and then it's still recovering in day three and frenzied behavior, and any hope for an essential oil fix for this poor dog?

Dr. Janet Roark: Yes, actually there is some hope. Sometimes it takes a few times, but I've [00:25:00] had many thunder phobic dogs that were... oh, I actually have a picture in, actually in the master class. I think we talked about it. There was one case that I had that same thing. Totally freaked out the dog like hours before, not three days, not that bad, but for hours before the storm hiding the bathtub the whole time, shaking, screaming, tearing at the doors, ripping doors down.

Yeah. Self-destructive. Yeah. Behavior. Just because they're in a total panic. They're in total fight or flight, yeah. Mode. And they were like, what do we do? And they started using essential oils, topically and diffused that are really good for calming. And again, like I said, it affects the brain very quickly.

Very quickly. Yeah. And if you can get it right before the storm starts, if you need to check the weather, make sure it's coming. I'm sure this person obviously checks the weather a lot. Sure. If they're dogs like this and then get it going ahead of time. We have oils that actually work on the endocannabinoid system as well.

So I'm sure you've heard about CBD oil, some concerns [00:26:00] about that with potential THC and stuff like that. And there's a lot of science behind both of those compounds. But essential oils, Can that don't have those potential side effects, not cannabis, actually work on those same receptors in the system

and can actually calm the nervous system down and stop that panic before it starts. And I have this, a picture of this dog, during a storm, sleeping on the couch. So the essential oils can definitely help and the ones that I would start with are very obvious ones like lavender, Roman chamomile.

Copaiba is the one that works really significantly on the endocannabinoid system that I would definitely consider for that particular dog. I would use that one internally. I'd use internal oils, but the dog got serious as well. But it's a process to get a little bit of trial and error for that individual trying to figure out, okay which ones are gonna work for this particular animal? Sure.

And we're gonna actually go through that during the session, like how to do self selection and let the animal choose which one that they need at that [00:27:00] given time. And it's a really beautiful process, and it's a way to communicate with our animals.

And instead of just like forcing a pill down their throat kind of a situation. Yeah. Which we do with pharmaceuticals, we let them choose and then they're like, and the ones that they're like, "Oh my gosh. This is the most amazing thing ever!"

I love it. They'll rub their face on it. They try to eat it. They try to steal a bottle from you and run away. And the ones they don't like, they're like thanks. Maybe another day, mom.

Will Falconer, DVM: Oh, beautiful.

Dr. Janet Roark: And so we can actually, even though there's so many choices, we can offer those choices to the animal and let 'em tell us, okay, which one do you need today, babe?

Ah-huh. And they will tell us. And it's a really wonderful process.

Will Falconer, DVM: Ah, beautiful. Beautiful. So everybody, this is episode 42 and we're gonna have links for you to join Dr. Janet Roark on her workshop, which is free and on her paid course, which is really gonna be in depth and tell you all you probably need to know to be a [00:28:00] good essential oil prescriber at home.

So episode 42 is reached very easily by just going to [Vital animal.com/ 42](https://www.vitalanimal.com/42).

So Janet, tell us how people can find you and we'll have a link to your workshops, obviously in the show notes. But tell us just online, where do people find you?

Dr. Janet Roark: Sure, I'm, you can go to my website, essentialoilvet.com is probably the easiest.

And then I'm on social media, Facebook and Instagram specifically. Essential oil vets. Awesome. So I keep it really easy.

Will Falconer, DVM: Simple. Simple. Beautiful. And this workshop is coming up, what dates?

Dr. Janet Roark: It is May 20th and 21st, are when we're gonna be live. And if you do register at the early bird price, you do get lifetime access to those recordings as well.

Awesome. Awesome. Okay. Yeah.

Will Falconer, DVM: Really cool. So this is a powerful modality, everybody. It sounds like it's one of those things you want in your toolbox. It's all natural. [00:29:00] There's some ins and outs about it. You wanna learn and you wanna learn from an expert. You don't want to just go out and buy junk and think it's gonna work so, Dr. Janet is the one to learn from, it sounds like to me.

She's had lots of experience with it, had earth shaking experiences in her own self, so those sorts of things tend to send somebody down the rabbit hole rather deeply. They wanna learn all they can, and like she says she's a big research nerd on this, so I think it's a great opportunity for everybody to take advantage of.

Dr. Roark, thanks very much for coming on. It's really an interesting area, and I'm sure my people will be really jumping into your workshop as quickly as they can.

Dr. Janet Roark: Oh my gosh. Thank you so much for having me. I'm really excited to be sharing this in this modality. We've never done it this way before where it was so comprehensive and it's just, it's a really exciting opportunity and yeah, definitely.

Thank you so much for inviting me. I [00:30:00] love talking to people about my story and how they can start incorporating essential oils in their home and in their toolbox to save money on veterinarians as well. So

Will Falconer, DVM: Beautiful. All right, until next time. Remember to find the show notes for us at [Vital animal.com/ 42](https://vitalanimal.com/42).

This is episode 42, and you'll have links to get the workshop underway with Dr. Roark, and you'll have links to get to her website. In case you missed that url, she called out. Then probably some more goodies for you there.

So thanks again everyone. We'll see you next time and keep on listening.

Keep on being health conscious for your animals and making those wise choices for them. Bye for now.[00:31:00]