

Meet the Herb Doc Dave Hawkins

David Hawkins, MH, CNC, aka the “Herb Doc,” is the owner of Mother Earth Foods, West Virginia’s leading provider of living whole foods and natural herbal and vitamin supplements.

In addition to his retail business, he maintains his busy Herb Doc consulting practice. He is often a featured speaker and teacher throughout West Virginia and Ohio.

Dave is a past president of the West Virginia Herb Association. He has been a practicing herbalist for more than 40 years, and developed his own line of products named Earthworks.



“They research the products they sell and only sell the best. They are the **ONLY** true health food store in our area.”

Joanne Clem

Our Mission

Mother Earth Foods is dedicated to the total well-being of our customers, employees, and our community through education and informed choices, providing them with excellent service and quality healthful products.

Mother Earth Foods

304-428-1024 | 888-801-1386

or on the web at www.motherearthworks.com.

1638 19th Street
Parkersburg, WV 26180



Our Policy

*Concerning the
Ingestion of
Essential Oils*





Mother Earth Foods is proud to feature essential oils from Aura Cacia, a leader in the field of aromatherapy with the highest standards for purity and safety.

Always play it safe.

Many are discovering the power of essential oils in their daily lives, and for some people, that includes ingestion. We recognize the potency of pure essential oils and we have always been an advocate for safe usage. That's why we do not recommend this controversial, under-researched and potentially harmful practice.

We do not recommend the ingestion of Essential Oils.

Essential oils are safe and free of adverse side effects when used properly. However, as with any substance you are introducing into your body, it is important to use them intelligently. We recommend that you never eat or drink essential oils, and here's why...

FDA Regulated >>>

Aura Cacia essential oils are regulated by the FDA as a cosmetic product. Labeling these essential oils "not for internal use" is following the law.

Potency & Overuse >>>

Essential oils are often representative of several hundred pounds of plant material in one small bottle. Not only is potency a cause for concern,

but overuse is easy to do when the product is misunderstood.

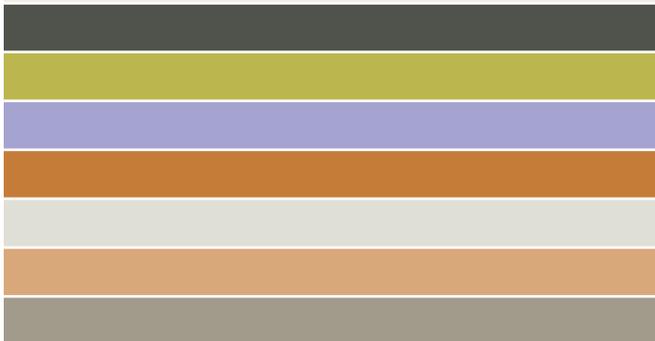
Use Something Else >>>

Mother Earth Foods offers many products that can do whatever you are seeking out the pure essential oil to do. In many cases, dried plant material, flavors and extracts, and supplements formulated for digestion are readily available and can meet your need rather

than ingesting essential oil. Ask one of our staff to assist you in making your selection.

Education >>>

If you'd like more information about ingestion, we recommend you work with an educated practitioner to help you understand the serious nature of the practice. Practitioners rather than companies should be guiding this type of usage.



Poison Control >>>

If someone swallows an essential oil, or a product containing essential oils, use the **webPOISONCONTROL**® online tool for guidance or call Poison Control at 1-800-222-1222 right away. Poison Control will help you figure out if this could be dangerous and will tell you exactly what to do.

Use Essential Oils Responsibly >>>

Many people think essential oils are harmless because they are natural and have been used for a long time. In some cases, that is simply not true. Many essential oils can cause rashes if used on the skin. Many can be poisonous if absorbed through the skin or swallowed. For example, Peppermint is used for gastrointestinal discomfort. But it's important to choose the correct species of mint, as some types are poisonous; for example, pennyroyal oil is very poisonous to the liver. Eucalyptus is used for its soothing effects when inhaled, for example during a cold or cough. But if swallowed, eucalyptus oil can cause seizures.