

## AROMATHERAPY: SCENTS MAKE SENSE

I am a certified, clinical aromatherapist. I obtained my certification from the Institute of Spiritual Healing and Aromatherapy. I am not a doctor; I do not diagnose, nor do I prescribe.

In the practice of aromatherapy some disagreement exists as to how to use essential oils (hereinafter referred to as “EO’s”). Three schools of thought arose from three different countries. The “German” model emphasizes inhalation as the best way to receive the benefits of EO’s. The “English” model derived from the massage and beauty industry and emphasizes massaging with neutral carrier oils that contain only 2-5% EO’s. The “French” model emphasizes ingesting EO’s but also utilizes topical application as well as inhalation and was developed by medical doctors whose interest was in healing disease and maintaining health.

There are many ways of using essential oils. Topical application includes NEAT (undiluted) or combining with a carrier oil. Care should be taken to be sure that you are not sensitive to the EO by first applying a small amount to the inside area of the arm and waiting 15 minutes to see if you have a reaction. If not then go ahead and apply; if you do have a reaction, immediately apply a plain oil (any cooking oil will do) to the area, which will dilute the EO; washing with soap and water will have no positive effect since EO’s do not dissolve in water. If you plan to apply EO’s topically be sure to research whether the particular EO’s you are using have a reaction in sunlight; if so apply only between sunset and before sunrise, or on areas of the body that will not be exposed to the sun. Another way of using EO’s is diffusion into the air. This will purify the air and make the benefits available to all who inhale. EO’s can also be ingested by encapsulating them or using them in your foods.

Essential oils are the regenerating, oxygenating, and immune defense properties of the plants, i.e. their life blood, and are derived from plant parts (seeds, bark, leaves, stems, roots, flowers, fruit, etc.) mostly through the process of steam distillation or cold pressing. They have been used medicinally for thousands of years as evidenced by ancient manuscripts and hieroglyphics; additionally, there are many references to EO’s in the Bible. The growing and harvesting conditions of the plants greatly affect the chemical constituents of the oils derived therefrom. If being used for holistic health care, it is necessary to use only pure therapeutic grade essential oils; anything less is potentially toxic and the desired results will not be obtained. If the price is too cheap to be true you can be assured that it’s not a pure, therapeutic grade oil.

Essential oils are small enough in size to quickly penetrate the skin. EO’s containing sesquiterpenes (one of many chemical constituents found in EO’s) are able to pass through the blood brain barrier which allows them to be of benefit for diseases such as Alzheimer’s, Lou Gehrig’s, Parkinson’s and multiple sclerosis. EO’s are lipid soluble which renders them capable of penetrating cell walls – EO’s can affect every cell of the body within 20 minutes. EO’s contain oxygen molecules, which help to transport nutrients to the body’s cells – this stimulates the immune system. They are high in

antioxidants and have been shown to destroy all tested bacteria and viruses while simultaneously restoring balance to the body. EO's are aromatic, which purifies the air when diffused. They can help promote emotional, psychological and spiritual health in addition to enhancing physical health. EO's have a bio-electrical frequency that is several times greater than herbs, food, and the human body, and have been shown in clinical trials to quickly raise the frequency of the human body, which restores health (the healthy human body's frequency is from 62 to 68 Mega Hertz – essential oils' frequencies vary from 52 to 320 Mega Hertz). EO's do not resonate with toxins nor negative emotions which is why they drive toxins out of the body and dislodge forgotten traumas, surfacing them into our consciousness to be dealt with and released. Raising a person's vibrational frequency restores health to the body, clarity to the mind and attunement to the spirit. Aromatherapy is one way to do that.

Essential oils are very diverse in their effects and can perform several different functions whereas synthetic oils (produced in the laboratory) would perform basically one function. This is why it is so important to make sure you are using a pure therapeutic grade essential oil. Read the label carefully and/or check with the company.

When I was about half way through the training we paired up in class and mixed a blend of EO's for each other. I had a very weak and sore wrist from overuse for which my partner mixed me an EO blend: the benefit to my wrist was almost immediate – my pain subsided greatly! I have a client whose doctor took him off of the diabetic medication he was on due to side effects and he had been trying to control his blood sugar with his diet. He was struggling with this; when he added a blend of EO's that I mixed for him (that he applies topically over the pancreas), his blood sugar became much more stable and easier to manage. I have another client who was struggling with muscle tension; the addition of a blend of EO's helped immensely. I have several clients who have bone spurs on their spines that have impinged nerves causing numbness and tingling in their upper limbs. They have or are using an EO blend that helps to dissolve bone spurs. Since they haven't had follow-up lab tests, they do not know if their bone spurs have dissolved. However, they are also taking herbal tinctures to help the nerve to regenerate. This is a slow process as nerves are very slow in healing. I use EO's as a bug repellent and it works marvelously. Most of my clients greatly enjoy using the EO's - they describe the aroma of the oils as being very enjoyable and uplifting.

There is a procedure called Raindrop Treatment which utilizes a series of about 10 different EO's dropped on the spine from the sacrum up to the neck. This helps with many problems of the spine. I used to do this on my aging dog every time he started walking funny (with his back hunched up in the air like a cat) and he absolutely loved it. By the time the treatment was over he was back to a normal walk (bless his heart he has now passed on to spirit). One of my clients has a dog that started limping on 3 legs and wouldn't allow one of his front feet to make contact with the ground. A trip to the vet resulted in several tests that showed nothing wrong, but the vet suggested amputating the leg anyway. I did 2 raindrop treatments on the dog and he now uses all 4 legs when moving slowly but when in chase mode he reverts back to using only 3 legs. I think a

few more raindrop treatments would restore full use of the leg but that is not my decision to make.

If you are planning on doing self-treatment, be aware that a little information can be a dangerous thing. I have a book that was written by a well known and respected aromatherapist who condones using EO's on cats for health problems. I also have books written by veterinary aromatherapists who state that EO's should NEVER be used on cats; it can kill them due to their very different way of metabolizing.

If you have a neurological disorder which causes seizures you should avoid EO's that contain high levels of ketones (a chemical constituent found in some EO's). If you are pregnant, utilize extreme caution using any EO's (or herbs or other non-prescribed drugs and/or supplements). If you wear contact lenses, be aware that the EO's from the skin on your fingers can soak into your lenses; also be aware that if you have EO's on your hands and then have to touch a sensitive skin surface extreme discomfort can result (i.e., using the bathroom and having the EO transfer from your hand to the toilet paper prior to using it - the EO can then transfer via the toilet paper to the sensitive skin of the rectum or urethra).

If you plan to incorporate EO's into your health regimen via self-treatment, do the research and be sure to use pure, therapeutic grade EO's. Ideally you should seek the advice of a trained professional. When aromatherapy is used correctly, essential oils make for a very pleasant experience which results in excellent compliance and results.