

The Perfect Potion

Aromatherapy

Newsletter

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From the Editor

Firstly, I must apologise for the delay in the production of this newsletter, however once I have had a chance to tell you what has been happening and once you have read this issue, I am sure you will understand. We have modified the format of the newsletter to A4 size and increased it to 16 pages!. This should make it easier to read and to file in a safe place for future reference. In the near future, we will have specially designed folders made up to keep all your newsletters.

It has been an extremely busy time. I have just completed *The Complete Guide to Aromatherapy*, a 500 page book, a project which has taken five years to complete. This book is destined to become the 'Bible of Aromatherapy' (please find a brochure enclosed which gives more details about the book).

We have established 'The Perfect Potion Training Centre' in Brisbane to meet our ever increasing demand to run seminars and classes on aromatherapy. In our new training centre we will be able to offer a wider variety of short courses, both on evenings and week ends. More about our training centre in the next issue.

Having recently returned from the Aroma '95 conference in England, there is so much information to share with you. Our first event, *Modern Trends in Aromatherapy*, will be held at our new centre on the 18th of November in Brisbane and at the Travelodge in Townsville on the 12th of November.

The seminar will be followed by the launch of my new book, where you will be the first to have the opportunity to obtain a copy. As usual, newsletter subscribers will benefit from the exclusive offers on both the seminar and book which are listed in the brochure and in this newsletter.

I hope that you can all make it to this truly wonderful event. If you do not live in Brisbane or Townsville, you will still be able to obtain *The Complete Guide to Aromatherapy* at the special offer, and we will include a special report of *Modern Trends in Aromatherapy* seminar in a future issue.

That's not all! We are currently working on the Perfect Potion DIY (Do-It-Yourself) Book, and this will be ready by late November. The five element blends, which smell divine, are ready. (See new products section for a review).

My brother Dino, who manages the warehouse in Brisbane (and who also happens to make all our wooden essential oil storage boxes), has just crafted our new massage accessory 'wooden fingers'.

And hold on, just a few more, our aromatherapy wall chart has been updated and looks absolutely fabulous. This will be available at the book launch. We are currently putting the finishing touches to our new 28 page Aromatherapy Skincare Brochure; and our new aromatherapy perfumes: Terra Verde, Terra Antica, Terra Dolce, Terra Exotica and Terra Nouva, should be out in time for the book launch.

Once again, I hope you enjoy this issue of *The Perfect Potion Aromatherapy Newsletter*, and I look forward to seeing and hearing from you soon.

CHANGED YOUR ADDRESS?
Call (07) 3216 2263 and we will update
our mailing records immediately.

BACH FLOWER REMEDIES

by Carolyn Stubbin

'There is no true healing unless there is a change in outlook, peace of mind, and inner happiness' Dr Edward Bach

Flower Remedies are the life-force of plants collected from the energy field or aura of the plant. Life-force energy is what gives plants, animals, and people their vitality.

While medicines and herbs have an impact primarily on the physical body, flower remedies affect emotional and spiritual well-being. They are a subtle but powerful way of changing consciousness. They are not meant to replace therapy or health care for those who need them, but can be an excellent adjunct to a variety of healing methods.

The best known Flower Remedies are those developed by Dr Edward Bach in the 1930's. Dr Bach, a Harley Street physician, believed and proved to himself through extensive medical and personal research, that our emotional outlook and personality is ultimately responsible for our overall mental and physical well-being. His system of healing, therefore, is intended to treat the person rather than the disease, and therefore, perhaps, the cause rather than the effect.

Good health is harmony, when we think positively, constructively, and happily. Ill-health is when we think negatively, unhappily, and destructively. Bach knew the remedies had to be found in nature, amongst the trees and plants, for all our needs are provided for in nature by our creator. He had a strong intuitive belief in the profound healing power of flowers.

There are 38 original Bach Flower Remedies. These remedies are commercially available to this day. In making flower remedies, the life-force energy of the plant is captured by picking flowers at dawn, at the height of their vitality. They are placed in water in the sunlight for several hours. The resulting liquid is enhanced, diluted and strengthened several times and then bottled.

Using the flower remedies is not a way to avoid feelings, but promote working through them more quickly and profoundly. The process initiated by the flower remedies requires work and time, like any other true healing tool. You may need to take a particular remedy for months when you tackle a

deeply ingrained pattern, or for a day or two for a momentary problem.

Flower remedies are self-adjusting, which means that when the remedy is incorrect, it simply has no effect. There are no harmful side-effects either. They are safe and are helpful to everyone; adults, children, even animals and plants, selected always for the person as an individual rather than for any particular physical complaint. A few remedies can be taken at a time, depending on your needs, up to six. They are usually taken when getting up in the morning, when retiring at night, and twice during the day.

The dose is 2 drops each time if taken from the original 'stock' bottle either placed directly under the tongue or diluted in some water or juice. A 'dosage' bottle can be made by putting 2 drops of each remedy into a bottle of approximately 25ml (a smaller bottle will do just as well if necessary) then fill 3/4 full with bottled spring or mineral water (non-carbonated). Fill the remainder of the bottle with brandy which acts as a preservative. The contents of a 'dosage' bottle will last several weeks.

The treatment consisting of one or a combination of several remedies is repeated for two weeks after which it is assessed for suitability. A new period of treatment can then be commenced, perhaps trying a different remedy or continuing with the same remedy. A new period of treatment can be commenced, perhaps trying a different remedy or continuing with the same remedy. Flower remedies should be stored in a dark glass bottle and kept away from sunlight and heat, and not be frozen. Take care to avoid bacterial contamination of the essences.

Dr Bach published two useful booklets on his research *Heal Thyself* and *The Twelve Healers and Other Remedies*. The Perfect Potion carries both these books as well as several others written by Dr Bach's co-workers and other therapists who have successfully used the Bach Flower Remedies.

On the opposite page we have provided a list of all of the Bach Flower Remedies for your reference. This will be useful in helping you choose remedies which are suitable for you.

BACH FLOWER REMEDIES

Agrimony

mental worry but appears cheerful

Aspen

vague fears of unknown origin

Beech

critical, intolerant, judgemental

Centaury

easily influenced, exploited by others

Cerato

unsure of self, asks others for advice

Cherry Plum

desperate, suicidal

Chestnut Bud

repeats same mistakes

Chicory

self pity, demanding attention

Clematis

dreaming of the future, inattentive

Crab Apple

cleansing, self condemnation

Elm

overwhelmed by responsibilities, feelings of inadequacy

Gentian

depression from known cause, pessimistic, easily discouraged

Gorse

depression of long duration, despair

Heather

self-centeredness, self concern

Holly

hatred, envy, jealousy

Honeysuckle

lives in the past

Hornbeam

inability to cope with daily tasks, 'Monday morning' feeling

Impatiens

impatience, irritability

Larch

lack of confidence

Mimulus

fear of known things

Mustard

deep gloom with no origin

Oak

despondent but struggles on

Olive

complete physical and mental exhaustion

Pine

feelings of guilt, self doubt

Red Chestnut

excessive fear for others

Rock Rose

extreme fear and panic, terror

Rock Water

self repression and denial

Scleranthus

uncertainty and indecision

Star of Bethlehem

shock, physical, mental and emotional

Sweet Chestnut

mental anguish, reached limits of endurance

Vervain

extreme mental anguish, reached limits of endurance

Vine

ruthless, inflexible, domineering

Walnut

link breaker, time for a change

Water Violet

aloofness, desire to be alone

White Chestnut

persistent worrying thoughts

Wild Oat

unsure of path in life, lack of knowing what to do

Wild Rose

apathy and resignation

Willow

resentment, blaming others for mistakes

Rescue Remedy

A combination of Star of Bethlehem, Rock rose, Impatiens, Clematis, Cherry plum. For emergencies and associated stress, accidents, shock, confusion, terror, and exams.

Arthritis: Is there a cure?

Arthritis is a general term indicating inflammation of the surfaces of the joints. There are many different types of arthritis. Some are due to infection, others due to wear and tear, and for many the cause is often obscure. The two most common forms of arthritis are

- ◆ Rheumatoid arthritis
- ◆ Osteoarthritis

Rheumatoid arthritis

Rheumatoid arthritis is the most crippling and destructive form of arthritis. It involves inflammation of the synovial membrane which surrounds the joints and is often associated with inflammation of other body tissues. In severe cases, there is considerable destruction of the joints and of other body tissues such as the skin, lymph nodes, lungs, heart, and the liver and kidneys.

Osteoarthritis

Osteoarthritis is a degenerative disease affecting mainly the joints which incur the most 'wear and tear', from postural and mechanical stress. Osteoarthritis is the most common form of arthritis. Although it is often not as severe as other forms of arthritis, it can lead to significant problems in its advanced forms.

Osteoarthritis is common among older people, the cartilage padding on the joints gradually wears down. It is often characterised by the formation of bony outgrowths at the edge of the affected joints.

It is not a systemic disease like rheumatoid arthritis, however systemic factors such as diet, stress and exercise can greatly influence the pain and stiffness that develop.

Conventional treatment involves the use of anti-inflammatory drugs, and while it often reduces the pain, there is very little improvement in the arthritic process itself.

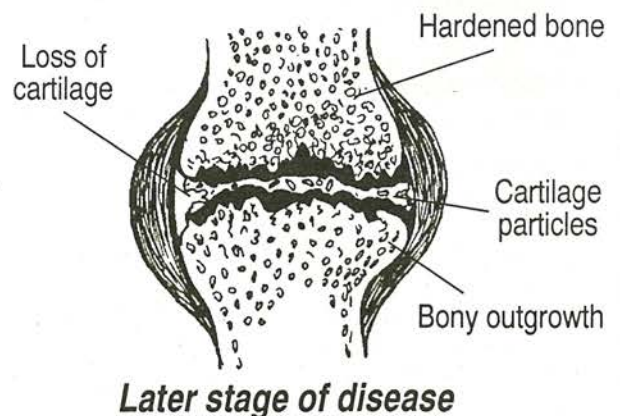
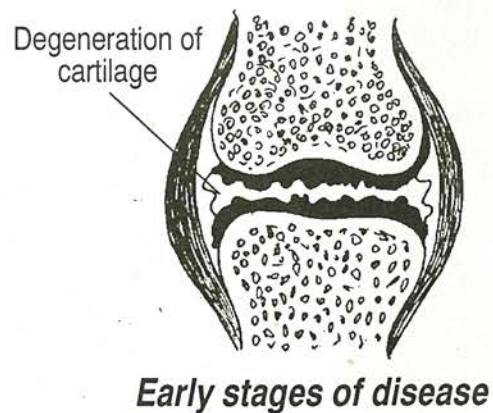
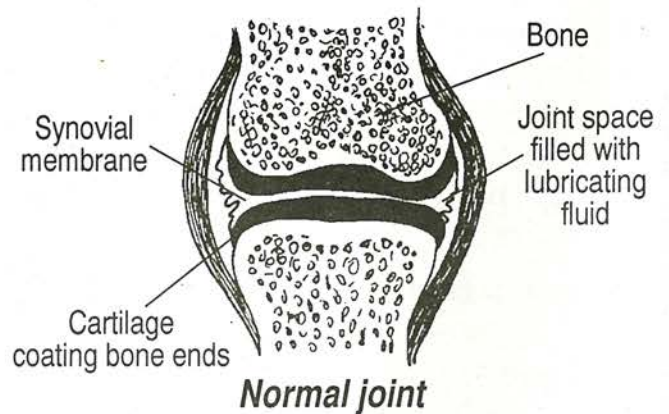
The accepted medical view is that arthritis is incurable and the treatment is confined to the relief of pain with analgesic and anti-inflammatory drugs, often having undesirable side-effects.

The primary objectives in the management of arthritis are:

- ◆ reduction of inflammation of the joint
- ◆ preservation of function
- ◆ prevention of deformity

Natural therapies aim at balancing the body chemistry. Toxins must be eliminated and then new accumulations of toxins must be prevented. The body's own healing processes need to be stimulated to repair the damaged tissue as much as possible.

Circulation to the joints must also be improved, both to drain off wastes and to improve nutrition to the affected area.



How osteoarthritis develops

Diet

There is no single dietary treatment recommended for arthritis because there are a number of causes and predisposing factors. Arthritis sufferers should determine by trial and error which treatment will be of the most benefit to them. The following dietary advice may be of value:

Lose weight: This is especially important for those who have osteoarthritis of the hips, knees and ankles. This will mean eating less refined carbohydrates and less animal fats.

Exclusion diets: Plants from the solanaceae family such as tomatoes, egg plants, capsicums, paprika and potatoes adversely affect some people and should be avoided for a period of one to two months. Also avoid any foods which are suspected to be the cause of allergies such as wheat, milk, dairy products and beef.

Special foods:

- Fresh ginger or powdered ginger used in cooking has been proven to be effective in reducing inflammation.
- Eat lots of fish, plenty of green vegetables, salads, nuts, seeds, legumes and whole grain cereals.

Supplements

- Tissue salts of potassium chloride and iron phosphate may reduce inflammation and fluid in the joint capsule.
- Calcium and magnesium in a chelated form will help prevent bone loss.
- Kelp is a rich source of minerals.
- An extract from the New Zealand green-lipped mussel has been used in both osteo and rheumatoid arthritis with encouraging results.
- Evening primrose oil may be beneficial in doses of 2x500gm capsules taken 4 times daily.

Home Remedies

- Sufferers of arthritis should eat as much fresh celery as possible, as it has been found to act as a neutralising agent against uric acid.
- Jarvis, author of the well known *Folk Medicine* book, suggests to take one teaspoonful of honey mixed with one teaspoon of apple cider vinegar, and to take that once in the morning and once at night. This is a remedy that has been used by thousands and have many 'miracle cures' to

its credit. It is well known that improving the digestion also improves arthritis. The apple cider vinegar would be beneficial in improving the digestive system.

- One teaspoonful of cod liver oil in a glass of milk should be drunk twice a day before meals on an empty stomach. This folk remedy has been found in university studies to make an enormous difference for arthritic sufferers, reducing cholesterol level, improving blood chemistry, reducing blood pressure, improving haemoglobin count and reducing tissue inflammation.
- Naturopath Paavo Airola suggests that one of the most successful folk-remedies for the treatment of rheumatic and arthritic conditions is the raw potato juice therapy. The potato is washed and cut into thin slices (with the skin on) and placed in a glass of water overnight. Drink the water in the morning on an empty stomach.
- A copper bracelet, popular with many arthritis sufferers, is surprisingly of proven value in the treatment of both osteo and rheumatoid arthritis. Small quantities of copper are believed to be absorbed into the skin from wearing such a bracelet and have anti-inflammatory properties.

Herbs

The following herbs have been traditionally used for the treatment of arthritis, gout, and rheumatism:

Celery seed, stinging nettle, elder flower, yarrow, meadowsweet, burdock, dandelion, liquorice root, angelica, cayenne

Celery seed and nettle have an alkalizing effect and help to eliminate excess acid in the body. Celery seed also has a diuretic effect and nettle contains essential nutrients such as iron, minerals and vitamins. Elderflower, yarrow and meadowsweet have diaphoretic and anti-inflammatory properties. Burdock and dandelion are alteratives and will help purify the blood and rid the body of excess toxins. Angelica, ginger and cayenne pepper are warming remedies, helping to stimulate circulation and have an analgesic affect.

As with any chronic ailment these herbs, or a combination of them, should be taken for several months before any noticeable effects can be expected. The herbs can be taken for an extended period as long as you have suitable breaks (eg. 3 weeks of taking the herbs, followed by a 1 week break).

Aromatherapy

The aromatherapy method of treatment for rheumatoid and osteoarthritis are similar. However osteoarthritis is less likely to be inflammatory and therefore essential oils which are predominantly analgesic and rubefacient should be used. The recommended oils for treating arthritis include:

Eliminating excess uric acid from the body: carrot seed, juniper, lemon, rosemary.

Analgesic: cajeput, clove bud, cinnamon leaf, ginger, spike lavender, marjoram (Spanish or sweet), rosemary, pine, thyme.

Anti-inflammatory: German chamomile, clove bud, everlasting, ginger, yarrow.

Circulatory stimulants: black pepper, clove bud, ginger, lemon, rosemary, pine, thyme.

These essential oils may be used in a bath, local massage or compress over the affected area. Whenever heat and warmth are applied to a stiff painful joint in the form of a bath, hot compress or warming massage, it is important to move the joint as much as possible afterwards, otherwise the heat can cause congestion which makes the symptoms worse rather than better. The following recipes may be added to 50mls of sweet almond oil for massage purposes:

Rheumatoid arthritis massage oil

German chamomile	5 drops
ginger	10 drops
juniper	5 drops
cajeput	10 drops

Osteoarthritis massage oil

black pepper	5 drops
carrot seed	5 drops
rosemary	10 drops
nutmeg	5 drops
pine	5 drops

Exercise

Exercise is an important physical therapy for the treatment of arthritis. Therapeutic exercises are designed to preserve joint motion, muscular strength and endurance. The most effective exercises are the active-assistance type. As the tolerance of the exercise increases and the activity of the disease subsides, progressive resistance exercises may be introduced. (For specific instructions on exercises contact the *Arthritis Foundation of Australia* for an instruction booklet.)

Remember that exercise should be done when:

- feeling the least tired
- the joint is least stiff
- there is the least pain

In summary, remember that arthritis affects different people in different places and ways. The treatment, therefore, needs to be adapted to suit the specific individual's needs. There may in fact not be one cause of the disease; stress, metabolic changes, long term overuse, and other inherited tendencies may all contribute. To overcome any arthritic condition, one must be committed to a holistic approach which includes diet, exercise, the use of aromatherapy, herbs and perhaps nutritional supplements which will aid in the repair and detoxification process.

Also remember that a degenerative process that has taken a lifetime to develop will not be reversed in a few weeks. However, given time, the body can begin to repair damage and if the damage to the joints is not too great, a return to normal is possible. It is not uncommon to start feeling progressively better after a few weeks if you adopt any of the treatments mentioned in this article.

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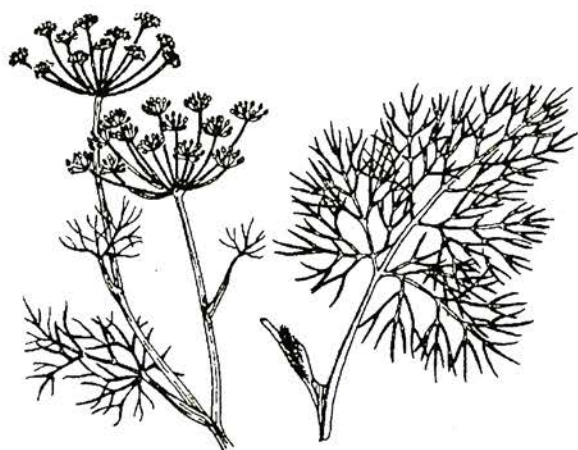
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NOTE

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Fennel

A great digestive aid



I am often asked by people if there are any herbs that can help them lose weight. Before I answer this question, I must emphasise that weight loss must be regarded as a long term strategy. Too much food, an imbalanced diet, and not enough exercise can all contribute to weight gain.

There is no doubt that herbs can be used as part of a weight loss regime, if it is used in conjunction with a good diet and regular and consistent exercise. Undoubtedly one of the herbs that has a long history of use for regulating weight is fennel.

William Cole a 17th Century herbalist affirms that:

'Both the seeds, leaves and root of garden fennel are much used in drinks and broths for those that are grown fat, to abate their unwieldiness and cause them to grow more gaunt and lank.'

Its reputation as a 'sliming herb' results from its action in stimulating and normalising the pancreas which together with the liver and gall-bladder, plays a major role in promoting metabolism, especially fats and sugars.

Herbalists recommend using fennel as a digestive aid, expectorant, eyewash and a milk promoter during breast feeding. An infusion of fennel seeds relaxes smooth muscle of the digestive tract, assisting in the relief of stomach pains, flatulence, intestinal colic and cramps.

In Italy and France, the leaves are often used for garnishes and used to add flavour to salads.

Bakers use the seeds in the bread, not only for the agreeable taste but to also satisfy the cravings of hunger on fasting days.

You can also use the bulbous part of the plant as a vegetable. Slice into your salad bowl, or steam and serve hot garnished with garlic, onions and olive oil.

Fennel seeds have been used to promote menstruation. Studies have shown that the herb has a mild oestrogenic effect. It has been shown that anethole one of the major chemical constituents of both the herb and oil has contributes to the oestrogenic properties. It is advisable not to drink fennel during pregnancy.

Some suggested uses for fennel seeds include:

- Use crushed fennel seeds in food or with caraway and aniseed to overcome even the most obstinate attacks of gas.
- Regular use of fennel tea is an old folk remedy for regulating difficult and irregular menstrual pain.
- Eat the seeds to increase milk while nursing.
- To promote the flow of urine, a herbal tea may be prepared by combining fennel seeds and juniper berries.
- Regular use of fennel tea will help to detoxify the body.
- For an eyewash, add half a teaspoon of fennel powder (made from crushed fennel seeds) to water. Strain the liquid and use it as a lotion for almost all eye problems.
- If you have a dog you should plant fennel near the kennel as it will help to keep fleas away. Fleas are repelled by its scent.

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Sandalwood

Harmonising and balancing

There are several species of trees which are referred to as sandalwood:

- ◆ *Santalum spicatum* Australian sandalwood
- ◆ *Amyris balsamifera* West Indian sandalwood
- ◆ *Santalum yassi* Fijian sandalwood

The Australian sandalwood produces an oil with a dry bitter top note and while clinical trials have confirmed the oil's antibacterial properties, Lassak, author of *Australian Medicinal Plants*, says that commercial production of the oil has ceased and it is quite unlikely to ever restart.

The West Indian sandalwood, which is no relation to *Santalum album*, is a poor substitute for the East Indian sandalwood and is mainly employed as a fixative in soaps and for cheap perfumes and cosmetics.

However it is *Santalum album*, commonly known as East Indian or Mysore sandalwood, which is the most highly prized sandalwood oil. The use of sandalwood in Indian culture dates back thousands of years. The soft scent of the wood was said to induce the calm sought by all the spiritualities of Asia.

Sandalwood is not only highly valued for its essential oil, the finely close-grained wood lends itself well to the production of high quality carvings, often being called 'botanical ivory'.

The cultivation of sandalwood is not an easy matter. The tree is a hemiparasite, which means that although it is capable of photosynthesis, it must parasitise the roots of neighbouring trees and plants for certain nutrients as it is unable to do this itself.

Nitrogen and phosphates are absorbed into the sandalwood tree by means of octopus-like roots called haustoria. Eventually the bleeding of the host results in its death. Over thirty species of trees are used to nourish this 'vampire tree', among them are clove, bamboo and guava.

To manufacture the oil, only the heartwood of trees over 25 years old should be used. If immature trees are used, not only is an inferior oil obtained, but the yield is considerably less.

The Indian government has set a standard for the production of sandalwood oil which specifies that the oil must contain a minimum of 90% santalols.

Average content of oil		
Age of tree	Oil %	Santalols
10 years	0.90	74.6%
30 years	4.00	89.2%

However, the production of the oil is even more involved. It is the heartwood of the tree and the roots which are commercially important because these contain the essential oil. Therefore once the tree has been uprooted the sapwood removed, the heartwood is cleaned and ready for use.

The demand for sandalwood is insatiable. This has led to the Indian government introducing strict controls to ensuring the viable future of commercial supplies of the oil.

The current production of sandalwood oil is approximately 1,000 tonnes per annum. This is one third of the production of 1960. The substantial decline in the production of sandalwood oil has been due to many problems such as:

- ◆ the illegal felling of young trees
- ◆ lack of replanting
- ◆ plant diseases

In most states in India, the government controls stock levels and dealers, and essential oil manufacturing requires licences thus regulating the producer of the oil.

The perfume industry uses sandalwood oil extensively. More than 80% of perfumes incorporate sandalwood oil in their composition. It is widely used for its tenacious base note, which acts as a fixative, and it has the ability to blend and harmonise with other fragrant notes.

It blends well with an extensive variety of essential oils such as bergamot, atlas cedarwood, frankincense, geranium, jasmine, lavender, lemon, myrrh, neroli, orange, palmarosa, rose, vetiver and ylang ylang.

The method of distillation consists of percolating steam under pressure through coarsely powdered sandalwood chips. The spent wood is usually used for the manufacturing of incense sticks.

Sandalwood has been used since antiquity in Ayurvedic, Malaysian and Chinese medicine. The scent was believed to remove evil spirits that caused disease.

Applied to the skin it is soothing, cooling and moisturising and primarily used for dry skin conditions caused by loss of moisture and skin inflammations. Sandalwood oil is one of the best oils to use for dry skin, and also has the advantage of being an antiseptic.

The oil is used for its gentle yet effective demulcent and astringent properties in diarrhoea, and its spasmolytic and analgesic actions in intestinal colic.

The traditional use of sandalwood oil for the treatment of urinary and venereal diseases in general is well known. The 1882 British Pharmacopoeia lists sandalwood:

The essential oil obtained from sandalwood (Santalum album) is presented for gonorrhoea.

It has however been surprising that it has not been scientifically possible to confirm its antiseptic properties in 'in vitro' tests. Perhaps it may be tempting to speculate that reaching for an outright bactericidal effect of sandalwood may be incorrect in sight of the fact that many sesquiterpenes can be effective immunostimulants. It is interesting to note that Sandalwood is predominantly made up of sesquiterpenes.

Aromatherapists use sandalwood for the treatment of venous and lymphatic congestion, and chronic bronchitis accompanied by dry coughs and throat irritations.

Its soft, balsamic woody scent is relaxing, uplifting and euphoric, which is why it is renowned as an aphrodisiac in the Orient.

Susan Fischer Rizzi has captured the character of sandalwood which she describes as:

Sandalwood's effects are slow and powerful, like an Indian elephant... sandalwood's calming, harmonising and balancing effect acts like deep, slow waves.

Valerie Ann Worwood also comments on the personality of sandalwood:

The sandalwood personality is serene and in charge of their emotions, fully aware of their direction in life... Their laid-back, philosophical attitude mistakenly leads to them being accused of detachment.

From this we begin to see sandalwood as promoting balance, enlightenment & serenity. Sandalwood allows us to remain grounded, and it may be used for reducing mental unrest, anxiety, nervous tension, irritability, aggressiveness and dwelling into the past.

According to Holmes:

It will connect us to our soul, with our intrinsic wisdom

It is therefore not surprising to find that sandalwood is popular for mediating as the oil harmonises the relation between our inner life and exterior life, between our conscious and unconscious mind.

Actions
<p>Psychological calming, centring, grounding</p>
<p>Dermal emollient (soothing and moistening), anti-inflammatory, mildly astringent</p>
<p>Physiological decongestant, respiratory demulcent, antitussive, anti-inflammatory</p>

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Five Element Blends

The perfect synergy of Chinese philosophy and pure essential oils

It has long been a goal of mine to utilise my skills and knowledge in traditional Chinese medicine with aromatherapy. Creating the five element blends has allowed me to do this. They represent the perfect synergy of Chinese philosophy and pure essential oils.

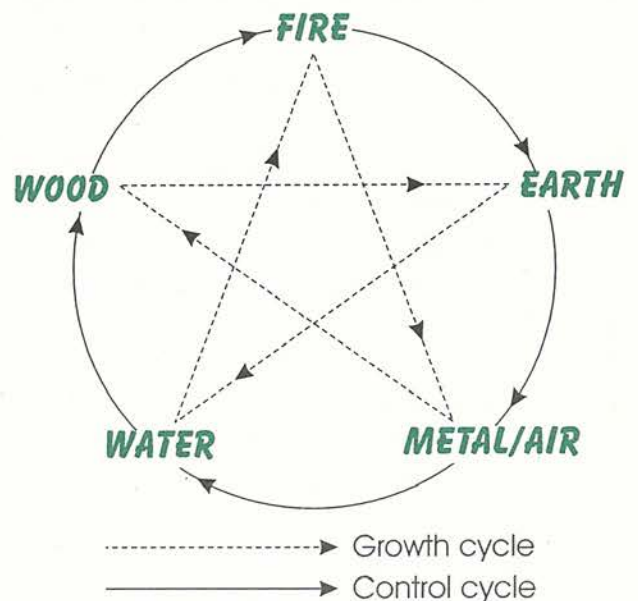
To understand the rationale used for the selection of essential oils in each of the five element blends, I will introduce you to the basic concepts of the five element principles.

The five elements are regarded as five properties inherent in all things. It is important that they be understood as processes and not as elemental building blocks. They classify all natural phenomena in terms of the five quintessential processes, represented by Wood, Fire, Earth, Metal (also referred to as Air) and Water. The five elements can be used to describe the annual cycle in terms of biological growth and development. Wood corresponds to spring, Fire to summer, Air to autumn, Water to winter, and Earth to late summer.

The theory of the five elements describes the balance and interdependence that exists between us and the environment. Its application in Chinese medicine is in classifying the tissues and organs of the body, the human emotions,

and interpreting the relationship between the physiology and pathology of the human body and the natural environment.

The diagram below shows how the five element theory can be used to describe the general processes that take place during the annual cycle. Wood fuels fire which produces earth, which produces metal, which produces water, which nourishes wood. This is known as the growth cycle.



Element	Actions	Indications	Essential oils used
Wood	Growth, activity, creativity, bursting with life, revitalising	Irritability, frustration, rigidity, fits of anger	Bourbon geranium, palmarosa, rosemary, rosewood, basil and grapefruit
Fire	Maximum state of activity, joyfulness, sensuality, sunny, expansive and outgoing	Lack of zest, joyful spontaneity or adventure, depression, bleak apathetic joyless existence	East Indian sandalwood, orange, bergamot, ylang-ylang and Atlas cedarwood
Earth	Balancing and centering, nurturing, ideal for meditation	Scattered thoughts, utter exhaustion, inability to concentrate, confused minds, no sense of self	Bergamot, patchouli, East Indian sandalwood, vetiver and Atlas cedarwood
Air	Purifying and cleansing, letting go of the past, grieving process, people who love the outdoors	Respiratory and breathing problems, sudden profound grief, unexpressed grief	Fir, spike lavender, lemon, lemon scented eucalyptus, may chang, myrtle
Water	State of rest and tranquility, serenity, will and drive	Insomnia, constantly feeling tired, fear	Lavender, Maroc chamomile, clary sage, distilled lime, petitgrain and Atlas cedarwood

Another sequence is known as the control cycle. In this sequence, each element is said to control the succeeding element.

Remember that the five element blends do not literally associate with the name of the element, but denote the related function and quality of that element. For example the Wood blend, is not made up of wood oils, the wood element denotes activity and growth and therefore essential oils such as basil, bourbon geranium, palmarosa and grapefruit have been chosen which reflect this state of activity.

The table gives you an indication of the quality of each of the blends and the essential oils used. You may select a Five Element blend according to the information provided on the table, or simply to enjoy the harmony and balance of each blend. These essential oil blends may be used in a vaporiser, added to massage oils or added to a bath.

As usual it is not advisable to apply any pure essential oil to the skin. If you wish to use the five element blends as a perfume, I recommend that you use a cold pressed oil such as jojoba or the 'Perfect Potion Perfume Base' as a base.

Issue No. 3 of the Perfect Potion Aromatherapy Newsletter will be available in early December.

Sandalwood Massage Oil

If you are looking for a soft and subtle exotic massage oil which can be used to relieve tension and promote a sense of wellbeing and balance, reduce anxiety, irritability and mental unrest, then try Sandalwood Massage Oil.

East Indian sandalwood essential oil has been combined with Atlas cedarwood and sweet orange essential oils in a cold pressed vegetable oil.

BACH FLOWER STOCK REMEDIES

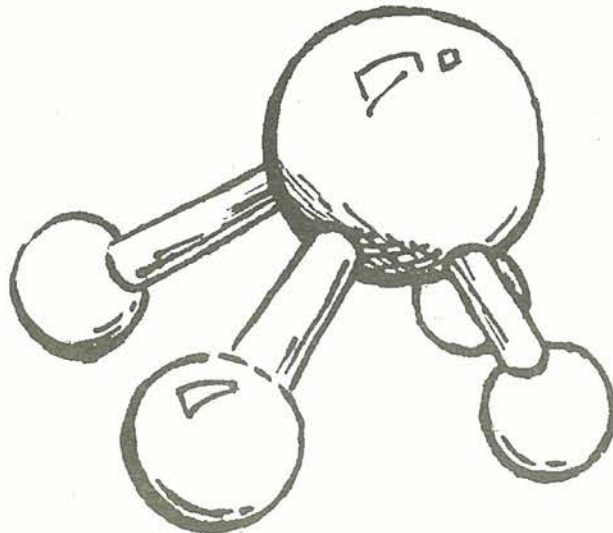
The Perfect Potion carries the entire range of Bach Flower remedies listed on page 3 of this newsletter.

The cost of a 10ml Stock Remedy bottle is \$15.45.

Wooden Fingers

NEW!!

This unique wooden massage accessory is a great tool for getting into those tight spots. It looks good, is very functional, and feels great. These wooden fingers are an ideal gift idea. They are locally crafted in Queensland by Dino.



The book we have all been waiting for...

The Complete Guide to Aromatherapy

by
Salvatore Battaglia

Published by *The Perfect Potion*; 500 pages rrp \$49.50

The modern holistic aromatherapist needs to be a multi-disciplined practitioner with skills in remedial therapies, counselling, chemistry, botany, pharmacology, physiology, anatomy and pathophysiology. This is the first time a book on aromatherapy has been published specifically for people with a serious interest in aromatherapy or for the health professional working in the field of aromatherapy.

The Complete Guide to Aromatherapy addresses the complete spectrum of skills required for aromatherapy and is the most comprehensive book ever published on aromatherapy. All information is readily accessed through a well designed structure which includes two comprehensive indexes, a variety of appendices and 29 chapters:

- ◆ Introduction to Aromatherapy
- ◆ History of Aromatherapy
- ◆ What are Essential Oils?
- ◆ Methods of Essential Oil Extraction
- ◆ Quality Control and Assurance
- ◆ Research
- ◆ Essential Oil Chemistry
- ◆ Pharmacology of Essential Oils
- ◆ The Biology and Psychology of Essential Oil
- ◆ Pharmacokinetics
- ◆ Essential Oil Safety
- ◆ The Essential Oils
- ◆ Carrier Oils
- ◆ Hazardous Essential Oils
- ◆ Requirements for Professional Practice
- ◆ The Consultation
- ◆ Guidelines to Prescribing
- ◆ Methods of Administration
- ◆ The Aromatherapy Massage
- ◆ Circulatory System
- ◆ Respiratory System
- ◆ Musculoskeletal System
- ◆ Reproductive System
- ◆ Integumentary System
- ◆ Nervous System
- ◆ Lymphatic System
- ◆ Immune System
- ◆ Digestion System
- ◆ Aromatherapy Skin Care

The Complete Guide to Aromatherapy is written for everyone who needs to be thoroughly familiar with the art and science of aromatherapy, whether it be for personal use, for the student of aromatherapy, the professional aromatherapist, pharmacist, nurse or doctor.

Book reviews ...

This issue reviews some of our more popular Bach Flower books.

Heal Thyself

by Dr Edward Bach

The C.W Daniel Company Limited. England.

56 pages, rrp \$8.95

This book was written by Doctor Bach the founder of the Bach flower remedies in 1931, and has been reprinted at least 30 times since then. While it does not discuss the individual flower remedies, it does give an explanation to the real cause and cure of disease. The holistic principles detailed in this book have been a catalyst in my career, inspiring me to pursue my studies in natural healing, and I always recommend that anyone who wishes to understand these holistic principles read this book.

The Bach Flowers Today

by Mark Wells

Autonomy Books, Australia. 1993.

99 pages, rrp \$14.95

A great book written by Australian naturopath, Mark Wells who clearly presents information on the Bach flower remedies, their origin, how they work, how they are made, how long to use them and much much more. He discusses how Bach flowers can be used to address today's modern stresses and problems. He also looks at the possible physical manifestations which may result from a negative emotional or spiritual state for which a Bach flower may be helpful.

Bach Flower Questions and Answers

by John Ramsell

The C.W Daniel Company Limited. England.

127 pages, rrp \$12.95

This book explains the basic principles of the Bach flower remedies in a simple question and answer format. It provides general information on how the Bach flowers are made, how to prepare them for use, how to select the most appropriate remedy, and treatment for many problems and conditions eg pregnancy, babies, children, animals and plants. An excellent practical book for anyone wishing to use the Bach flowers.

LETTERS

We would like to thank you sincerely for your support and all your encouraging and uplifting comments, regarding the newsletter. If you have any comments, any questions, great ideas, recipes that you would like to share with everyone else, please let us know so that we can publish them in the newsletter.

A while ago we received a letter from the staff at Alma Park Zoo telling us about their success using a Bach Flower Remedy that The Perfect Potion had prepared for their bears BoBo and GiGi.

To The Perfect Potion...

I just wanted to write a short note on behalf of BoBo and GiGi Bear at Alma Park Zoo who would like to thank you for helping them with your Bach Flower Remedies.

We have noticed that both BoBo and GiGi Bear have gone through some changes in their day to day life. They are both a lot more active, have been doing some different activities during the day and BoBo has stopped 'plucking' GiGi's fur out and she has grown a lovely new full coat of fur.

I greatly appreciate your help and wanted to let you know how successful the remedy was. I am thrilled that we were able to successfully treat the bears in this manner and would love to see more natural treatments for animals in the future.

I have enclosed a photo of BoBo for you with his thanks.

All the Best
Alma Park Zoo



The photo of BoBo and the letter from Alma Park Zoo was posted on the wall next to the Bach Flower section of our shop in Brisbane, and did we hear some wonderful comments. The funniest was a comment made by a customer to her friend about the Bach Flowers after having read the letter:

'If these flower remedies work for a bear, I'm sure they will work for my husband.'

If you want to see BoBo and GiGi Bear, Alma Park Zoo is opened from 9am-5pm seven days a week on Alma road at Kallangur [Ph: (07) 3204 6566].

'Thanks - Sal & Everyone. The newsletter is wonderful!'

Jenni Everist

'I would like to congratulate you on your first newsletter fact sheets. I was highly impressed with the quality of content and production.'

Maria Philippi

'Thank you for your newsletter ... I find as a mother, a teacher and co-director of our company I enjoy the use of fragrances - whether in your wonderful soaps, or my oil burner and candles. It means relaxation and de-stressing for me to be surrounded by these things!! Best wishes for the success of your venture.'

Sue Knudsen

'Congratulations on the newsletter! Keep up the good work'

Annette Bradford

'...Just a short note to say thanks for your letter and book which I received in the mail. Also I had the pleasure of meeting Salvatore and his wife while they were here, it gave me the chance to pick his brain just a little.

I would also like to add that the staff here at The Perfect Potion, Shaw's Arcade, Townsville could not be more helpful than they already are, only wish I could have them here with me in my kitchen but it's not possible, what a shame.'

Janet Hardy

'...Congratulations on the newsletter. It is excellent. I'm looking forward to future issues.'

Julie Graefes

Modern Trends in Aromatherapy

A one day seminar and workshop for everyone interested in aromatherapy

For people with a passionate interest in aromatherapy, or the health professional working in the field of aromatherapy, this seminar is an ideal opportunity to upgrade your skills and knowledge. Salvatore has recently returned from the Aroma '95 conference and is looking forward to sharing with you information on the latest trends in aromatherapy.

There is an ever-increasing amount of scientific research on essential oils and much of this will be presented at the seminar. Very important issues will be raised such as essential oil safety. New information on phototoxicity, neurotoxicity, reproductive toxicity and carcinogenesis will be presented. Characterology of essential oils presents new concepts in aromatherapy in which the individual essential oils are characterised to human personality types.

The Zen of blending will expand your creative olfactory horizons. Topics include, balancing therapeutic properties, aesthetic impact of a blend and listening through your nose. After the introduction, participants will make a blend to be taken home. This will be a playful experience to end the day. Materials for blending will be provided.

Programme

9:00 am Registration
9:30 am Aroma 95 update
10:45 am Morning tea
10:05 am Vital facts on the safety of essential oils
12:00 pm Lunch break
1:00 pm New pharmacological studies on essential oils
2:00 pm Characterology of essential oils
3:00 pm Afternoon tea
3:20 pm The Zen of Blending
4:30 pm Close of the day
5:00 pm *The Complete Guide to Aromatherapy* Book Launch

Presenter:	Salvatore Battaglia
When:	Brisbane 18th November 1995 Townsville 12th November 1995
Where:	Brisbane: The Perfect Potion Training Centre Townsville: Townsville Travelodge
Your investment:	The fee for the day is: Cost \$75.00 (Newsletter subscribers only \$50.00)
What to bring:	Yourself. Participants will be supplied with notes. Morning, afternoon tea, and lunch will be provided. Essential oils for the practical workshop on blending will also be provided.
How to enrol:	Please complete enrolment form provided in this newsletter and return with payment to: The Perfect Potion, PO Box 273, Zillmere Qld 4034 or hand it to our staff at either the Brisbane or Townsville shop or fax with credit card details to (07) 3865 1483.

Please call (07) 3216 2263 for details if the application form has fallen out of the newsletter.

Exclusive Offer Order Form

To take advantage of our exclusive special offer, we ask you to please use the order form below and drop it into our shop or simply return it to us by mail with your cheque, money order or credit card details. For a speedy service you are welcome to phone or fax your order through on (07) 3210 0809.

This exclusive offer is available only to subscribers of *The Perfect Potion Aromatherapy Newsletter*, and only for the months of October and November 1995.

Product	Size	Normal Price	Discount Price	Order Quantity	Order Value
Fire Essential Oil Blend	15mL	\$9.95	\$7.95		
Earth Essential Oil Blend	15mL	\$9.95	\$7.95		
Air Essential Oil Blend	15mL	\$9.95	\$7.95		
Water Essential Oil Blend	15mL	\$9.95	\$7.95		
Wood Essential Oil Blend	15mL	\$9.95	\$7.95		
Wooden Fingers		\$13.50	\$12.00		
Sandalwood Massage Oil	100mL	\$8.90	\$7.10		
Any Bach Flower book			10% off		
The Complete Guide to Aromatherapy		\$49.50	\$39.50		
Your Name:			Sub Total		
Postal Address:			Postage		\$6.00
..... Postcode			TOTAL ORDER VALUE		

How to Join

I wish to subscribe to the Perfect Potion Aromatherapy Newsletter.

By sending \$25.00 to the Perfect Potion with your details as requested on the application form provided below, you will be entered onto our exclusive subscriber list. The \$25.00 will cover one year's membership (six issues).

Name:

Address:

..... Post Code:

Home Phone: Work Phone:

Method of payment

Cheque/Money Order for \$ made out to The Perfect Potion

Please debit my Bankcard Mastercard Visa

Card Number: _____ Expiry Date: ____/____/____

Signature: