

ISSUE No. 1

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AROMATHERAPY

NEWSLETTER

FROM THE EDITOR

Dear Friends,

WELCOME TO THE AROMATHERAPY NEWSLETTER

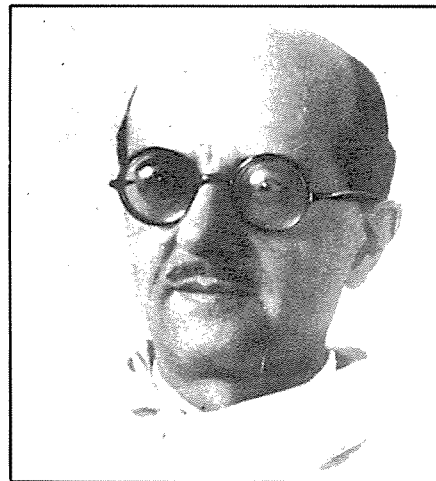
It is with great pleasure that I bring you the first of many interesting and informative newsletters on Aromatherapy.

The word Aromatherapy is 53 years old and was coined by Rene-Maurice Gattefosse, a French cosmetic chemist and perfumer, who published a book in 1937 entitled 'Aromatherapie'. The use of essential oils is centuries old but it was Gattefosse who highlighted two important aspects of essential oils — the antiseptic powers and their skin permeability.

Essential oils possess numerous properties which make them useful for treating many of our most common health and beauty problems. A large number of pure essential oils have natural anti bacterial and antiseptic properties. Dr Jean Valnet a French medical expert on aromatherapy writes at length about some of the remarkable feats that essential oils can perform. He says that a simple solution of thyme essential oil of only 5% of the oil can kill dysentery bacillus in two minutes.

Plant essences offer a wide range of therapeutic properties. Lavender soothes and calms; rosemary stimulates; juniper detoxifies; tea tree speeds wound healing; eucalyptus relieves asthma and fennel regulate hormones, just to name a few.

This issue and future issues will inform you on the many applications of aromatherapy and the use of essential oils.



René-Maurice Gattefosse, 1881-1950.

Topics to be covered will include the use of essential oils for natural healing; the safe application of essential oils, the use of essential oils in perfumery and skin care. We look at current research on the psycho-therapeutic uses of aromatherapy and how essential oils and fragrances affect memory and emotion.

In this issue we look at how you can shake off the common cold. We discuss a wholistic approach to the treatment of arthritis and how we can use essential oils to help relieve the pain and inflammation.

All these topics and more will be very worth while. I hope you enjoy it!

Regards,

Salvatore Battaglia
Salvatore Battaglia.

ARTHRITIS AND RHEUMATISM: A Wholistic Approach

Arthritis is a disease of imbalanced body chemistry. Basically the body is not eliminating uric acid efficiently. This may be caused by many factors such as stress, which may reduce our body's ability to eliminate toxins, or incorrect diet giving the body more toxins to deal with.

In arthritis, uric acid is deposited as crystals in joint spaces, causing inflammation, pain, stiffness, loss of mobility and eventually damaging the joints. The joints affected are often those which have been heavily used, for example in sports, dance, and physically demanding jobs. Any site of early injury may become a vulnerable joint. In gout, a form of arthritis, the joints of the toes are most commonly affected. Attacks are intensely painful, with acute inflammation of the joints.

Rheumatoid arthritis may often be caused by infection — possibly by a virus — but recent evidence suggests that a form of auto-immunity is involved, i.e., that the sufferer has an allergic reaction to some of his or her own body tissues.

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

Natural therapies, particularly aromatherapy aims at altering the body chemistry. Firstly the toxic build up has to be eliminated, and then new accumulations of uric acid must be prevented. Circulation to the affected joints must also be improved, both to drain off the wastes and to improve the supply of nutrients to the affected area.

The essential oils can be used in a variety of ways to achieve these results. Detoxifying oils, such as cypress, fennel, juniper and lemon can be used in a bath or massaged into the affected area in a vegetable oil base. Pain relieving oils such as cajeput, chamomile, eucalyptus, lavender, rosemary and wintergreen are used in a bath, local massage or compresses on the affected area, and local circulation can be improved by using oils such as black pepper, ginger and marjoram. When ever

heat is applied to a painful stiff joint in the form of bath, hot compress or warming massage, it is very important to move the joint as much as possible immediately afterwards, otherwise the heat can cause congestion which will make the symptoms worse rather than better.

Gentle exercise is also recommended. Dietary advice is an important part of the overall effective treatment. A cleansing diet is important for the elimination of toxins. A restrictive diet is also recommended until pain and inflammation are reduced. This means eliminating red meat, coffee, tea, alcohol, and refined foods.

If the arthritis is long standing it will not be possible to undo the extensive damage that has occurred to the joint surfaces, but in all cases pain can be reduced a great deal, mobility improved and further damage prevented.

BOOK REVIEW

AROMANTICS by Valerie Worwood. UK: Pan \$15.95

The promise of Aromantics is to add zest, romance and fun to your life with nature's quintessential oils. Valerie Worwood writes authoritatively and enthusiastically about the important role essential oils can play in enhancing well being and self confidence, and creating a balance of body and mind.

This highly original book is about sensuality, seduction and sex, even attracting a partner through the use of essential oils. Her book adds a new fun dimension to the use of aromatherapy in the broadest sense.

*All books and products reviewed are available from:-
THE GARDEN PARTY, P.O. BOX 273, ZILLMERE, QLD. 4034
TELEPHONE: (07) 265 1641.*

COUGHS, WHEEZES AND RUNNY NOSES

With winter here most of us will unfortunately suffer at some stage from a cold, cough, or flu.

I would like to highlight why we may become ill in the first place before looking at the preventative measures we can take and look at the role of essential oils in the treatment of the common cold.

There are two main theories why we catch a cold, Moral theory and the Viral theory. The Moral theory is based on the fact that there is a higher incidence of colds in winter. It holds that the common cold is related to exposure to inclement weather. This theory is a favourite of mothers and grandmothers, arguing that a child catches a cold when they are not warm enough or exposed to cold winds.

The Viral theory, states that colds are caused by one of the 100 or more viruses that exist. The viral theory maintains that you will catch a cold if you are exposed to somebody who is coughing and sneezing next to you even if you are kept warm.

I feel that each of these theories or a combination of these theories is correct. There is no doubt that colds are caused by viral infections and that viruses are transmitted through the air by people coughing and sneezing. But it is also true that exposure to cold weather may lower the body's resistance to the viruses and bacteria.

So what can we do if we get a cold. Until now antibiotics have played a vital role in the treatment of colds and flu, however more and more doctors are concerned that they are losing the battle of the bug using antibiotics. Ever since the advent of antibiotics in 1935, bacteria has been fighting back.

This means that we now have strains of bacteria which are totally resistant to antibiotics.

Now essential oils come to the rescue. Not only do essential oils such as Eucalyptus, Tea Tree and many other oils actually help stimulate the body's own immune system, bacteria can not develop immunity to the essential oils.

Essential oils can play a vital role in reducing the discomfort of a cold or cough. They can be used as an inhalation or in a bath. A steam inhalation with the appropriate oils can combine several beneficial effects:

To Expel Mucous:

Aniseed, basil, cedarwood, fennel, sandalwood.

To Clear The Nasal Passage:

Peppermint, pine, camphor, eucalyptus.

Soothe Inflamed Mucous Membranes:

Cedarwood, sandalwood, eucalyptus, frankincense.

Kill Bacteria:

Most essential oils to some extent, eucalyptus and tea tree especially.

Stimulating Body's Immune System:

Lemon, garlic, eucalyptus.

Reducing Fever:

Basil, camphor, peppermint, eucalyptus.

Warming The Body:

Ginger, black pepper.

Remember, this should be included as part of a wholistic treatment which may include warm herbal beverages such as peppermint, sage, etc. Some other tips to remember include:

1. Maintain a high level of humidity especially if troubled with a croupy cough or difficult nasal breathing.
2. Make sure you replace the fluids lost from coughing, sneezing and perspiring. Try to drink at least a glass of water or fluid every hour.
3. Get plenty of rest.
4. A balanced diet rich in nutrients and vitamins is important.

Remember that the essential oils can be safely taken in conjunction with orthodox drug treatment.

PRODUCT REVIEW

BREATH EASY OIL

Breathe Easy Oil is a concentrated blend of essential oils such as cedarwood, eucalyptus, frankincense, ginger, lemon, peppermint, pine, tea tree and thyme. It is invaluable for the relief of most respiratory problems such as asthma, bronchitis, coughs, throat infections and colds.

It can be used in a steam inhalation, oil burner, or simply sprinkle a few drops on your pillow or handkerchief, or massage a few drops onto your chest.

Breathe Easy Oil and other essential oils are available from any Garden Party outlet or may be obtained by calling

(0 7) 2 6 5 1 6 4 1 .

PERFUME PSYCHOLOGY — The Magical Pheromones

In the animal kingdom scent plays a vital role in survival. Pheromones which are odoriferous hormone like chemicals produced by humans and animals are used to identify, attract and in animals to mark territory. Human pheromones are chemically similar to hormones secreted by the endocrine glands which circulate in the blood to bring about all kinds of physical changes, but they are manufactured by the apocrine glands dotted around the body. We all emit pheromones which radiate into the air around us and are detected by other people who are quite unaware of the effect.

The habits of primitive man reveal that they used their sense of smell far more than we do today. American Indians would sniff the ground to find out whether other people had passed that way. It has now been found that there are apocrine glands which secrete pheromones from the soles of our feet and that these scents are known to linger on the soil for as long as fifteen days.

Perhaps the reason we have moved away from our sense of smell is because we associate sniffing with animal behaviour. We are, however, discovering that pheromones play an important role in our lives and there is much evidence that suggests smell acts as a message that alters our behavioural pattern. Research has found that men and women are sexually responsive to each others pheromones.

Generally speaking the pheromones produced by men have a musky aroma, a woman's is similar but usually subtler and perhaps rather sweeter. A woman's pheromones vary during her monthly cycle and man is most receptive and attracted to her smell at the time of ovulation. A woman's sensitivity to a man's pheromones also fluctuate with her sex hormones and her sense of smell becomes dulled from about two days after conception until the 3rd month of pregnancy.

Next issue we continue our discussion on pheromones and how certain fragrance can mimic pheromones.

WE THOUGHT YOU WOULD LIKE TO KNOW ...

LEMON FRAGRANCE INCREASES OFFICE EFFICIENCY

In Japan essential oils are being compressed into a fine mist and then injected into the living or work places. One bank found that punching errors of computer operators fell by 20% under the influence of lavender, 33% with jasmine and 54% when a lemon fragrance was diffused into the air.

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LAVENDER BEATS BENZODIAZEPINES

Two Oxford hospitals in England are making use of lavender and other essential oils in place of minor tranquillisers. Most patients treated with essential oils of lavender and marjoram seem to get off to sleep just as easily, if not better than those being prescribed analgesic drugs.

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SCENTS ARE WASTE PRODUCTS OF PLANTS AND ANIMALS

Indole is a perfect example; it is a predominant smell of faeces and putrifying animal tissue, yet in high dilution it is present in flowers such as jasmine, jonquil and lily. It is not surprising that such flowers and others with a high indole note may be oppressive to some people in closed spaces, even causing headaches and nausea.

Scents & Sensuality by Max Lake.

NEXT ISSUE we look at bannishing cellulite forever, natural skin care using essential oils, a look at the chemistry of essential oils and many more interesting articles on aromatherapy.

EDITORS NOTE: The articles contained in the Aromatherapy Newsletter are not intended as medical advice, but for general information only.

For additional copies of this newsletter please write to:-

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TELEPHONE: (07) 265 1641**