

Topic:

Moving through inflammation with Aromatherapy

Connection to nature is vital. Connection to the Self is of equal importance. These two factors can provide for the homeostasis of a human being.

Aromatherapy is a healing modality that transcends the superficial layer to work on the subtle & spiritual needs that reside within us; Because of this we can have great efficacy in alleviating problems with a person's health.

Disease associated with inflammation is a major problem throughout the world.

The inflammatory process is required as a part of the healing mechanism of the body, but often the inflammation is prolonged and in some cases continues without release.

I wish to investigate the inflammatory process of the body, and how we can best support this process of innate healing.

I suggest to move through inflammatory based conditions one must be truly aligned with their soul path; and accordingly the behaviours of an individual which are influenced by the emotions, and the mental, be cleansed and fortified.

I suggest that aromatherapy, and a lifestyle incorporating it on a daily basis is a highly effective way of doing this: I believe we can truly heal, move through inflammation, and be free of disease with the healing intelligence of nature.

Aromatherapy for healing:

*As we have moved further away from plants, as time has passed & loved less, a tendency for disease has increased.
This can be reversed by reconnecting.*

Essential oils are highly complex aromatic substances that work perfectly in their natural state, they are powerful and require true respect in order to yield their potential.

They work to heal the physical, the emotional, the mental and the spirit.

They're supportive to all of the systems within body and enable them to work harmoniously – they have great power to bring homeostasis to an individual.

Their actions are synergistic meaning all of their components act together to facilitate a critical engagement of healing action in the body. This process involves a series of internal communications via signalling; by-passing the cerebral cortex and going directly to the limbic system of the brain, then to the hypothalamus, then to major glands of the brain. From here signals then register with the autonomic nervous system (ANS)^d.

We understand this communication is responsible for much of the internal processes of healing & to restore homeostasis to an individual.

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Aromatherapy is the use of plant extracts given to the body in a mode of application to allow the body to take in the essence of the plant, and its powerful medicinal and energetic components.

Aromatherapy has been used since the beginning of time and essential oils are the essences of plants that are used in aromatherapy to heal, protect and beautify.

Essential oils are highly aromatic, complex, mixtures of natural chemical constituents derived through extracting a particular plant species'; part or combination of parts resulting in an oil. They are volatile, lipophilic^d, medicinal, therapeutic and supporting to all of the human body's major systems.

There are hundreds of aromatic plants that are currently used to make essential oils. They come in the form of grasses, flowers and tree's. The fruits, needles, stems, twigs, leaves roots and bark are used sometimes in a combination from the same plant. Each plant is has its own unique characteristics of therapeutic and medicinal properties, and personalities. Essential oils are released during the extraction process, they are located in the intercellular spaces, single or multi-celled protuberances^d, secretory reservoirs^d, and resin canals^d of the plant.

Secondary metabolites are very special substances that are a component of an essential oil. Secondary metabolites are a plants response to their environment for their protection and their health, it is an adaptive immunity.

As plants do not have an immune system as such like humans do, they develop specific substances to live and flourish in the adversity of their conditions. This could ward off attacks from insects, or to give them protection from the harshness of their local environment. Many of these wonderful substances or secondary metabolites provide specific healing to the human body.

Therapeutic effects of essential oils include:

- Support and engagement to major systems of the body; circulatory, digestive, eliminatory, respiratory, reproductive, lymphatic, endocrine, muscular, and skeletal.
- Emotional aid and mental work; uplifting depression, relieving anxiety, aid in strengthening the will, assisting in the development of courage and strength, mood support, providing a clearer view, happiness, focus, relaxation, grounding, clearing, and more.

Medicinal properties include:

- Antibacterial, antimicrobial, antiviral, anti-infectious, fungicidal, anti-neuralgic^d, hormone stimulating, detoxifying, analgesic^d, anti-catarrh^d, nervine^d, stimulant, sedative, diuretic^d, anti-venomous, anti-inflammatory, anti-cancer, and more.

The specific compounds within essential oils are various arrangements of: terpenes (and their sub categories), esters, aldehydes, ketones, alcohols, phenols, and oxides.

Inflammation and disease:

Inflammation, the response

Inflammation is the body's response to noxious stimuli present to it. Stimuli can come as biological, chemical, or physical in form. On detection an immunological response^d is engaged sort to remove the foreign matter in a wonderfully clever and complex series of events we do not completely understand, but we do know enough to act in a supportive manner by reducing the stressors and giving support to the removal process. The overall objective of the inflammatory process is to bring the body back to a state of homeostasis^d: it is complex and necessary.

In the acute phase of inflammation, cells of the immune system^d migrate to the site of injury facilitated by soluble mediators such as; cytokines, chemokines, and acute-phase proteins. Depending on the degree of injury, this acute phase may be sufficient to resolve the damage and initiate healing process. This process is carefully orchestrated and managed by the innate healing mechanism of the body, the immune system is greatly involved in this.

A persistence in inflammation without a return to normal cell function in a localised area of the body induces stress and leads to a more major imbalance.

The persistence of an inflammatory condition is by either; prolonged exposure to stimulation or inappropriate reaction against self-molecules. This can lead to the chronic phase in which tissue damage and fibrosis^d occur.

Chronic inflammation leads to numerous diseases of the body such as; arthritis, asthma, autoimmune disease, atherosclerosis, diabetes, cancer, thrombosis, conditions of ageing such as sore joints and fatigue, bone deterioration, brain deterioration, Parkinson's disease, dementia, Alzheimer's disease, heart attack, stroke, and more.

It is now clear that inflammation can also be induced by tissue stress and malfunction in the absence of infection or overt tissue damage. Low-grade inflammation occurs when changes from the optimal internal environment lead to stressed cells. Such deviations are recognised by macrophages^d, dendritic cells^d, and a variety of sentinel cells that monitor tissue homeostasis. It has recently been found that innate lymphoid cells also play a role in assuring tissue homeostasis.

Presently, we are noticing a high incidence of chronic low-grade inflammation and this is quite serious because whilst not displaying the immediate strong effects of a more severe incidence of inflammation, the fact is that it is chronic, and it is causing tissue damage to the body.

If unresolved the prolongation can escalate to serious illness and disease. We understand poor health and negative lifestyle conditions attribute to chronic low-grade inflammation, yet there is an increase in environmental stressors today that are adding burden to the immune system for the removal of toxins from the body, for return to homeostasis.

Hypercoagulation of the blood

The inflammatory process is a complex mechanism sought to bring the body back to a state of homeostasis. In some cases however, it is unable to do so and thus the primary sequences of inflammation are continued because the body has not been able to achieve enough progress in the repair to move on to the next stage.

A weakened immune system is a cause, and a lack of supportive care is another. The inflammatory process is complex, but by understanding the responsibilities the lymphatic system, the spleen and the liver hold in function to the immune system we can look

to provide the best support possible, in-order to complete the inflammatory cycle and return to cell-normalisation. It is straight forward and innate.

The state of hypercoagulation is often evident in cases of inflammation.

Hypercoagulation is the increased tendency of the blood to form fibrin fibres and clots. These are obstructive, and in some cases of injury necessary to seal wounds. This tendency of excessive clot formation is called thrombophilia or thromboembolic disease.

A result of this excessive tendency can be infarction or tissue death from blocked blood supply.

Clots in the lungs are called pulmonary embolism, in the heart it causes a heart attack, in the brain it can cause stroke, in leg ulcers and deep vein thrombosis.

Evident in milder cases of hypercoagulation of the blood, are increased amounts of fibrins and tiny clots in capillaries. On the surface they display as small pinhead red or brown spots on the abdomen or as capillary spiders. This may seem minor however internally they are in the brain, the bone marrow, the muscles. The fibrin's build up to become obstructions in the blood vessels, this is restrictive to blood movement.

If the fibrins are not removed from the body they accumulate as deposits and the potential for inflammatory disease increases. The brain, organs, muscles and cellular energy production are all affected from this state.

The eyes and ears are especially sensitive to these obstructions in the blood circulatory system. Research has found that metastasis of cancers are dependent on hypercoagulation. It has also been found that patients with the corona virus display blood with a excessive coagulation state.

Fibrin is a sticky protein fiber. It cross-links to make platelets stick together and form clots for sealing wounds and to stop bleeding. Fibrin will also start to cross-link with non-bleeding inflammations are present. This is true with cardiovascular disease. This inflammation is most commonly triggered by microbes and toxins in the blood.

The result of the excess cross-linking is micro-clots that block blood flow in capillaries and it also sticks to the walls of blood vessels and narrows their openings; blood cells clump together, hence the term of sticky blood is used here. This can cause the clogging of arteries, and a common factor to high blood pressure.

Aggregation of erythrocytes are indicative of this clumping, and can be seen with live blood analysis.

Clumped blood does not flow freely like healthy blood, and cannot move through capillaries, organs are then starved of nutrients.

When injury or tissue abnormality is detected, the body releases a protein in a web like formation which is sort to isolate the area, stopping bleeding and allowing for the frame work of new tissue growth, this is the objective of fibrin release.

However an excess of hypercoagulation is a problem, and if the body is not having efficacy of its essential utilities, and is starved of nutrients, it is not able to move further in healing. This leads to a coagulation cascade.

Enzymes are required to break-down fibrin and scar tissue for cell-normalisation. These enzymes are mostly produced by the liver.

A relationship between the liver and the lymphatic system is required for the nutrient delivery, blood cleaning, and removal of the waste. It is strongly probable that a hypercoagulation cascade can be avoided by decongesting the lymphatic system, adequate lymphatic flow, and providing support to the liver. By way of this the body has use of the resources it needs to proceed to the next stage of healing, this is strengthening the immune response.

Body systems:

The lymphatic system, the limbic part of the brain, the liver, and the spleen contribute greatly to the innate healing mechanism of the body, they are all involved in inflammatory conditions.

The Lymphatic System

The lymphatic system (LS) is a vital part of the immune system. The LS is a network of superficial and deep vessels. Approximately 75% start from the thoracic duct, and expand outwards to cover the body, the remaining extend from the right subclavian vein.

The LS carries lymph. The thymus, spleen, tonsils, appendix, peyer's patches (located in the small intestine) and bone marrow are part of the lymphatic system. The LS network extends from 2 main branches. One, from the thoracic duct extends outward to cover the majority of the body, this part of the LS network drains to the left subclavian vein. The other network branches direct from the right subclavian vein, out to cover the upper right side of the body, independent of the other.

Both eventually drain the lymph to these veins, it is the way lymph returns to the bloodstream.

Lymphatic vessels often have valves ensuring the lymph moves in one direction; toward the heart.

The major vessel agglomeration is central on the body. Vessels most often run parallel to veins, with a greater concentration at organs sites.

Lymph is a clear fluid, and it is derived from interstitial fluid within the body. The fluid diffuses through capillary walls and into cellular spaces, it is drained and passes into lymphatic vessels becoming lymph. Most of the fluid is reabsorbed into capillaries, the rest is drained into the lymphatic vessels. The LS returns the lymph to the veins after adequate process has occurred.

Lymph contains:

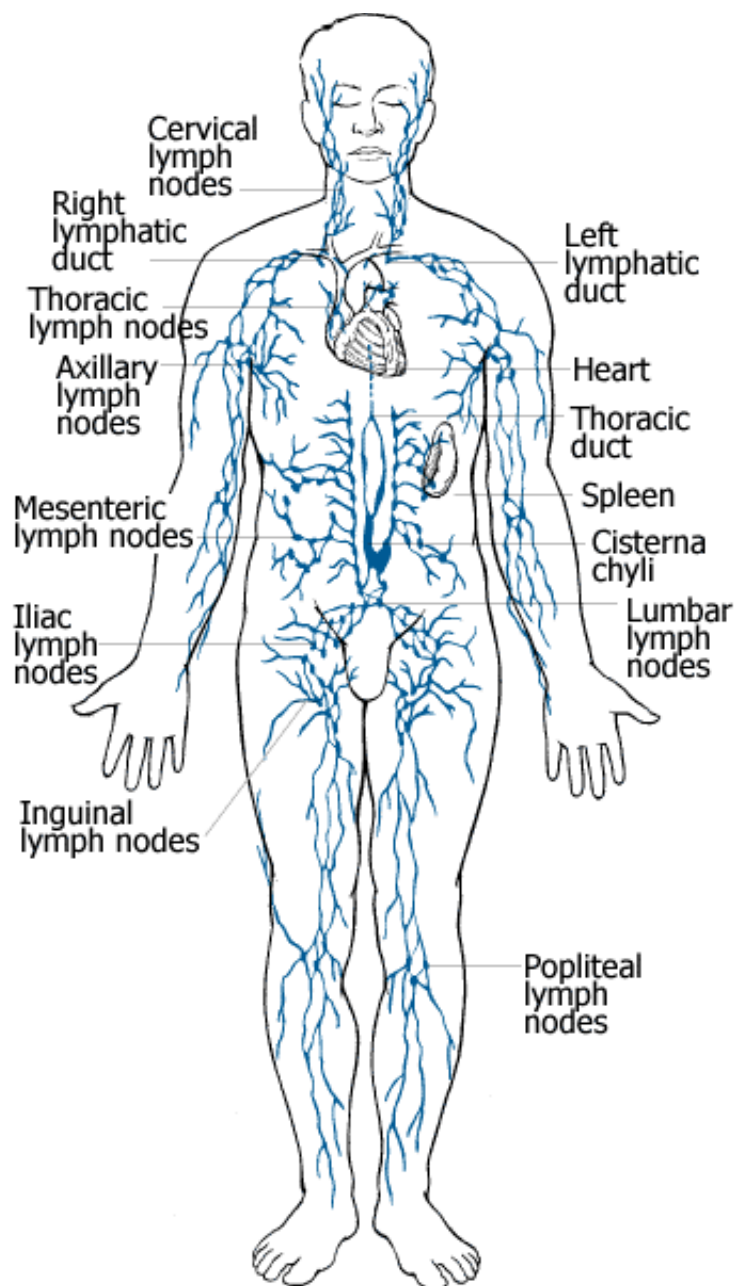
- Oxygen, proteins, minerals, nutrients, and other substances, providing nourishment to tissues.
- Damaged cells, cancer cells, and foreign stimuli (this includes harmful bacteria, viruses and foreign matter), which have entered into the tissue fluid.

Lymphatic nodes (LN) are positioned at the intersecting points of the vessel structure. All lymph passes through these nodes.

LN are clustered in areas where lymphatic vessels branch off, such as the arm pits, the neck and the groin.

LN are specialised filtering stations and they work cleverly to remove the foreign and noxious stimuli that is in the lymph.

Lymphatic System



Lymphatic nodes produce a number of special white blood cells these are named: T cells, B cells, dendritic cells, macrophages and lymphocytes. These special cells work to engulf and destroy the: damaged cells, cancer cells and noxious stimuli. The resulting waste is sent for removal from the body.

The lymph nodes are collection centres for lymph. All lymphatic fluid passes through the nodes.

They filter the damaged cells, cancer cells, and the foreign stimuli from the lymph for removal from the body.

The LS is open-looped. It does not have a pump to move the fluid, differing to the vascular system.

Accordingly the lymphatic system requires our movement to stimulate the flow of lymph throughout the body and it does so in the following ways;

Actions creating for lymphatic flow in the body:

With each of the specific physical body actions we can notice an attributing emotional and subtle movement.

-Muscle movement - *movement, physical activity, the progression of an individual on their soul path.*

-Pulsation of the arteries - *activation, commitment.*

-Movement of diaphragmatic breathing - *the heart, opening up.*

-Peristaltic movement of the intestines - *engaging the lower abdominals and the bandhas^d, might, going forward.*

-Compression of the skin from the outside - *hot and cold, bathing, massage, self care practices, love.*

In the event when the lymph nodes and liver are unable to cope with the toxins present in the body, toxins are diverted and can move through-out mucus membranes and other emergency elimination sites. This is a common condition known as catarrh or inflammation of the mucus membranes. This is the cause of every form of inflammation or 'itis'.

We can notice this in age related disease, however in the more recent current day we are seeing this occurring in people at a less age and more often.

It is my belief that restrictions and blockages in the lymphatic system are the main driver for disease.

We must consider how we treat our bodies.

Further to this I purport the lymphatic system is demonstrating the connection of our physiology to our spiritual being.

By enhancing our vision to encompass a broader view of life, it is possible to notice, movement along an individuals' soul path does bring about specific activities which are tremendously positive. These actions engage our physical body in a way that we are stimulating and decongesting the lymphatic system.

By way of this thought is tempered, stagnation replaced with movement & obstructions no longer exist.

Intuition is often mentioned with spirituality. It is direction without logic. It is innate guidance. We all have this.

To strengthen our intuition we must connect to the self, this will carry us forward.

The daily practice of aromatherapy is nourishing to provide conditions for giving true health.

The Limbic System

The limbic system is a communication centre in the brain. It receives and transmits messages throughout the body.

Inhalation of essential oils through aromatherapy makes contact with the limbic system, it is a reason that gives it great influence in correcting disease of human beings.

As we inhale essential oils, the volatile aromatic compounds contained within are transported into the nasal passage where they travel upwards to make contact with the olfactory bulb, these tiny molecules then pass into the lower part of the brain named the limbic system. 20 million olfactory neurons receive and transmit information to the olfactory bulb, and they are unlike other nerve cells in our body as they can receive and transmit information, they also have the ability to regenerate.

The limbic system communicates with the nervous system of the body, and the chemicals within the aromatic molecules cause a response; to stimulate or to relax. Next, odour messages go to the hypothalamus, and messages are sent to other parts of the brain; the pituitary and pineal gland, and the amygdala. By way of this the autonomic nervous system (ANS)^d is stimulated, then the endocrine system, organs, secretion of antibodies, neurotransmitters. The release of hormones and enzymes throughout the body can be initiated by this contact.

Many bodily functions such as digestive activity, respiration, hormone balance, heart rate, blood pressure, stress level, pain reduction, and memory can be regulated through the connection of the limbic system to other parts of the brain and body.

The endocrine system is made up of several glands, located in the brain and in the body; downwards from neck to sacral.

Along with these glands, the heart and parts of the gastrointestinal tract produce and secrete hormones into the blood.

The word hormone means 'to spur on'. Functions regulated by hormones includes metabolism, water and mineral balance, growth, sexual development, and the body's response to stress.

The amygdala is the most recent part of the brain to be discovered, in 1989. It is part of the limbic system. It is connected to our emotions and plays a major role in storing and releasing emotional trauma. The most effective way to stimulate this gland is through fragrance or smell and through this stimulation we can awaken and release memories for healing.

The sense of smell acts mostly of the subconscious mind (the doing, & intuitive part), it offers 10 thousand times more information than the senses of sight, taste and touch combined. Smell is the only sense that goes directly to the limbic system bypassing the cerebral cortex, the intellectual part of our brain (the thinking mind, reason). This is why we can have such effective treatment of imbalances and here I am suggesting the link of the emotions to our behaviour. Emotions and behavioural tendencies in response can be stressors and triggers for inflammation.

With aromatherapy we have the power to treat the symptoms and the root cause of illness and I purport a great part of this involves human beings unlearning their negative behavioural patterns.

Supportive care by way of communication to the ANS^d is profound for restoring a person's homeostasis; the individual can become present and respond positively. Science can only account for this marginally. Actually what is occurring is profoundly deep healing through the engagement of the senses. It is very real and gives one the opportunity to internally the set things true.

I suggest aromatherapy be a greater part of medicine in hospitals and to be made known as options to drug medication. And not limited to this, everybody can incorporate personal care products with essential oils daily. We can have great disease reduction in the global population by going this way.

Liver and Spleen

The liver and the spleen (L&S) are 2 major organs of the body and they are both strongly involved in providing us with optimal health. Both are connected to our immunological response which conducts the inflammatory response (IR) of the body. To provide for the efficacy of the IR, we need to ensure that the liver and the spleen are healthy and balanced in their share of work.

The Liver, is one of the largest detoxifying organs in the body, it is responsible for neutralising and removing a large number of toxins. Regarded as the body's master laboratory, the liver stores and distributes nourishment for the entire body, the hepatic cells make bile which aid digestion and the bile is stored in the gall bladder to be used by the body as needed.

It provides the energy uptake for the body through supporting metabolism of carbohydrates, fats and proteins; helping to keep the blood sugar level regulated by changing fats and proteins into glucose and back again for storage.

The liver helps to supply itself with enzymes to support the work it does, it forms vitamin A, and stores it along with other vitamins; D and B-complex, minerals; copper, zinc and iron.

The liver filters the blood of toxins and breaks them down for elimination. This it does with nitrogen wastes, turning them into urea which is sent to the kidneys for elimination. The liver can deactivate hormones, such as thyroid and the sex hormones. Thus it influences metabolism.

A part of the inflammatory response and the body's defence, the liver produces gamma globulins and plasma proteins for their functions. Of particular relevance to our discussion here is prothrombin, which helps in blood clotting and two anticoagulants; heparin and antithrombin, which prevent abnormal clotting. The liver produces enzymes which break down fibrins in the blood from coagulation states and residing scar tissue. We understand an excess of fibrins in the blood and hypercoagulation states are common to disease of inflammation.

The Spleen stores blood and destroys old blood cells and is the reserve organ for blood formation in adults. The spleen joins to the lymphatic system as the largest lymphatic node.

Part of its functions include the production of plasma cells which make antibodies, making it part of body's immunological response. Also, the spleen distributes the energy obtained from foods throughout the body and an imbalance in its energy can be very disruptive to the whole body. Splenic activity also includes the production of B cells. Accordingly it is vital for the prevention of disease.

Referring to the section on the lymphatic system, we see that a great amount of immunological activity is carried out by the L&S. In reference to image 1. The location of the liver and the spleen to this system, they are located either side of the thoracic duct (the largest lymphatic passage).

The health and engagement are critical for clearing the body of toxins.

Aromatherapy and the use of essential oils

Aromatherapy has benefits to all of the major systems of the body, one of the systems that we can support through the use of administering essential oils is the lymphatic system.

The lymphatic system is supporting blood cleaning, part of the immune system and response, and it is responsible for removing toxins and waste from the body.

As a result of our cellular reactions, waste matter is produced, also we are influenced to foreign matter and toxins in our environment; in the air we breath, the food we eat, the water we drink, it is important this waste be removed promptly to avoid prolonged inflammation. Not limited to this there are additional triggers of stress that exist in our environment which may detract from our state of harmony. Noise and light can affect our emotions, especially if they are unnatural rhythms and non-harmonious frequencies. It is important that we have adequate protection and support from these exposures. We can learn to train our stress response positively. Supportive care is very constructive toward this.

Applying essential oils with suitable therapeutic properties will assist in elimination of waste from the body.

Essential oils provide support and nourishment to the organs of the body, feeding them with vital nutrients and elements for their function.

But, it is in their ability to work on the subtle level which has immense power, they bring to our attention problem areas that exist within our psyche and allow us to do the corrective work with a most warm hand.

I suggest therefore that this action is profoundly moving toward empowering a person to have true health. Accordingly this taking in of healing intelligence from plants gives a greater flow of energy through the body and we can see this reflected in a vitality for living.

It is an immensely powerful and intelligent form of healing by adding life not taking it away.

On a trip to Budapest, Hungary. I noticed the beauty of the place, the architecture yes, but the people were lovely, radiant and appeared relaxed. It was a very nice place to be in.

One of the routine activities they partake in is bathing in thermal baths. The waters are coming from natural springs below the earths surface, they are warm and full of nutrients, they feed the body and the soul and one walks away feeling cleansed and revitalised.

This is a weekly ritual for the residents of Budapest.

It is key to our health & well-being that we have a routine of self care practice in our lives. We must make this a part of our day.

Aromatherapy; using essential oils

In this section I shall recommend an essential oil to assist with the parts of the body supporting the inflammatory process.

Detail is provided on the characteristics of each oil, this includes the energetic and subtle healing qualities they possess.

Administration methods are listed with each recommendation.

Grapefruit essential oil for the lymphatic system

The essential oil of grapefruit – *Citrus paradisi* is a stimulant to the lymphatic system, and provides a great deal more health to the body.

It is of the Rutaceae family of plants.

Actions, as cited in aromatherapy: Antidepressant, antiseptic, depurative, disinfectant, diuretic, hepatoprotective, stimulant

Actions, as supported by clinical studies: Antimicrobial, antiseptic, hepatoprotective

A great supportive attribute of grapefruit is its warm personality and its ability to touch the spirit. It encourages one out of a slumber by pulling the clouds away allowing for the light to shine in. This contact with the spirit is reflected in grapefruits' strong therapeutic action of stimulating the lymphatic system.

The energetics of grapefruit oil are cooling, cleansing and decongesting.

In accordance with the Chinese system of the five elements; *Citrus paradisi* essential oil is suited to one with an overheated liver, and a sluggish lymphatic system.

It works to smooth flow the Qi^d, which can stagnant at periods in ones life.

Water retention is associated with an imbalance of the Earth element, it can lead to excess damp conditions and reflect in symptoms of indigestion, abdominal bloating, lethargy, heaviness in the body.

Grapefruit is able to work through this to bring the person greater balance, reducing the earth element, and encouraging air and fire.

On the subtle level, *Citrus paradisi* essential oil rescues the human spirit. Pulling it up from the deck and reconnecting one with the beauty we have all around us. It reminds us to see this, and to get moving on our path with a plan and an impenetrable optimism; Reconnecting the body, mind and the spirit.

Clinical studies:

Grapefruit – *Citrus paradisi* oil has significant antimicrobial activity. In vitro studies have founded *Citrus paradisi* essential oil to be have high efficacy against; *Candida albicans*, *Aspergillus niger* and *Pseudomonas aeruginosa*.

Using the disk diffusion method from hospital patients, it has demonstrated an ability have greater efficacy to inhibit methicillin-resistant *Staphylococcus aureus* (MRSA) and methicillin-sensitive *Staphylococcus aureus* (MSSA) over the currently used antibiotic vancomycin.

Safety:

Grapefruit oil is phototoxic, accordingly a recommended dermal maximum of 4% is recommended to avoid a phototoxic reaction. Avoid using grapefruit oil that is old or oxidised due to a greater risk of skin sensitization.

It is not recommended for the bath.

For topical application the use of a carrier oil will reduce potential for skin sensitivity.

To use Grapefruit – *Citrus paradisi* essential oil.

Topical application:

Do not apply without a carrier oil.

Wash cloth:

Apply 2-3 drops whilst in the shower to a the wash cloth (A small amount of bet available safflower oil as a carrier will work well). Begin by applying to the heart, then the arms and legs. Apply with firm pressure and vigour, it is important to brush most of the skins surface, particularly where there is a lack of sensation.

In a more gentle manner, apply to the liver, the diaphragm, the kidneys, shoulders and temples. With the remaining residue, cup the hands to catch water and rinse the face. Avoid sensitive areas of the body.

An option to this is a dead sea salt scrub. We apply this in the same manner as described above.

To make, take a ceramic cup or small bowl vessel. Add 130g or thereabouts of course Dead Sea salt. To this add 10ml of best available safflower seed oil, mix gently to combine, and then add anywhere from 2 up to 7 drops of grapefruit – *Citrus paradisi* essential oil. Mix gently to combine. One may apply this just prior to shower, or during as described.

Suitable modes of administration:

Topical: Compress, massage, ointment, skin care

Bathing: Foot bath

Inhalation: Direct inhalation, nasal inhaler, diffuser, oil vaporiser

A blend for lymphatic congestion: (A topical use formula at 2.6% dilution)

7 dr Grapefruit – *Citrus paradisi*, 4 dr Thyme – *thymus vulgaris* c.t. *linalool*, 4 dr Juniper – *Juniperus communis*, 5 dr Lavender – *lavandula angustifolia*, 3 dr Everlasting (Immortelle) – *helichrysum angustifolium*, 3 dr Frankincense – *boswellia serrata* or *sacra* or *carterii* species. Add to a combined base formula of 25ml Jojoba oil, 15ml Macadamia oil, 10ml Borage seed oil.

Carrot seed oil for the Liver

The essential oil of carrot seed – *Daucus carota* is a powerful detoxifying oil for the body, it provides support for regenerating the liver.

It is of the Apiaceae family

Actions, as cited in aromatherapy: Carminative, cytophylactic, depurative, diuretic, emmenagogue, hepatic, stimulant.

Actions, as supported by clinical studies: Antibacterial, larvicidal.

The term hepatic relates to the liver, it is a substance that stimulates and strengthens the liver, balancing its function. Carrot seed essential oil possesses the quality of being cell regenerating (cytophylactic). It is purifying to the blood and is excellent for detoxification.

The liver is responsible for many of the vital functions of the body. It governs the breakdown of food, it stores and distributes nourishment for the entire body. The liver is involved in the blood formation, breakdown, toxin filtering.

In the Chinese system of the five elements, the liver correlates to the wood element. In this system conditions of arthritis indicate a wood imbalance.

‘A sluggish liver will make a slow morning riser’ Staying Healthy With the Seasons, by Elison M. Haas, M.D.

An imbalance can manifest in poor judgement, planning, and organisation. Also a person can exhibit excess mentality, being busy in the mind without materialisation. And often this can result in a difficulty in disengaging, and relaxing at the end of the day.

‘The wood element creates our mental clarity and our ability to focus, plan, and to make decisions’ Staying Healthy With the Seasons, by Elison Haas, M.D.

When the wood element is healthy one will wake up easily and proceed with their day. The liver is said to be the home of the soul.

Clinical studies:

Carrot seed essential oil has been proven in-vitro, to inhibit the growth of *Campylobacter jejuni* and *Helicobacter pylori*. 20-30% of mice that were injected with *Daucus carota* essential oil were cleared of the bacteria.

Carrot seed oil has high antimicrobial activity against *Candida albicans* and *Staphylococcus aureus*, in-vitro.

Safety:

It is a non-toxic, non-sensitising, and non-irritant essential oil. However it is recommended not to be taken during pregnancy and breastfeeding.

To use Carrot seed – *Daucus carota* essential oil

Ingestion: Ingestion of large quantities can irritate the digestive tract, please use with care.

Add 1-2 drops in a glass of water and take sporadically, this will help with liver regeneration and detoxification. (ensure the oil is unadulterated)

Topical application:

Apply direct to the body. To do this place 2 drops in the palm of the hand, bring both palms together and rub gently to prime the hands for giving. Apply lightly to the non-sensitive parts of the body and finish by dry brushing the limbs with the fingertips creating a wind-like & clearing sensation, toward the heart. The skin will benefit tremendously from this also. This is suited post morning wash routine as needed. One will benefit to do this during a shower also.

Other suitable applications:

Bathing: Full body, foot bath

Topical: Compress, massage, ointment, skin care

Inhalation: Direct inhalation, diffuser, oil vaporiser

A blend to promote the liver health: (A topical use formula of 2.2% dilution rate)

5 dr Carrot seed – *Daucus carota*, 2 dr Myrrh – *Commiphora myrrha*, 5 dr Rosemary - *Rosmarinus officinalis* c.t. bornyl acetate, verbenone or 1,8-cineole, 3 dr Coriander seed – *Coriandrum sativum*, 4 dr German chamomile – *Matricaria recutita*, 3 dr Lemon – *Citrus limon*.

Add to a combined base formula of 5ml Rosehip seed oil, 10 ml Evening primrose oil, 20 ml Hazelnut oil, 10 ml Wheat germ oil, 5 ml Jojoba oil.

Palmarosa for the Spleen

The essential oil of Palmarosa – *Cymbopogon martinii* is a very refreshing oil, it is revitalising and suited for those suffering from troubles of the spleen.

It is of the Poaceae family.

Actions, as cited in aromatherapy: Antidepressant, antifungal, antimicrobial, antiseptic, antiviral, cicatrisant, digestive, febrifuge, hydrating, insect repellent, neurotonic.

Actions, as supported by clinical studies: Antifungal, antimicrobial, insect repellent.

Palmarosa is one of the most powerful antiviral oils available, yet is gentle in its action. Within its make up are limonene, linalool and geraniol, these constituents are often used in skin care. It is native to India, and is a grass that grows wild in north-east Bombay toward the Himalayas.

It has strong antifungal activity. Inflammatory conditions of oral thrush, intestinal dysbiosis, candidiasis, and tinea, can be remedied through its use. It is helpful to fight infections of gastroenteritis, bronchitis, cystitis, vaginitis, and cervicitis.

Palmarosa is very beneficial to the cardiovascular system, the digestive system, and the nervous system.

To the emotions it is calming yet uplifting, and aids to relieve anxiety, restlessness and stress.

Psychologically it is supportive in instances of emotional confusion, loss of insight, irritability, negative feelings, emotional disconnection, and feelings of insecurity.

In the west a great deal of disease is brought about through improper diet. Consumption of overly sugary foods and lack of whole food intake can upset spleen health, detracting from its function.

In the traditional Chinese system the spleen is the central organ; physically and anatomically. It is associated with the earth element. The spleen governs 'the will', the memory, the ability to form opinions. A problem with its function can bring about forgetfulness and worry.

Spleen deficiency problems and spleen toxic damp conditions can be alleviated through the use of palmarosa essential oil.

The subtle aid it provides will give one patience, to allow the healing process to occur properly, in this we can recognise the importance of seeing process through with adequate duration. Accordingly one is less likely to run into the same problems again.

Clinical studies:

In vitro studies have found Palmarosa essential oil to have strong inhibitory activity against 20 fluconazole-resistant strains of *Candida albicans*.

Palmarosa gives almost complete protection against *Anopheles culicifacies* (a principal malaria carrier) for up to 11 hours.

Safety:

Precautions: A drug interaction may occur if using drugs metabolized by CYP2B6.

A recommended dermal maximum is 6.5%.

Palmarosa essential oil is non-toxic, non-irritant, and non-sensitising.

To use Palmarosa – *Cymbopogon martinii* essential oil

Anointing:

With a small ceramic vessel, add 5ml of jojoba oil and to this add 2-3 drops of Palmarosa essential oil. Gently swirl to combine. This now becomes your anointing mixture.

Morning or evening, post your cleansing ritual.

Sit in a quite place undisturbed where you feel comfortable. Listen to yourself on the subtle level.

Apply a small amount of the formula to the palm of the hand, using the opposite hand dab the fingers into the oil and touch the heart, the spleen, the crown, the temples and the lower back.

Hold your hands in these parts for time, ask for healing.

Let go of your worries and grief, move forward from outmoded ways of being and proceed forward on your path. Trust you are in good hands.

Go outside and release the stagnated energy. Stand on the earth, chest open, appreciate the nature that is all around you, be part of it, harness this energy. All is well. Proceed with love and passion.

Other suitable applications:

Bathing: Full body, foot bath, sitz bath

Topical: Compress, massage, ointment, skin care

Inhalation: Direct inhalation, diffuser, oil vaporiser

A blend for the spleen: (A topical use formula at 2.6% dilution rate)

7dr Palmarosa – *Cymbopogon martinii*, 5 dr Black pepper – *Piper nigrum*, 3 dr Manuka - *Leptospermum scoparium*, 2 dr Melissa – *Melissa officinalis*, 2 dr Bergamot – *Citrus bergamia*, 4 dr Lavender – *Lavandula angustifolia*, 3 dr Clary Sage – *Salvia sclarea*.

Add to a combined base formula of 5 ml evening primrose oil, 5 ml sunflower seed oil, 10 ml safflower seed oil, 15 ml apricot kernel oil, 15 ml jojoba oil.

Frankincense for the Limbic System

The essential oil of Frankincense – *Boswellia* species. Is sacred. It is profound in its ability to heal emotional wounds. Many religions use it. Burning the resin in ceremonies, releasing into the area, cleansing and touching all those gathered. Frankincense is one of the oldest and most revered essential oils.

It is of the Burseraceae family of plants.

Actions as cited in aromatherapy:

Analgesic, antidepressant, antiseptic, astringent, carminative, cicatrisant, cytophylactic, expectorant, sedative, vulnerary

Actions supported by clinical studies:

Antidepressant, antiseptic, expectorant, sedative

Frankincense is associated with the earth element and it helps to harmonise the metal element. We associate the metal element with materialisation. For example, a person does labour which turns into currency, that can be used for acquisition and forward movement.

Metal and air energies are expressed in the inner workings and activities of the mind, for the development of ideas, writing and speaking. Both function to create structure and communication in the brain and the nervous system. We see this in electrical wiring.

The sense organ for metal element is the nose, and the sense associated is smell.

Flavour corresponding to this element is spice, we notice this when smelling frankincense, it has a complex, warm, sweet and spicy aroma. Spice opens up the senses, clearing the sinuses and stimulating the lungs to open.

In the traditional Chinese system metal is associated with the lungs and the large intestine. Frankincense has tremendous ability to support the respiratory system. It deepens and slows the breath.

‘Breathing involves both the intake of new air (energy) during inspiration, and the elimination of the old (that which is no longer needed) in expiration. The words “inspire” and “expire”, suggest a living and dying process and that’s what breathing is truly about, from your first breath on arriving into the Earth’s atmosphere to your last one when you exit.’ Staying Healthy With the Seasons, by Elson M. Haas, M.D.

Frankincense can open us to embrace the change in our life that is coming with every breath.

When we begin to consider our brain and mind in relation to the metal element as discussed, it is quite simple that work can be done to improve the place. Science refers to this as neuroplasticity.

We can settle our mind and correct the thought - behaviour response to change, replacing old negative ways of thinking with a fresher enthusiastic response to life. By doing so we can align our breath with our body, and mind with the soul. The process of this will alleviate stagnation and depression, it will drive from deep with us a manner recognising that we have a path and to be steadfast in our travel of it, we will learn to trust as we taste freedom and joy. It is because of this that the frankincense species can give immense support to those in the West whom are suffering from inflammatory disease that may have come about through unease of the mind and distance from the soul.

Frankincense is an immunostimulant and particularly effective where the immune system is weakened due to stress and depression. The essential oil is effective to treat bronchitis and asthma, specifically those associated with nervous tension.

It is of benefit to the psyche. Supportive to the working of the nervous system, it helps one to relax as well as to be revitalised. Accordingly it treats nervous tension and nervous exhaustion. Alleviating depression, restlessness, grief, anxiety, mental confusion, nervous depression and sensory over-stimulation.

Peter Holmes believes the scent of frankincense primarily stimulates two cerebral centres:

- the raphe nucleus
- the hippocampus and amygdala

I believe this has much to do with frankincense ability to allow one to ‘let go’.

‘Whenever we have allowed ourselves to become oppressed by the mundane or tied to the past-indeed restricted or weighed down by any form of over attachment – frankincense can help us break free. This it will achieve through encouraging tranquillity, insight and in spiritual discipline, allowing the ego-self and transpersonal self to work in unison.’ Gabriel Mojay

By way of knowing the subtle and spiritual influences of frankincense essential oil and gum resin we empower ourselves to see the greater effect of us using it medicinally. The subtle and spiritual influences of frankincense reflect its ability to treat certain inflammatory disease coming about by way of emotional burden, and strain. It is my understanding that this is why frankincense has great influence to decrease cancer in the body, and its strong anti-tumour effects. It could well be ignorance of the soul that has a

great influence to the manifestation of disease, and this is supported by Dr Gerd Hammer who is the founder of German New Medicine.

In order to disrupt this continuation we can look to the use of the essential of frankincense. It is greatly supportive to the intellect by allowing for constructive introversion and development of wisdom. The anti-depressant qualities will stop one from falling into a melancholic state of reflection and rather carefully consider the precise steps to go forward, harmonising the intellect to maintain a balanced position of the working mind and the thinking mind, and thus avoiding becoming a prisoner to either. Here we can find a great sense of power. The use of frankincense essential oil allows for truth and movement.

Clinical studies:

The gum-resin of frankincense exhibits very strong anti-tumour and anti-inflammatory activity.

B.serrata is used in Ayurveda.

Boswellic acids found in the gum of frankincense are anti-arthritic and anti-inflammatory and this is thought to come about in its action of inhibiting 5-lipoxygenase and leucite elastase enzymes. Both play key roles in inflammatory and hypersensitivity-based disease.

Researchers found that more than 50% of myeloid leukaemia cells underwent apoptosis for 24 hours after treatment, using 20 ug/mL of boswellic acid isolated from *Boswellia carterii* resin.

Acetyl-11-keto- β -boswellic acid (AKBA) is effective on pancreatic cancer. It was found that AKBA suppresses the growth and metastasis of human pancreatic tumours, in an orthotopic nude mouse model, correlating to modulation of multiple targets.

Bronchial asthma can be alleviated with the use of the gum resin. A study reduced the condition by 70% in a controlled group of 40 patients. 300mg was administered 3 times a day for 6 weeks.

Accordingly to yield these outcomes one should seek the herbal extract of frankincense gum as the essential oil does not contain boswellic acid.

Frankincense essential oil exhibits strong immunostimulant activity. When assessed by a lymphocyte proliferation assay, it was seen to encourage 90% lymphocyte transformation.

Safety:

Frankincense essential oil is non-toxic, non-irritating, and non-sensitising.

To use Frankincense – *Boswellia* species. essential oil.

I suggest one source the best available frankincense they can find. Purchase from a trusted aromatherapist, or seek direct from an online seller that is a specialist in aromatherapy for example Peter Holmes sells *Boswellia carterii* on his website: www.snowlotus.org

Anointing;

As required.

Create your anointing formula by adding 10ml of jojoba oil to a small ceramic vessel. To this add 2 drops of frankincense essential oil. Swirl to mix.

Find a quiet place where you can settle. Apply a small anoint of the formula to the palm of the hand. Slow the breath, breathe deeply, calmly, be centred.

Quieten the mind.

Dab the index and middle finger into the oil, place your fingers on the crown of the head, touch here.

Apply to the temples, the feet, and to the back, running your fingers along its length. Lift the left foot off the ground and hold with both hands, place it down and then do the same with the other foot. Sitting up, take some time and breath. Open the heart.

Ask for guidance, to open to receive, and to let go.

Here we can learn to listen, feel, and travel on the path.

Personal inhaler;

To prime, unwind the instrument and remove the wick. Place onto a clean plate. Apply 5-15 drops of frankincense oil to the wick. Put the personal inhaler back together.

Carry in the pocket and use this instrument as needed throughout the day.

Take a moment to do so, close the eyes, be centred. Breathe in gently and out slowly holding the inhaler to the nose during the entire cycle. The inspiration and the expiration.

Other suitable applications:

Bathing: Full body, foot bath

Topical: Compress (herbal extract of the gum resin), massage, ointment, skin care

Inhalation: Direct inhalation, diffuser, oil vaporiser

A blend for spiritual blessing and to aid in transition (which transfers as a blend for the limbic region of the brain):

A topical use formula at 2.8% dilution rate

1 dr Myrrh – *Commiphora myrrha*, 3 dr Fragonia – *Agonis fragrans*, 5 dr Lemon – *Citrus limon*, 6 dr Lavender – *Lavandula angustifolia*, 3 dr Rosemary – *Rosemarinus officinalis* c.t verbenone, 3 dr Thyme – *thymus vulgaris* c.t linalool, 4 dr Spikenard – *Nardostachys jatamansi*, 4 dr Frankincense – *Boswellia carterii*, or *serrata*, or *sacra* (preferably). Add to a combined base formula of 10ml Olive oil, 15ml Sunflower seed oil, 15ml Sweet Almond oil, 10ml Jojoba oil.

Rosemary for brain health

Dementia is the precursor disease to Alzheimer's disease.

The disease of Dementia is an inflammatory condition that is associated with excessive hypercoagulation of the blood. I shall investigate the main protuberance attributing to dementia and Alzheimer's disease and the efficacy of rosemary EO and its effluent water for healing.

It is now understood through detailed research that the production of amyloid plaques ($A\beta$) and neurofibrillary tangles^d are the main characteristic associated with the onset of dementia leading to Alzheimer's disease. Amyloid plaques are formed from the neuronal transmembrane glycoprotein called the amyloid precursor protein. Normally amyloids will move out of the brain as waste matter, however if not there can be an accumulation of the amyloid fragments and may plaques form. If the occurrence is ongoing, brain activity is restricted and cellular communication is impaired leading to an oxygen deficiency, cellular death and as a result brain deterioration.

Fortunately the human body is a miraculous creature, its innate healing mechanism is continually sought to repair as discussed earlier with cell-normalisation. Therefore, all we need to do is to provide it with the right elements and support.

The essential oil of rosemary - *Rosmarinus officinalis*.

Family: Lamiaceae

Studies into the specific diterpene components of Rosemary officinalis essential oil, carnosic acid and carnosol have found their efficacy in disabling the production and existence of amyloid plaques in the brain. Additionally, the hydrosol by-product of the extraction also known as effluent water exhibits very positive effects to this brain disease.

Let us first understand more about the provenance of this beautiful and strong shrub.

Rosemary is a small evergreen shrub with thick resinous leaves that protrude from a woody stem. Growing up to 2m in height, its native to the Mediterranean region and grows well in similar climates. A vivid and beautiful violet flower is of the rosemary shrub. Used in traditional medicine closer to its native region, its aid is understood and employed far further afield. A tonic for the liver, spleen, stomach, and the brain. It was used by the Ancient Greeks.

Rosemary is prized for use as an accompaniment with food.

It is used for fragrance production in perfumery.

Many religion's revere rosemary and use the incense for ceremonies.

Pharmacology has identified rosemary- *Rosmarinus officinalis* to have properties of:

Antibacterial, anticancer, antidiabetic, anti-inflammatory and antinociceptive^d, antioxidant, antithrombotic^d, antiulcerogenic^d, improving cognitive deficits (neurotonic), antidiuretic, and hepatoprotective^d effects.

Further information on Rosemary – *Rosmarinus officinalis* and its actions can be found in the 'The Therapeutic Potential of Rosmary (*Rosmarinus officinalis*) Diterpenes for Alzheimer's Disease' by Solomon Habtermariam.

'The culinary, medicinal, and fragrance uses of rosemary are attributed to the vast arrays of chemical constituents collectively known as plant secondary metabolites. Of these, one group are small molecular weight aromatic compounds called essential oils which play vital role in the fragrance and culinary properties of the plant. Essential oils of rosemary dominated by 1,8-cineole, α -pinene, camphene, α -terpineol, and borneol as principal constituents are also responsible for various pharmacological effects of the general antioxidant and antimicrobial properties known for many essential oils, as well as other effects including anticarcinogenic activities. The other group of secondary metabolites of rosemary are polyphenolic compounds including the flavonoids (e.g., homoplantagin, cirsimaritin, genkwanin, galocatechin, nepetrin, hesperidin, and luteolin derivatives) and phenolic acid derivatives (e.g., rosmarinic acid). By far the most important group of rosemary compounds that gain significant attention in recent years, however, are the unique

class of polyphenolic diterpenes. In this review, the chemistry and pharmacology of rosemary diterpenes are scrutinised by giving special emphasis to their therapeutic potential for Alzheimer's disease.'

pg 1, The Therapeutic Potential of Rosemary (*Rosmarinus officinalis*) Diterpenes for Alzheimer's Disease
Habtemariam, 2016

Of particular interest to pharmacology are the diterpenoids carnosic acid and carnosol held within rosemary.

These components display an array of great support to the body, and in this instance they have been found to reduce the formation, aggregation, and toxicity of amyloid plaque in the brain. This accounts for their benefit in tackling dementia and Alzheimer's disease.

Carnosic acid demonstrates neuroprotective effects. On cyanide-induced brain damage, in vivo and in vitro studies were able to identify these results. This is likely mediated via the upregulation of transcriptional pathways relating to antioxidant and anti-inflammatory mechanisms. Cultured dopaminergic cells^d in vitro have yielded protective effects of carnosol in associated to downregulation of apoptotic mechanisms (associated with apoptosis; see definition).

In the paper, Habtemariam says;

'The induction of phase II detoxifying enzymes is an important defence mechanism for the removal of xenobiotics^d and other toxicants of internal and external origin.'

'Carnosol possesses high electrophilic^d activity and has been reported to activate Nrf2, phase II detoxifying enzyme genes, and antioxidant enzymes. Direct interaction of carnosol with cysteine residues of the nuclear factor kappa B (NF- κ B) has also been demonstrated. In a similar manner, carnosic acid has been shown to protect neuronal HT22 cells through activation of the antioxidant-responsive element.'

pg 5&6, The Therapeutic Potential of Rosemary (*Rosmarinus officinalis*) Diterpenes for Alzheimer's Disease
Habtemariam, 2016

'Through this mechanism, the application of electrophile compounds as antioxidant and neuroprotective^d agents has been well documented in the various literature.'

'The therapeutic potential of rosemary diterpenes for AD must be seen in conjunction with the role of oxidant-antioxidant mechanisms in the pathology of the disease. A number of studies have clearly outlined the direct association between ROS-mediated macromolecular cell damage and neuronal cell death in AD, particularly in brain regions where A β is highly prevalent. Interestingly, neuronal cells in the brain appear to be more susceptible to ROS-mediated cell damage than any other cell types for numerous reasons including high oxygen consumption, high level of polyunsaturated fatty acids content of cell membrane, association of the NMDA receptor activation with ROS-induced neuronal apoptosis^d, and poor level of antioxidant defences including the catalase, glutathione^d peroxidase, and vitamin E contents.'

pg 5&6, The Therapeutic Potential of Rosemary (*Rosmarinus officinalis*) Diterpenes for Alzheimer's Disease
Habtemariam, 2016

Metal chelation involves the clawing of heavy metals that have lodged in the body. It has been identified that deposits of heavy metals in the body increases the likelihood of dementia and AD onset.

Carnosic acid and carnosol both possess strong metal chelating ability, this is a key feature to disrupt A β .

We understand the diterpenoids of carnosic acid and carnosol within rosemary essential oil to be antioxidant, metal chelating and anti-inflammatory. These mechanisms appear to be involved in the therapeutic effect of the compounds for dementia and Alzheimer's disease. Accordingly, to remedy one may enlist in the supportive care of Rosemary – *Rosmarinus officinalis*.

Additionally Habtemariam states;

'The cascade of neurodegeneration process in AD has lots of similarities with other diseases like Parkinson's disease. Interestingly, some of the rosemary diterpenes such as carnosic acid have been shown to have beneficial effect in Parkinson's disease model. It is also worth noting that only carnosic acid and carnosol have been extensively investigated for their possible therapeutic effect related to AD. Other interesting diterpenes including the glycosidic forms could have different bioavailability and therapeutic profile. Further research in this field will therefore provide more evidence on the therapeutic potential of rosemary diterpenes.'

pg 8, The Therapeutic Potential of Rosemary (*Rosmarinus officinalis*) Diterpenes for Alzheimer's Disease
Habtemariam, 2016

Other essential oils have been investigated and their compounds have also demonstrated anti-amyloid activity. These include thyme – *Thymus vulgaris* and mountain savory – *Satureja montana*.

This expands the potential for healing brain degenerative disease with aromatherapy. It also should facilitate creative evolution for clinical treatments.

Administering self care, with Aromatherapy;

Using essential oils, simply

1. Self care: developing a regime for daily self care
2. Regular provided treatments

An aromatherapist understands the all-ever pervasive nature of essential oils.

To enlist in aromatherapy healing one can seek a suitable Aromatherapist.

Aromatherapist's can prescribe a personal blend formula to a client which may be administered by the therapist or by the individual seeking to overcome their complaints.

The process of this involves personal conversation about the client and their present health. With the use of their skill set an aromatherapist will combine a formula. This involves great experience, intelligence and intuition to best serve the client.

Based on the clients needs, and the oils used, modes of administration will be provided.

ADMINISTRATION: Specific aromatherapy methods

Examples of aromatic treatments to stimulate lymphatic flow:

-**Aromatherapy massage**, self given and provided by an aromatherapist trained in massage.

To provide aromatherapy massage to yourself, one can take a moment in a comfortable place, and may benefit to have little interruption. One should be clear and understand this practice, this is the administration of care and love to the self;

Nothing should detract from this. (With regular practice a strength of focus will be developed)

Apply to any area/s that are sore, tender, painful, tight, cold, or have excessive heat. Give massage to the region.

-**Reflexology^d** with essential oils, self given and provided by a reflexologist trained in aromatherapy.

-**Diffusing** a blend of essential oils for inhalation, in a space or area. Using a diffuser or oil vaporiser.

-**Direct inhalation**, one can apply a drop or two to a handkerchief, bring to the nose and breath in. This can be carried in the pocket.

-**Dead sea salt scrubbing^d**, with a dosage of a therapeutic blend applied to the limbs and larger muscular areas, and joints; prior to showering.

-**Foot baths^d**, with a dosage of a therapeutic blend of essential oils added to the bath water.

-**Body baths**, as above. Always ensure to use suitable oils for the application in this instance full immersion bathing.

-**Aromatic shower** with essential oils – applying a small amount of a therapeutic blend to the non sensitive parts of the body during a shower.

-**Compress^d**

-**Salve^d**

Aromatherapy Personal Care products

The further lending of the healing intelligence of plants can occur by way of aromatherapy personal care products. These products are the classic personal care products containing essential oils and other nourishing minerals. Up until modern time, this was always done. Now however availability of product formulations with non-adulterated plant based components is increasing, this is very good to see.

Importantly though, it is imperative not to be misled by terms such as 'pure' and 'natural' because they have been misused and are in some products neither of those. Many synthetic and artificial substances will need to be removed by the lymphatic system, this can be avoided.

Aromatherapy personal care products I refer to and encourage:

-Deodorant

-Soap

-Toothpaste

-Face cleansers

-Hand freshening spray (one may look to this over a synthetic based hand sanitiser; with the addition of antiviral, bacterial and immune supporting oils)

-Moisturisers and balms

-After shave lotion

-Shampoo

-Body wash

-Personal inhaler

-Home cleaning products

-Dish washing liquid, cleaners for the toilet and bathrooms, sink and floor cleaner.

See Garden of Wisdom for personal care products

<https://gardenofwisdom.com/>

See 'The Complete Aromatherapy & Essential Oils handbook for Every day Wellness by Nerys Purchon and Lora Cantele'.

For personal care product recipes and self care practices.

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Conclusion

Finding true health, can only be achieved by the individual.

True health is having clarity of the mind, a strong spirit, sound body, and light on the soul.

To move through inflammatory disease, we must recognise the importance of the immune system, and provide for its best working ability. The lymphatic system is a large component of the immune system. We must preserve our lymphatic system, and we must ensure for its freedom of flow.

Modern living ways have been moving further away from elements which harmonise our senses.

These accompanying living environments are increasing the amounts of stress influence and they directly affect the body.

To reduce the stressors we are influenced to and to harmonise our senses we must correct these environments to a more natural state.

We also must strengthen our mind. This includes thought and intuition. Accordingly to move through this position a greater intelligence is needed.

To be in a state of homeostasis a person will have cell-normalisation and the body will be in a harmonious state. We must consider then the factors that encourage this and make this our way of living.

Medicine in the West is far younger than Eastern practices of medicine.

In the East, nature, the elements, and the seasons are considered with the body, the mind, the spirit and the soul to bring harmony. By way of natural medicines and formulations.

In the West, methodology is predominately the use of synthetic drugs and surgery to subdue an issue that the individual has. It is less natural, it is general, and it can lead to imbalance.

Great research is currently being conducted on the efficacy of essential oils and their ability to remedy disease of human beings. They are perfect medicine and have a profound ability to heal human beings of sickness. I suggest that disease is linked to mind-set, and that the immune system is one of the greatest ways to decongest the toxins that have accumulated within the body and the mind. Our life will fair well if our way of living is supportive to the normal function and health of the immune system. And it is the heart we must open for all of this to work.

Using essential oils by way of aromatherapy works at the deepest level of nature to restore homeostasis to an individual. To acknowledge this will propel us greatly in moving through inflammatory based disease. This is self care and the action of giving love to the self.

“Although fear may block the expression of love, love and faith can transmute fear” pg 159 Staying Healthy With the Seasons, Elson M. Haas, M.D.

We should not limit ourselves to a reductionist mind-set, and a need for vast information on the explicit workings of something that heals. This mentality is fear based and adherence to this way will subdue our intelligence and connection. Rather we ought to trust in this divine gift from mother earth and dive into an infinite where a wondrous possibility for health and harmony lies.

I urge all to begin to procure a stock of oils, it need not be a vast amount, but a humble collection of the best quality & unadulterated oils one can afford. Engage through practice with oils daily, acquire books for guidance.

Smell the plants and flowers local to you. Investigate and feel the healing intelligence of what nature is providing us.

Engage in your sense of smell, follow your intuition, and open your heart. Find freedom.

Adam Skwirowski

Glossary

Analgesic- pain relieving.

Anti-catarrh- An agent that reduces excess inflammation of the mucus membranes, reducing excess mucous.

Anti-neuralgic- reduces or relieves nerve pain.

Antinociceptive- Associated with reducing the transmission signal for pain sensation.

Antithrombotic- Preventing thrombi formation in relation to thrombosis (a block, restriction in a vein or artery).

Antiulcerogenic- Facilitating the healing of ulcerations in the body.

Apoptosis- Apoptosis is defined by the process of cell shrinkage, DNA fragmentation, and phagocytosis of apoptotic bodies by macrophages or neighboring cells. Apoptosis plays important roles in physiology and pathology, and can be triggered by numerous stimuli, including ischemia^d, hypoxia, exposure to certain drugs and chemicals, immune reactions, infectious agents, high temperature, radiation, and various disease states.

*Ischemia- insufficient blood supply to an organ

Apoptosis plays a critical role during normal development and homeostasis of adult tissues. Consequently, deregulation of apoptosis is commonly associated with diseases ranging from cancer to neurodegeneration. Toxicants also induce cell death via apoptosis.

Autonomic nervous system- Regulates internal body functions for homeostasis. The parasympathetic and the sympathetic nervous system make up the autonomic nervous system. Enables immediate and involuntary responses.

Bandhas- Energy points in the body, through good living we can tap into this energy source and they are providing us tremendous power we may not have otherwise felt. A yogic term, there are three bandha's in our body;

-Mula bandha: means root, source, origin or foundation. Located deep intramuscularly between the base and sacral chakra.

-Uddiyana bandha: means flying up. Located in the chest region. The action of deeply engaging the diaphragm and lifting it high, whilst pulling the internal organs against the back toward the spine, gives massage to the back of heart. Tonifying the heart. Further opening the true potential of one and they will become.

-Jalandhara bandha: means a net, a web, a lattice or a mesh. Of the upper chest, neck and throat region- extending to the head and brain. The jalandhara bandha is engaged by contracting the neck and throat & placing the chin to the notch between the collar bones at the top of the breast bone. The effect regulates blood and breath to the heart, the brain and the glands of the neck. Forming integral communication.

Please refer to pg 437 Light on Yoga by B K S Iyengar for greater depth and practice.

Dead sea salt scrubbing- Use of an amount of dead sea salt, let's say a half of a cup of course dead sea salt, to this add 5ml of a therapeutic blend of essential oils and mix gently. Apply to the forearms and lower parts of the legs, or a non-sensitive sluggish part of the body, right before showering. Warm water from the shower will drive the oils in to the body, and they will enter the bloodstream, stimulation of the lymphatic system as well as providing wonderful nutrients to the body. One will also benefit from inhalation in this method.

Dendritic cells- Are part of the adaptive immune response.

Only dendritic cells have the capacity to induce a primary immune response in the inactive or resting naive T lymphocytes.

To do this. Dendritic cells capture the antigen/s^d from the invading body/s, and respond through communication and action. Dendritic cells also contribute to the function of B cells and help the body to maintain an immune memory. They are found in the germinal centre of lymph nodes, and form numerous antibody-antigen complexes.

Also, dendritic cells are found in tissue that has contact with the outside environment, such as over the skin, and in the linings of the nose, lungs, stomach, and intestines.

*Antigen- A substance that is recognised as non-self by the adaptive immune system.

Diuretic- A substances that promotes urine release from the body.

Dopaminergic cells- In relation to the brain and the hormone dopamine,

Dopamine is a catecholamine neurotransmitter that acts both on the central and the sympathetic branch of the peripheral nervous systems.

This is also relations to communication in the brain; interruptions of neuronal signalling due to brain deterioration, such as amyloid plaque formations and neurofibrillary tangles, can inhibit communications of the sections of the brain and result in impaired motor control, and memory because of impaired dopaminergic activity. We understand the amygdala to be involved in this working.

Electrophilic activity- The acquisition of a pair of electrons from organic molecules to form a covalent bond. Relating to aromatic compounds whereby interaction leads to a bond forming.

Fibrin- A protein in a web-like structure is made and released to seal an area of damage. An action of the immunological defence.

Fibrosis- An Excessive fibrin deposit causing a restriction in mobility and pain. The cause is when the body has sort to heal an area of tissue damage, scar tissue is formed and has remained post wound healing. Indicative of a stop in the cycle of healing, because in order to return to normal the body must proceed in removing the excess fibrin, conduct cell regeneration to replace and end the healing cycle. Greater support and care is needed here to move through.

Foot baths- Creating a bath for the feet, using a well sized container, and filling with warm water. Once achieving the suitable temperature, add bathing appropriate essential oils and a carrier oil (a therapeutic blend you or your aromatherapist can formulate). One can enhance the experience by adding half a cup of magnesium salts, a table-spoon sodium bicarbonate, and a pinch of borax. This experience can be enhanced by making a tranquil and comfortable environment in which to bathe.

Glutathione- Is referred to as the body's master antioxidant, a contributor and part of the sequencing for healing of the body.

Hepatoprotective- An agent that protects the liver; prevents damage to the liver cells.

Homeostasis- Cell normalisation, harmony within the body, balance, equilibrium.

Immune system- Is the body's protection mechanism, it is large, complex and woven throughout the fabric of the body. It is wonderfully clever and complex, great communication is occurring between cells in order to protect the body and its systems from harm.

Immunological defences- These are the specific mechanisms that can be engaged to deal with an attack.

Immunological response- The action of the immune system in direct response to detection of foreign matter, noxious stimuli which is likely to cause harm to the body. We can train this to perform best by removing a negative stress as response. This can be achieved through breath-work, vagal tone, and engaging more with the parasympathetic nervous system.

Lipid- fats

Lipophilic- fat soluble

Lymphocytes- A sub-type of white blood cells, part of the immune system and immunological response, they are comprised of T & B cells (produced in the liver and the spleen), and natural killer cells; they are involved in protecting the body from virus, bacterial infection, and removing foreign matter from the body.

Macrophages- Part of the body's immune function, they are manufactured by lymph nodes. Macrophages are made and released on detection of foreign matter in the body, sort to stop the spread and remove toxins and foreign matter from the body.

Metal chelation- Heavy metal's (HM) can accumulate in our body, and a part of the body being able to remove it is via chelation. Upon dislodgement from the tissue where it has accumulated, the HM's require a medium in which to be absorbed and eliminated. The herb of Horsetail is very good for removing aluminium HM deposits from the body. Heavy metal accumulation in the brain is associated with Alzheimer's disease.

Nervine- Strengthens the nerves, and nervous system.

Neurofibrillary tangles- Are abnormal accumulations of tau protein that have collected inside neurons. This is harmful to synaptic communication. On brain degeneration and specifically Alzheimer's related disease/ brain change, a research paper goes on to say:

'Emerging evidence suggests that Alzheimer's-related brain changes may result from a complex interplay among abnormal tau and beta-amyloid proteins and several other factors. It appears that abnormal tau accumulates in specific brain regions involved in memory. Beta-amyloid clumps into plaques between neurons. As the level of beta-amyloid reaches a tipping point, there is a rapid spread of tau throughout the brain.'

Chronic Inflammation:

Research suggests that chronic inflammation may be caused by the buildup of glial cells normally meant to help keep the brain free of debris. One type of glial cell, microglia, engulfs and destroys waste and toxins in a healthy brain. In Alzheimer's, microglia fail to clear away waste, debris, and protein collections, including beta-amyloid plaques. Researchers are trying to find out why microglia fail to perform this vital function in Alzheimer's.'

What Happens to the Brain in Alzheimer's Disease

<https://www.nia.nih.gov/health/what-happens-brain-alzheimers-disease>

Qi- Essential life force, energy.

Reflexology- A healing therapy, applied to the feet, whereby the application of contact, and pressure in a tonal manner is applied to specific points on the feet, soles, toes. Ankles and heels; which present a connection point to organs and parts of our body. The stimulation of the organs by way of the hand and energetics by a reflexologist, to stimulate of relax an organ and area of problem. Massage is accompanied with a nourishing and appropriate oil, and a blend of essential oils for strong treatment.

Resin canals- Containing essential oils, located in plants, typically in the wood trunk section or in fruits; and the branch supplying the fruit.

Salve- A healing balm made with a beeswax, plant infused oil and/or of plant material, carrier oil/s, and essential oil. Provides tremendous healing capability, apply to an inflamed joint or problem area.

Single or multi-celled protuberances- a swelling or a outgrowth.

Secondary metabolites- Are contained within essential oils. They are special substances, and compounds that a plant will formulate in response to an environmental difficulty it is having, thus enabling the plant to be well and live. This could be to ward off attacks from insects, or predators, a response to extreme weather conditions, etc.

Secretory reservoirs- Are containing essential oils, they are an anatomic structure of a plant, held within various sections including, the roots, stem, and leaves.

Sitz bath- method of bathing where one sits in a small bathing vessel, the water is coming to the hips. This method is specific in targetting the hips, upper legs, buttocks, the perineum, gentiles, anus, lower bowl as well as the lymphatic system, and any issues

may have in this region. One can hug the arms over the knees, and take a very restorative position. Benefits of inhalation can be had with this method also.

Xenobiotics- A chemical that is not used by the reference organism as a nutrient chemical, is not essential to the reference organism for maintenance of normal physiologic/biochemical function and homeostasis, and does not constitute a part of the conventional array of chemicals synthesized from nutrient chemicals by the reference organism in normal intermediary metabolism.

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