



Warming Thoughts For the Winter Months

As we draw into the cold, dark winter months, I am reminded of the exciting things that are happening with the CFA, and the many plans we have for this year.

Our AGM will be held a little later this year (June 12) and will be filled with exciting speakers and presentations. Following the meeting in the morning, we will be hearing from Colleen Hague who will be presenting some business skills and sharing her knowledge of running her own successful aromatherapy business. We can all use some extra inspiration in this avenue! After lunch, Board member Monika Meulman will be sharing some research into the more clinical and scientific aspects of aromatherapy including chemotypes and antibacterial effects of essential oils, augmenting her presentation with clinical research journals. This will be of tremendous interest to the aromatherapists out there interested in a more clinical approach. We will of course have a wonderful exhibitors area, where you can find all your aromatherapy needs and fixes.

Finally, a presentation from New Directions Aromatics, a popular supplier for Aromatherapists and other professionals, on the techniques used to source some of their wonderful materials, how they measure quality, how they test and harvest their essential oils, as well as discussing the qualities of the wide variety of carrier oils they offer and how they choose their products.

There are also some exciting developments with the CFA as well. We would like to arrange and offer other learning opportunities, day trips and workshops throughout the year, and would also like to expand these to our members outside of Ontario. So, if you have any ideas or suggestions, they would be greatly appreciated.

Finally, an exciting project we are working on is hosting Robbie Zeck for a workshop in the fall. She has developed the exciting modality, aromatic kinesiology, so please stay tuned for that.

In health,
Marina Featherstone
Interim-President

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Introducing Turmeric – *Curucma longa*, *C. zeodaria* New Hydrosol Offers Multiple Therapeutic Benefits

By Suzanne Catty

Turmeric root is actually a tropical rhizome related to ginger and galangal. It has a thin papery skin that can be scraped off to reveal the bright orange, somewhat dry flesh inside. Turmeric is an important mainstay of cooking in Asia and gives the yellow colour to all curry blends.

A few years ago the US government granted an American company a patent on Turmeric when it was discovered that the spice had anti-tumour properties against numerous different cancers. The Indian government had to sue the US Patent office to have the patent reversed as Ayurvedic medicine has recognized the extraordinary curative powers of turmeric for more than 5000 years! Turmeric is now one of the most researched plants for anti-cancer properties.

Turmeric oil is primarily CO2 or solvent extracted to retain the maximum amount of the bright yellow

curcumin, which is thought by science, to be the most active compound in the plant. This hydrosol was distilled from a biodynamically grown crop, yielding just 1 pound of hydrosol from three pounds of rhizome. Its rapid action on 'suspect' skin spots and everything else, makes me quite certain that the anti-cancer properties of this plant reside in many of its chemical constituents not just the one or two currently of interest to patent-hungry drug companies.

“Medical research almost daily finds new modes and areas of action for this lowly little root”



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Smell and Taste

The hydrosol has a fresh, quite bright top note followed by an earthy, green, slightly masculine, bass note. The taste is unique, spicy without being sharp or warm, mildly sweet but with the same earthy bottom note as the odour. I always taste the soil when I visit distilleries and plant growers, turmeric brings the soil to you

Therapeutics

Turmeric has shown efficacy against cancers of the skin, lungs, colon and breast as well as leukemia, neurodegenerative, cardiovascular, pulmonary, metabolic, autoimmune and neoplastic diseases. (No wonder a corporation wanted a patent!)

On a less dramatic level turmeric is one of the best skin healers being

powerfully anti-oxidant. Use it for acne, eczema, psoriasis, hives, sunburn, rosacea or any inflammatory condition. Internally it purifies the liver making it a wonderful digestive aid and detoxifier. Take 1/2 tblsp to relieve bloat, gas and other side effects caused by excess.

It is neutral in effect, neither heating nor cooling so it can be used by all constitutional types. Quite frankly I think that turmeric should be taken in some form, every day by everyone, especially anyone with a history of illness or diagnosed with cancer regardless of location and prognosis. Medical research almost daily finds new modes and areas of action for this lowly little root and an ounce of turmeric is worth a pound of cure in my book.

Energetics

Turmeric sends shivers up my spine with the level of information it contains and confers in a very direct fashion. Turmeric has a habit of drawing our attention to certain areas of the body, or to certain emotions or thought processes, those that require our undivided attention, now. If turmeric prompts you to look at

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CFA Keeping in Touch

something, don't ignore the nudge, it may be an early warning sign or even an alert. Turmeric holds the power of the sun as it translates to electromagnetic energy. Its bright orange colour provides 'warmth' without heat, its pungency keeps us aware and present, its thin skin and shallow growth make it vulnerable but its dense foliage provides protection. This is the voice of the earth and it is talking about healing.

Suzanne Catty is the author of Hydrosols: The News Aromatherapy. Through her company ACQUA VITA, Suzanne Catty offers a range of organic and sustainably wild-crafted, pure essential oils and hydrosols, and an extensive list of therapeutic synergies for practitioners. For more info: www.acqua-vita.com or suzanne@acqua-vita.com or call 416-405-8855



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AGM and Call for Board Members

By Tricia Eagle

The AGM is fast approaching (June 12, 2010) and the CFA will be looking for a new President and 2-3 new Board members.

If you are passionate about aromatherapy and would like to see this industry thrive throughout Canada please consider the above positions. The CFA is constantly moving forward in innovative ways within the industry and are continually looking at ways to improve or increase services to our membership. If you are enthusiastic, energetic and committed about aromatherapy please come and join the Board.

There are many benefits to being on the Board. Not only are you serving your community and increasing the profile of your profession, you will also earn all 24 of your CEUs for your two-year term.

Meetings are usually held monthly and through teleconferencing throughout the winter months.

We are also considering offering the incoming President a stipend of \$1,000 per year of service. This stipend will be reviewed each year with the aim of increasing it to a maximum of \$5,000 per year of service. This payment will need to be voted into the By Laws at the next AGM in order to become effective.

Again, please consider either sitting on the Board of Directors or applying for the position of President. If you should have any questions please do not hesitate to either contact myself at the office or any of the board members.

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What's the News?

CEUs

By now you should have received a CEU log and an updated CEU information sheet which describes how many CEUs are required and how to fulfill this requirement. Please keep track of the hours that you have completed (by taking courses, attending CFA events like the AGM, or writing articles). If you did not receive these documents please contact Tricia Eagle cfamanager@cfacanada.com

Do you teach?

We're always looking for members to submit their course outlines for recognition by the CFA. Please submit to Tricia Eagle and your info will be forwarded to the Education Committee for approval and allocation of CEUs.

Spring AGM

It's still a few months away but mark the date on your calendar today. The AGM will take place on Saturday, June 12 at Harcourt United Church in Guelph. It is sure to be an action- packed day and a fun way to earn 7 CEUs.



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Promote Yourself on the CFA Website

Our new revamped website has the potential to reach audiences far and wide. Don't miss out on this opportunity to promote yourself, your business or your products on the CFA Website. Here's how...

Bios

Send us a short bio of (75 words or less) to tell us about yourself. You can include a photo but please save in a low resolution or export for web version. This option is free to all members of the CFA. Please include contact information.

Here's an example from one of our Board of Directors:



Monika Meulman has been working as an aromatherapist and healer for over 10 years. She has worked with individuals, small business and corporations.

A gifted and soothing healer, she can read you like a book. Her aromatherapy massage allows you to relax, de-stress, and become completely aware of what your body is saying to you.

Book aromatherapy massage treatment for stress, fatigue, insomnia, and many other health challenges now.

Six Senses of Tranquility, Toronto 416-347-5449 hm@healingmuse.com

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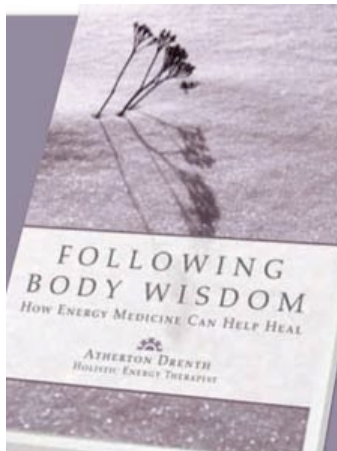
Following Body Wisdom

How Energy Medicine Can Help Heal

By Atherton Drenth

For those who attended her workshop at the Fall Retreat, and those who didn't but are interested in learning more about energy medicine, check it out:

www.chapters.indigo.ca/books/Following-Body-Wisdom-How-Energy-Atherton-Drenth/9780981364100-item.html?ref=Search+Books%3a+%2527energy+medicine%2527



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Zest It Up With Citrus Essential Oils

By Fay Hiscocks CAHP, BHSc

Why use citrus essential oils for food preparation?

- They add a fresh, zippy flavour to a wide variety of foods
- Citrus fruits are not always available in every season and you may not have them on hand.
- It is a good way to use up citrus oils that have a short shelf life.

When using citrus essential oils:

- Use organic where possible
- Where the zest only is used the essential oil will be a close substitution but will be sweeter.
- Where the juice of the citrus fruit is used you will have to add a liquid to make up the liquid in the recipe formulation. The essential oil is sweeter than the juice and even the rind. In some recipes the acidity is important. In this case substitute rice wine or other mild vinegar for a portion of the liquid



especially in foods such as salsas. Where a fresh flavour is desired, you can add citric acid to the water to add tartness. This is good for drinks and sweeter products such as sweet sauces and desserts.

- Never drop essential oils directly into the food since an extra drop can ruin the food.

My research was done using lime essential oil. I started out by examining the lime fruit. These are some of the observations I made regarding the fruit.

Based on a 3 oz lime (medium sized and juicy) I found it yielded the following:

- Grated zest was .2 oz or 6 grams
- Unstrained juice: 35 ml or 2 tablespoons plus 1 teaspoon or 1.1 oz/20 grams
- Strained juice 30 ml or 2 tablespoons or .9 oz/35 grams

Observation of aroma: I found the zest to be less aromatic and sweet. It had a green, astringent quality to the aroma. The essential oil was sweeter and more pungent. By the way, some children who smelled the essential oil loved it and said it smelled like lime candy.

A New Year's Resolution you can carry in your purse

Use the following method to make your own flavour crystals for water.

Use a 5 ml or 15 ml brown bottle as this is not too delicate to carry in a purse.

Place 2 (1) gram packets of Splenda artificial sweetener or 3 (3.5) gram packages of Truvia sweetener in the bottle. Truvea which is made from Stevia is not as sweet as Splenda. Add 2 drops of citrus essential oil and shake well. Add ½ teaspoon of citric acid and shake again. This will make two drinks when added to 2 glasses of water.

sugars and teas to add a little extra zip. Add the essential oil to white sugar one drop at a time until sugar has a fairly strong taste and smell of the essential oil. Store this in an airtight glass container. This flavoured sugar can be used to sprinkle on top of cookies or fruit salad and used in iced tea.

Teas I personally want to include green tea to help with my antioxidant intake but many times the green tea tastes "grassy". To change this taste to yummy, I add 1 drop of lime and 1 drop of peppermint to ½ cup of loose green tea and store it in an airtight container.

Mango Tarragon Salsa

½ cup jalapeño jelly OR 1 fresh jalapeño pepper, seeds removed and finely minced & sugar or sugar substitute to taste (you can substitute approximately to taste if avoiding sugar) Sweetening is optional.

½ cup minced green onions

2 cups peeled, pitted & chopped mango (1 large mango)

2 Tbsp rice wine vinegar or more to taste

2 drops lime essential oil

1 Tbsp olive oil

½ cup finely chopped red bell pepper

3 Tbsp chopped fresh tarragon (optional)

Sugars Essential Oils can be added to

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Creamy Garlic and Lime Sauce

A fast alternative to red seafood sauce for dipping shrimp or an accompaniment for crab cakes.

½ cup Renee's Caesar salad dressing
2 drops of lime essential oil.

In conclusion: I did some experimenting with salad dressings but was not happy with the results. There may be better results to be had using essential oils to flavour oils and vinegars. A good reference to use for your own experiments would be *The Complete Book of Essential Oils & Aromatherapy* by Valerie Ann Worwood. It is prudent to start with ½ the recommended amount of essential oils that she suggests and then evaluate the taste and make adjustments where needed to allow for your personal taste. I found I often needed only ½ the essential oils recommended. Have fun and Bon Appetite!

Fay Hiscocks is a Board Member of the Canadian Federation of Aromatherapists.

