



Aromatherapy

on the record

Canadian Federation of Aromatherapists Newsletter

Vol 1 Fall 2011



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- *The Art of Spiritual PhytoEssencing and the Soul-Nature of Rose Oil*
- *Oil of the Season - Petitgrain - Opportunity for free oil!*
- *Meet our new board member*
- *Farida Irani - Ayurveda Aromatherapy*

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Aromatherapy on the record

Volume 1 Number 1—Fall 2011

The Canadian Federation of Aromatherapists
(CFA)

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This newsletter strives to educate, inspire
and provide a broad spectrum of information
ranging from ancient methods, folklore,
current research and practices both locally
and internationally.

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Aromatherapy *on the record*

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The Art of *Spiritual PhytoEssencing*[™] and the Soul-Nature of Rose Oil

Deep Psycho-Spiritual Work Using Essential Oils

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Bruce Berkowsky, N.M.D, M.H., HMC

OVERVIEW of *Spiritual PhytoEssencing*



Dr. Bruce Berkowsky

Spiritual PhytoEssencing is a synthesis I have created using certain aspects of aromatherapy, Kabbalah, Chinese and herbal medicines, classical homeopathy, modern physiology, depth psychology, color therapy, gemstone healing and anthroposophical science. It is an art designed to help overcome the separation of daily consciousness from the higher self which is at the core of emotional and physical disharmony and may give rise to disease. The goal is to “see” and work upon this core state that underlies all the mental compensations we make to shelter and contain our weaknesses and disappointments.

The focus of my *Spiritual PhytoEssencing* work (the word *phytoessence* is a synonym for essential oil) is to identify the pattern of deep psycho-spiritual themes which have a disharmonizing impact on the soul level. Subsequently, a combination of essential oils which correlates with these themes is formulated to act as a mirror-image of this “central disturbance” and serve as a customized response to the bioenergetic fingerprint of a deeply ingrained pattern of imbalance.

ESSENTIAL OILS And The SOUL

Plants are alive, and everything that lives has a soul. The essential oil is the carrier of the soul of the plant. The founder of anthroposophy Rudolf Steiner states: **“Matter is most spiritual in the perfume of the plant...When the spirit most closely approaches the physical earth, then we have the perception of fragrance.”**

According to the Kabbalah, the human soul contains animal-, vegetable- and human soul components. Thus, each of us has the ability to relate to plant souls on a soul-to-soul level. When the human soul becomes preoccupied with the daily challenges of life, rational consciousness becomes estranged from the higher self, thus mired in “stuckness.” All chronic diseases have this quality of inertia in common.

The plant soul is not encumbered by ego, so it has the qualities of purity and infinity. Thus, the individualized plant soul combination within the essential oil blend, when proffered to the human soul, is eagerly received and infuses the latter with an impetus to move beyond limitation by changing its orientation from the finite to the Infinite.

The key to moving the soul in this way is the formulation of an oil blend which accurately reflects an individual’s “soul print.” Just like no two fingerprints are alike, each soul is completely unique. Living within the context of one’s true soul nature requires a continuous connection with one’s higher self. Happiness is the key to wellness. No one can be truly well so long as he or she is unhappy. In turn, the key to happiness lies in accepting, and living in accordance with, one’s soul print and having this soul print received by others.

Harmonizing the currents of the psycho-spiritual plane facilitates an altered state characterized by heightened awareness, receptivity, flexibility, objectivity and the illumination of life-choices. True healing can proceed only in this altered state. The purpose of the art of *Spiritual PhytoEssencing* is to encourage and sustain this altered state of soul consciousness that serves as mind/body wellness.

Imaginative consciousness is an important element in the art of *Spiritual PhytoEssencing*. In the context of this discussion, the term *imaginative consciousness* refers to overcoming the limitations of analysis of the material aspects of essential oils performed exclusively by the senses and intellect via a complementary perception of the spiritual roots which sustain said material aspects. An essential oil is the carrier of a plant's soul. Like the human soul, the plant soul contains the spiritual roots for all the plant's material and bioenergetic manifestations. Hence, when using essential oils for soul-spiritual work, all of the biophysical and bioenergetic features of the plant can be used to develop an understanding of said spiritual roots.

The following discussion demonstrates how the soul nature of essential oil of rose can be elaborated using imaginative consciousness. Rose has always been associated with deep, heart-felt devotional love. To understand how it elicits this type of response in humans, an examination of the concepts of the rhythmic system, shen, the Fire element, the homeopathic symptoms of rose, the Tree of Life's vessel of Binah will prove of good service.

FOLKLORE And ROSE



Since ancient times, rose (*Rosa damascena*) oil has been consistently classified as an oil of *emotional feeling, love, femininity and transformation*. The Romans scattered rose petals on the marriage bed and Roman brides and bridegrooms were crowned with roses, as were the images of Venus and Cupid. When Cleopatra invited Mark Antony to her palace, she had the meeting room floor covered with roses because of her fervent belief in the romantic power of the rose's scent. Among some American Indian tribes, braves gathered wild roses for the hair of their brides. Also, the rose was supposedly sacred to Aphrodite, the Greek goddess of love, beauty and fertility. Legend has it that St. Dominic, in the course of a mystical vision, received the first rosary from the Virgin Mary, and each bead was rose-scented.

The RHYTHMIC SYSTEM

A primary conceptual model of anthroposophical science is the Three-Fold Organism, or human triad. Accordingly, the organism consists of: 1) *a nerve-sense system* (concentrated primarily in the head) which is *the instrument of perception, thought and consciousness*; 2) *a metabolic/ locomotion system* (concentrated in the lower torso and limbs) responsible for *metabolism and movement and the exertion of will*; 3) *a rhythmic system* (located in the chest) which *employs emotional feeling to arbitrate between thought and will*.

As the rhythmic system is found midway between the upper and lower poles of the body, so does *feeling* lie midway between *thinking* and *willing*. For example, let us say a person imagines a beautiful scene of forest, water and light. She becomes attached to this particular vision and desires to have it appear before her on an ongoing basis. She says to herself: *Why don't I transform my thought into reality?* Then, she proceeds to make a painting of this vision. In this example, there is a chronology that begins with thought and gets caught up in feeling. The feeling then generates a compulsion to translate the thought into a deed, an act of will. In this way, feeling mediates between thinking and willing.

Rose oil is the primary oil for the rhythmic system's (especially the heart's) *feeling* function. Rose helps to balance thinking and willing. While it is noted as being useful in the treatment of *heart palpitations, arrhythmia and hypertension*, it should be considered as primary for these symptoms only when disturbances of the heart's "feeling" function is a leading element in the case.

Rose oil is considered an *asthma* remedy. In this case, it's most indicated for emotional asthma as well as cardiac asthma. Cardiac asthma, associated with heart disease, is characterized by *pulmonary congestion, airways obstruction, hyperventilation, bronchial spasms and wheezing*.

In the human organism, the primary organs of the rhythmic system are the heart, and secondarily, the lungs. Heart and lung activity is characterized by ceaseless rhythm. Whenever a strong feeling is experienced, changes occur in the subtle interplay of blood and breath. The heart and respiratory rates may increase or become erratic. When people recount strong emotional episodes, we often hear expressions such as *My heart skipped a beat*, or *It took my breath away*. Also, blanching from emotional shock or blushing as a result of embarrassment show the connection between feelings and the capillaries: *tiny blood vessels which exhibit rhythmicity*. This helps to explain rose's value as a capillary tonic. A person's emotional life oscillates between empathy and antipathy. For this reason, *feeling* requires an organic system that is capable of rhythmic oscillation so that the scales can be balanced through harmonization.

The heart is actually a sense-organ perceiving subtle changes in the make-up of the blood. To coldly reflect upon something, you need only the nerve-sense system. However, in order to imbue this reflection with interest and devotion, you need the heart's contribution of feeling. This feeling also imbues the will with the element of devotion and courage. This is why courage has long been associated with the heart. Fear is potentially the outgrowth of heart weakness.

The heart also balances between the warm blood returning from the metabolic organs and limbs and the cooler blood coming back from the head, and, in its pumping cycle, between diastole (expansion) and systole (contraction). Similarly, in its other role as the instrument of feeling, it must balance between cold-heartedness and warm-heartedness as well as open-heartedness and closed-heartedness.

SHEN

Shen is one of the “Three Treasures” of Chinese medicine (the other two being chi and jing). The word *shen* translates roughly as *spirit*. Whereas movement is indicative of the presence of chi, and growth and renewal of jing, consciousness indicates the presence of shen.

Shen is said to reside in two houses. The higher house correlates with the head where it brings forth clarity of thought and conscious direction of life and the vital processes. The lower residence is the heart where it ensures balanced feelings and clear, honest communication.

Heart shen is essentially thought transformed by feeling. The concept of transformation is a prominent theme of rose oil. In earlier times, it was used by alchemists as a catalyst in their attempts to transmute base metals into gold. It’s interesting to note that in homeopathy, the remedy *Aurum* (gold) is a major heart remedy.

Consider rose oil whenever there is disturbed heart shen. Disturbed shen will manifest as: *an inability to think clearly and organize thoughts; emotional mood swings; speech defects ranging from stammering to muteness as well as excess loquacity and inappropriate laughter while speaking*. Confused shen may also give rise to: *nervousness; fearfulness; insomnia; depression; dull, unfocused eyes*.

FIRE ELEMENT

According to the Five Element Theory of Chinese medicine, the heart is the yin organ of the Fire element. Accordingly, when function is balanced, the spirit will flame-up with inspiration. If the fire is burning low, the individual will be dispirited or depressed. Loss of fire can develop over time if a person’s emotions have not been validated. In contrast, when there is excessive heart fire, an individual will laugh excessively, be impulsive and be prone to hysteria.

The Five Elements interact in patterns of creation and support, or inhibition and restraint. The Wood element exerts a generating effect upon the Fire element in the same way that wood is fuel for a fire. A deficiency of Wood leads to depletion of the heart’s feeling capacity while an excess may create destructive emotional intensity. Hence, the heart’s integrity as an emotional center is linked to liver health. Rose oil is noted as a remedy for: *hangover; liver congestion; jaundice; various digestive symptoms such as nausea and diarrhea* (which are sometimes related to liver dysfunction).

The word *rose* derives from the Greek word *rodon*, meaning red. Its color is a blood signature. The heart is the blood’s pump, and the liver is a blood-reservoir and -dispatcher. Rose should be considered as a liver remedy whenever strong emotions are the leading symptoms in a case and there are concomitant liver and heart symptoms. Some of the emotional symptoms which may be ameliorated by rose oil may have a liver root, such as *depression, apathy, impatience and disappointment*.

Rose is considered an aphrodisiac oil, especially for the female. A woman’s sexual feelings are more likely to be linked to heart-felt emotions while a man’s are more likely to be linked to the baser instincts of the “animal principle.” It’s likely that rose’s aphrodisiac properties derive from support of the emotional heart-center rather than direct stimulation of the sexual organs.

While the ovaries produce the female hormones, it’s the liver that regulates their blood levels. The liver conjugates estrogens and progesterone to facilitate their excretion via bile and urine. Therefore, the liver plays an important role in the regulation of blood levels of the sex hormones. Rose’s value regarding sexual function and other aspects of the function of the female reproductive organs may be related, in part, to its association with the liver.

HOMEOPATHIC SYMPTOMS of ROSE

The homeopathic literature on rose is very limited but does note the following symptoms: *congestion of the eustachian tubes* (causing deafness and tinnitus: ringing in the ears); *hardness of hearing*. These symptoms are significant as the ear symptoms of rose are the only ones prominently noted in the homeopathic literature. The significance of this is explained by the following discussion of *Binah*.

TREE of LIFE'S VESSEL of BINAH

On the Kabbalistic Tree of Life, the vessel of Binah-Understanding is associated with the heart. The tie-in between rose's homeopathic symptoms of hardness of hearing and tinnitus (noted above) and its Binah/Heart affinity can be explained by the following insight by the renowned 18th century Kabbalist Rabbi Nachman of Breslov (from the *Likutey Moharan I and II*): **“Hearing depends on the heart...If spoken words do not penetrate the listener's heart, it is as if they were never heard...In order to truly hear what someone is saying to us—not just their words, but their intention—the heart must be attentive...The hearing process commences with the ears, but must end up with the heart's understanding what is said.”** The feeling of not being truly listened to and understood by one's romantic partner is a core issue in the lives of many of those who are strongly drawn to rose oil.

The following verse from Proverbs 20:5 is also relevant regarding the “rose oil individual”: **“Deep waters are the counsel in a man's heart, but a man of understanding [Binah] will draw them forth.”** These “deep waters” are, in the case of rose, romanticized ideals and perceptions. Binah logically thinks these through and counsels the person as to how these must be modified in order to achieve one's goals in life.

A central theme in the lives of those who have a strong affinity for rose oil is: *If I find true love, everything will be okay.* It is an essential oil to consider whenever an individual's psycho-spiritual disharmony is related to emotional yearning for, or disappointment regarding, romantic love. Rose oil is one of the major remedies for emotional denial related to compulsive adherence to a romantic naiveté that leads to: *lack of objectivity, self-delusion, repeated errors in personal relationships and congestion of the heart with mundane ego-level preoccupations that obstruct the attainment of higher soul levels.* ♦



Tree of Life

Important Note:

This article is intended for informational purposes only and not meant as a prescription for any individual. Consult a physician whenever disease is present or suspected.

BIO:

Dr. Bruce Berkowsky, registered naturopath, master herbalist and classical homeopath, is President of Joseph Ben Hil-Meyer Research, Inc. He is the founder/teacher of Spiritual PhytoEssencing (deep psycho-spiritual healing work with essential oils) as well as the Natural Health Science System (a synthesis of traditional naturopathy, therapeutic nutrition, herbal medicine, homeopathy, aromatherapy, exercise, as well as East/West healing arts/bodywork) both of which he derive from his many years of research and clinical practice.

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A visit to Snowshill Lavender Farm—July, 2011



This summer I visited my home-land – Great Britain for 3 glorious weeks.

I spent my first week on a much needed retreat in North Wales (home to Prince William and Catherine) at a place called Penwmaer which is nestled in the rolling hills of North Wales. I stayed at Nodffa, meaning place of retreat which is run by Nuns. My time was spent reading, walking and generally communing with nature.

I used my Frankincense and Myrrh blend which helped me to get into a deep meditative state that led to rejuvenating my soul and physical being. There are two labyrinths' on the property that are used for walking meditations. The food and the company were wonderful. By week's end I headed home to Coventry in the heart of Warwickshire.

The rest of my vacation was spent visiting with friends and driving around a favourite part of the countryside called the Cotswolds which happens to be close to home. During this visit I stopped at Snowshill which is a quaint little village built out of Cotswold stone and lying on the outskirts of the village is a lavender farm.

As I drove up towards the farm with my windows down I could smell the pungent aroma of lavender, absolutely glorious. All around me as far as I could see were fields of lavender and the colour was breath-taking.

The lavender fields were first planted in 2000 and there are now 53 acres of lavender covering 70 miles. I was told that lavender particularly liked the soil in this area and the farm has gone from strength to strength. There are 24 varieties of lavender and after it is harvested it is put through a steam distillation right on the farm but alas I was not able to see this process.

I spent some time sitting on a bench in the fields breathing in the aroma (fortunately it was not raining) looking across fields upon fields of various shades of purple. Truly a sight worth seeing! And smelling!

The lavender farm also boasted a tea-room that made cream teas with the cream infused with their lavender. Yummy, heavenly cream, no one can resist a cream tea! Attached to the tea-room was a shop which had products of

all kinds made from the lavender produced on the farm, there was even lavender furniture polish which took me back to when I was a young girl polishing the furniture at home only this was infused with authentic lavender.

I spent the rest of my time travelling through the Cotswold villages and towns e.g. Moreton-in-the-Marsh, Stow-on-the-Wold and Broadway visiting historic homes and gardens. Where ever I went I could find the Snowshill Lavender Farm products in the stores. It was a wonderful vacation and a beautiful place to visit.

Here is the link for their website just in case you happen to be in the U.K.

www.cotswoldlavender.co.uk

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Tricia Eagle

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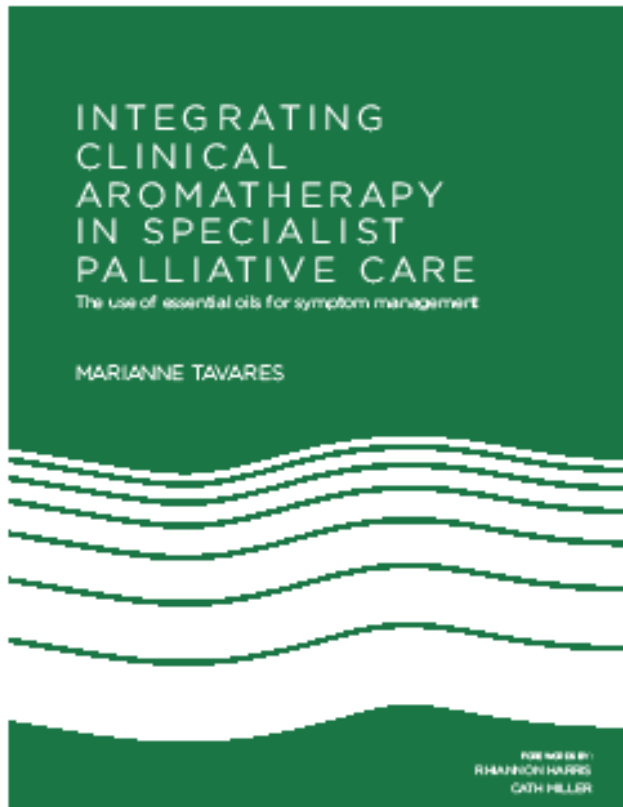
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INTEGRATING CLINICAL AROMATHERAPY IN SPECIALIST PALLIATIVE CARE



“The understanding of the term ‘clinical aromatherapy’ is evolving as an advanced level of aromatherapy practice where essential oils are used to contribute to symptom management”

Aromatherapy is the most widely provided complementary therapy in palliative care in the U.K.

Aromatherapy for relaxation, stress relief and emotional / psychological support is becoming known as ‘holistic aromatherapy’ and is generally provided in the form of aromatherapy massage. The understanding of the term ‘clinical aromatherapy’ is evolving as an advanced level of aromatherapy practice where essential oils are also used for symptom management.

Integrating Clinical Aromatherapy in Specialist Palliative Care provides some of the best available evidence on essential oils as antimicrobial, anti-inflammatory, analgesic and antispasmodic, anxiolytic and sedative agents. It describes the process used at one hospice to integrate the use of essential oils in simple ways in symptom management, alongside conventional measures. The three chapters on wound care, skin care and mouth care provide a guide and framework which may encourage other hospices and palliative care units to consider the approach. Resources are given for advanced clinical aromatherapy studies and continuing professional development for aromatherapists.

With forewords by Rhiannon Harris, Essential Oil Research Consultant and Educator, and Cath Miller, Director of Nursing at St. Gemma’s Hospice, Leeds this guide is intended to provide a basis for organisations to develop their own policies, protocols and procedures in order to safely introduce essential oils for symptom management in response to local needs.

Marianne Tavares is a consultant in complementary therapies in palliative care who now works and resides in Toronto, Canada.



Meet our new Board Member - Colleen Thompson

by Monika Meulman



Q1. How long have you worked with essential oils?

I was first introduced to essential oils in 1991 when someone recommended them for my migraines. I found Peppermint essential oil and to my surprise it worked! I tried researching essential oils but of course we didn't have internet then and I wasn't able to find any books on the subject so my experience was limited to the Peppermint and I more less forgot about aromatherapy. In 1993 I found a store that sold essential oils and they were able to answer many of my questions. In 1995, I left my job of many years and purchased an aromatherapy franchise store. In spite of my quest for knowledge, I soon found out that I knew relatively little about essential oils and how they worked and so enrolled in an Aromatherapy Certification Program and graduated in 1996. Because my background was adult education, in addition to my retail store, I taught classes and workshops on aromatherapy and still do to this day.

Q2. What is the eo that you cannot live without and why?

I would have to say eucalyptus. I

put a drop on the floor of the shower each morning for a sauna effect. I add it to the rinse water when washing sheets, towels and underwear and I clean pretty much everything with it!

Q3. Has the use of essential oils ever surprised you over the years, if so, how?

Many times – the first of course being my experience with the peppermint essential oil for my migraines. At times I've become complacent and then experience an "aha" moment with the oils. The most rewarding has been when I've found a recipe and tried it on a customer only to have it work better than I would have ever expected!

Q4. If you could only travel with 4 oils what would they be and why?

Eucalyptus, lavender, juniper and rose. I use eucalyptus extensively so I would have to travel with it. Lavender to help with sleep; to put on cuts and scrapes; and to deter pesky mosquitoes and other insects. I like juniper for the lymphatic system and use it if I'm feeling under the weather and also can combine with eucalyptus and lavender for sore tired muscles. I love rose for skin and also as a fragrance.

Q5. What advice would you give to a budding young aromatherapist or new student?

Learn everything you can about aromatherapy and keep learning – it is a lifelong process and new research is constantly uncovering new essential oils or new ways to use ex-

isting essential oils. Know what area of aromatherapy you might want to get involved in and research it before beginning your career. Embrace essential oils in every element of your life – talk the talk and walk the walk. Network with other aromatherapists.

Q6. How do you view/see aromatherapy developing in the next 5 years in BC?

I would love to see aromatherapy more accepted by the medical professionals. I would also like to see more new aromatherapists entering the profession because we can accomplish so much more with higher numbers. I also would like to have some of the world's experts speak at our conferences. We had Robert Tisserand in the spring of this year and have Rhiannon Harris coming next spring. This gives us a better picture of what is happening with aromatherapy worldwide instead our little *corner of the universe*.





Lavender 101 to the Rescue at the Kripalu Centre



Many years ago, after I graduated from Naturopathic College in Israel, two great things happened. One is I took an Aromatherapy course, which led me to where I am today in my career. This career has not only fulfilled me as a person, but has contributed to my healthy lifestyle. It gave me an awareness of the environment and a reason to investigate the products that I used day to day which helped me to treat myself as appropriate. Most of all it led me to wisdom and a wealth of information that has been ingrained in my DNA. This information was packaged and put into an Aromatherapy program that leads other eager minds to discover Aromatherapy through Healing Fragrances School of Aromatherapy.

Another passion I have always had is movement and kinesiology. Therefore, I took a two year Aerobics Instructors course. I integrated physical activity into my Naturopathic practice. My main interest was working with eating disorders and self image. I created a program that was taught in several kibbutzim across the country. One of the main things I implemented in my self image classes was gentle yoga practice, which I extracted from the Kripalu philosophy. Kripalu is yoga of the heart, the movement is taught by embracing your body and moving with its unique flow.

Last week I just got back from a five day stay at the Kripalu centre. It has been my dream to go there for as long as 12 years. As I write these words, I am still touched by my experience.

I set my intention prior to the trip, just to flow with the drive with no judgments or expectations from myself. I also gave myself a bit of advice that I usually give my students or clients. I took a break from using essential oils, and enjoyed every moment without the charm of the scents of the essential oils. The only oils I took with me is my High Altitude Lavender and my "Rose Otto".

The drive to Stockbridge Massachusetts was an eight hour drive from Thornhill. As I began to reach my destination, it was apparent I was driving through the Appellations mountains. The stunning emerald foliage was so vivid along the highway. The clusters of Black and Red spruces, the fir balsams and other species of trees were just so grand and welcoming it took my breath away. All my senses were engaged in the experience, delivering a unique and one of a kind Aromatherapy treatment, without opening up a bottle.

When I reached the Kripalu centre I was greeted with a pretty flower bed that had a sign "Kripalu Centre". My smile muscles began to curve into my ears. It began to rain, and the scent of the earth and trees began to orchestrate a symphony of aromatic molecules such *alpha & beta* pinenes into the atmosphere. My olfactory was waltzing till my breath was taken away.

I walked into a dorm like atmosphere, registered and was told my first class begins at 4:00. Now, I was impressed with myself that I could actually keep up

with an intermediate class. So the next day, I had four different classes all in the intermediate levels. I patted myself on the shoulder and said "not bad for a 53 year old". During the evening, I began to feel my aching muscles expressing that "I just over did it". It felt like every muscle in my body was in pain.

I could not sleep. So I woke up at around 11 o'clock and decided to take a bath with High Altitude Lavender. I started running the tub and put my 25-30 drops lavender oil to the rescue.

High Altitude Lavender contains two major constituents Linalool – which is sedating, and anti-inflammatory, also acts as an emulsifier in the water, therefore I did not need a carrier. The Linalyl-acetate, is anti-spasmodic and sedative. Both of these constituents when applied topically on the skin transfer into the blood. The slight analgesic properties comes from the small amount of camphor in the lavender.

I soaked in the bath for twenty minutes, got out, and fell asleep till six in the morning, ready to attend my gentle Yoga class.

So thank goodness I brought my lavender, as this allowed me to enjoy the rest of my stay and the Kripalu Yoga experience!

Submitted by Danielle Sade



IN THE SPOTLIGHT

An Interview with Marianne Bogoslawski CFA member

*** How did you become interested in aromatherapy?**

My mother received weekly aromatherapy treatments throughout the trials, tribulations and pain of breast cancer. When my mother's breast cancer had reached 3rd stage, her aromatherapist asked me to massage her with a blend of anti-anxiety oils daily. These oils, applied with love and care provided tremendous relief both physically and more importantly, emotionally.

During this difficult time, my mom suggested that I should study aromatherapy. I was a graphic artist and a mother of two small children at the time, so the challenge of going back to school seemed unattainable. However, because aromatherapy had such a positive impact on my mom's end of life, the thought of being able to help others in this way overrode any misgivings I had.

*** What education did you pursue?**

In 2002, I attended the Mohawk McMasters Complementary Therapies course for 3 months. The classes unfortunately were cancelled so I then continued my studies at the Balnea School in Burlington.

*** Have you pursued other studies since then?**

In 2006, I studied medical aromatherapy under Dr. Daniel Penoel in France and I have also studied with Eve Taylor (considered worldwide as the pioneer of modern aromatherapy). I received a Healthy Breast Nutrition and Yoga Teacher Training Certificate, studying under Dr. Sat Dharam Kaur and have also studied Iridology.

*** You have a business called Aroma Care. One of your current clientele consists of Long Term Care residents. Could you give us your step by step approach to procuring these contracts?**

Sure. What I needed was to gather and submit information to the health care facilities. So the steps went something like this.....



- Research, research, research - such topics as use of essential oils in chronic care for pain, anxiety, dementia, depression etc. Compile all of this information.
- Compose a cover letter with my logo attached
- Compose a fairly in depth outline of the benefits of aromatherapy and what I could provide the clients with – ie what I can do for you
- I arranged an appointment with the supervisor stating that I was interested in offering a program for the residents. I presented my “envelope” of information and briefly discussed the benefits of aromatherapy.

I was asked to meet with the activity directors. I brought a power point presentation which was helpful in relaying the benefits of essential oils as well as the many ways the oils can help to enhance health both physically and emotionally

*** Given that you are working with the elderly, I am assuming that you would not use a massage table. How would you provide aroma care.**

Care is provided in an “as is” position, basically, wherever they are. Because many times they have difficulty moving and are unable to get up or even turn on their sides. I must accommodate for them in whichever way they need.

I have a foot stool that I bring with me to each facility and it doubles as storage for all my different blends. In it I carry a foot spray, with approximately 5 different blends. For feet and lower legs I have the client elevate their legs so they rest on my lap. For elimination difficulties, I massage the abdomen in a supine position on bed. For shoulder and neck pain or headaches, the client would sit in a comfortable chair. This allows easy access for back massage.

*** Who determines the clients you will be seeing and how long are the treatments?**

The activity director will inform me if someone is experiencing pain for example, and ask me to see them. As well, I will simply visit a resident and ask if they would like an aromatherapy treatment. (the answer is always yes)

I have been approached by physicians and asked if there is anything I can do for a patient who is experiencing issues such as agitation or anxiety.

Aromatherapy sessions provided by the chronic care facility are 15 minutes. If someone wants to have extra time, the activity director will talk to the family to see if they wish to pay for this extra time.

*** Could you explain why you were hired by the Activity Centre department**

Yes, I think things are slowly changing in terms of aromatherapy being known as a health benefit but for now, chronic care facilities are more open and comfortable with offering aromatherapy as a “program”. As we all know, it will take time, education and persistent promotion to bring to the forefront the benefits of essential oils.



An Interview with Marianne Bogoslawski CFA member (cont'd)

*** What were the main hurdles to overcome and how did /do you overcome them?**

Questions regarding fragrance and allergies..... but I found that once I explain that the scent of the oils are not synthetic but rather a natural occurring aroma from plants all fear of allergies disappear.

The other hurdle is always in play and this one is knowing when to stop and take care of myself. I also provide aromatherapy to staff members at the Oakville Hospital and I find that my thumbs ache due to the strain of massage. How I alleviate this is to schedule a massage for myself, and to try to remember to check in with my body to ensure that I am not overworking or overextending my own body.

*** What is the most frequent complaint of the elderly client?**

Pain.

*** What blend of oils would you use for pain for this clientele?**

My generic blend would consist of peppermint, black pepper, ginger, clove, sweet marjoram a little juniper berry and sometimes german chamomile.

*** Do you create individual blends for all clients?**

I create generic blends for specific health issues such as constipation, agitation and anxiety, as well as an anti-inflammatory blend and palliative blend etc. I also create blends individually especially when there are other health problems to consider.

*** What information is given to you in regards to the chronic care clients? Do you consult with nursing staff?**

At the majority of long term care facilities, I can access the client charts. The charge nurse will inform me of the history of each client as well as any health issues. I chart in my own log book plus I chart in the resident's on site file. Charting would include such information as

blend of oils, any complaints of discomfort, changes in client demeanour etc.

*** You mentioned that you work at Oakville Hospital. Could you describe what you do there and what brought you there?**

I work in the staff wellness program. This was a serendipity moment as I had scheduled an appointment with the staff wellness supervisor who arranged to have her assistant sit in as well.

After discussing aromatherapy and the benefits, I offered a 15 minute shoulder and head massage.

This was the turning point. After the massage, they shared with me that they had massages in the past but, with aroma massage, there was a sense of connection and mindfulness. I was hired on the spot!

The staff wellness program now offers 15 minute chair massage to the staff. A department is chosen and posted each week, staff sign up for a time slot and I provide aromatherapy massage for 4 hours each week. This type of massage is strenuous as you are endeavouring to loosen knots in shoulders and upper back area and as I said earlier, can lead to achy thumbs.

*** What is the staff feedback?**

Great! The staff love this – feedback is all smiles and positive. I receive emails from the supervisor passing on testimonials staff have written on how much they enjoy this and how it reduces stress.

*** Do you work alone?**

When I started working in long term care facilities, I asked a friend Carla Piccolo, who is also a CAHP, to join me. We work as a team although we do not work at the same facilities. We practice aromatherapy at the Long Term care facilities and the Oakville Hospital wellness program. It is great to have this mutual support and we meet every Wednesday morning to discuss strategies, blends etc.

*** What inspires you the most in your aromatherapy journey.**

Inspiration comes with each person. With each new day, there are new challenges, and meeting and exceeding them is what inspires me. To make another human being feel cared for, happy and comfortable is a great joy for me! I love what I do and I am truly, truly grateful for this humbling work.



**Marianne has been invited to present information on the benefits of aromatherapy and essential oils to physicians in the Oakville area. We hope to re-interview Marianne following this presentation for feed back from a physicians perspective.*

Submitted by Ewana Gallo



Oil of the Season

PETITGRAIN

Petitgrain oil is obtained by steam distillation of leaves, buds, and small branches of various citrus species. The origin of the name 'Petitgrain' (French for little grain) comes from its historical harvesting. Long ago it was extracted from the unripe oranges of *Citrus aurantium var. amara*.

Yes, that's right, in the world of chemical preparation for industry, laboratories and other mass consumption ventures, petitgrain refers to oil of any citrus tree. Once we correctly identify an essential oil as 'bigarade' it strictly refers to the bitter orange tree. Thus, any essential oil labeled simply 'Petitgrain' is incomplete. It is possible to obtain Petitgrain from Mandarin, Bitter Orange, Clementine, Lemon, Sweet Orange, Bergamot, Key Lime, Persian Lime, and Grapefruit Trees! (Dugo et al, 2010)

Did you know that petitgrain oils are usually distilled shortly after the collection of the flowers, since the trees are trimmed during harvesting? In the Mediterranean this is usually between February and April. That being said the neroli and petitgrain oils are harvested from the same plantations. If you have a reliable supplier of neroli, who provides you with clear documentation of origin & GC analysis, and know your neroli to be of superior quality, or as many aromatherapists refer to it as 'therapeutic quality', then you can bet that your petitgrain is pure as well and has not been adulterated.

Petitgrain, like many essential oils, gets mixed up with bad company, when prepared by impatient or unethical suppliers. According to (NIIR, 2003), "because of its relatively high price, genuine French petitgrain bigarade oil is

not infrequently adulterated with cheaper petitgrain oils (oil of petitgrain Paraguay, for example) or with linalool and linalyl acetate."

(see a sample comparison of Gas Chromatography comparisons of Paraguay and Italy Petitgrains, links below)

Did you know that the bulk of the commercial Italian petitgrain bigarade oil is produced in the province of Reggio Calabria? It is also often distilled in two ways: 1. distilleries with steam stills and 2. field distillation posts that contain fired stills. The distilleries produce a superior product.

Chemical content

One of the major constituents is linalyl acetate, which can vary from 40-71% (Dugo et al, 2010). Linalyl acetate is an ester that promotes relaxing in the nervous system and calming in the digestive system (Caddy R. 1997). Linalyl acetate has antispasmodic properties which invites activity of the para-sympathetic nervous system thus promoting ease to the digestive system and relaxation of involuntary muscles. Two other major constituents are terpene alcohols, linalool and geraniol. Linalool has high sedative properties that enhances relaxation and while geraniol promotes antispasmodic effects on smooth muscle tissue. Other present esters are usually geranyl acetate and neryl acetate. In his Medical Aromatherapy book (Healing with Essential Oils), Kurt Schnaubelt defines petitgrain as strongly green and leafy. However, as with many aroma texts we get misleading information in this book since on page 194 his preferred mode of use is "perfume, topical" but on page 237 he lists Petitgrain as part of a group of essential oils for Internal Conditions, as an anti-inflammatory.

Petitgrain bigarade (*Citrus aurantium var amara bigarade*) is probably the most beautiful and well rounded among all the petitgrain essential oils. Next time

you order yours, make sure it is French or Mediterranean from the Bitter Orange Tree!

References

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by Monika Meulman, CAHP, HonBSc.

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A new MONTHLY CHAT
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Hosted by:
Monika Meulman
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Starting on October 16, 2011

We will meet via phone and possibly web chat to discuss topics at hand.....

2nd Sunday of every month 8pm EST.

Possible topic in October:
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BRING YOUR IDEAS!**

..... More details to come

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