



Aromatherapy

on the record

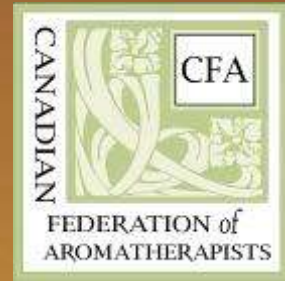
Canadian Federation of Aromatherapists Newsletter

Vol 3 Spring 20112



In this Issue

- *Applied Zoopharmacognosy*
- *Oil of the Month - Pine*
- *Herbs to Spread Love in Your Garden*
- *In the Spotlight—Gayle Gage*
- *20th Anniversary for CFA Member Victoria Goodman*



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Aromatherapy on the record

Volume 3—Spring 2012

The Canadian Federation of Aromatherapists
(CFA)
A not for profit organization
110 Thorndale Place, Waterloo, ON N2L 5Y8

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*

In this Issue

Spring Gardening Tips	4
Applied Zoopharmacognosy	7
Aromatic Living Today	10
20th Year CFA Member—Victoria Goodman	11
Herbs to Spread Love in Your Garden	13
Photo's and Chat—Anne Quast.....	16
In the Spotlight—Gayle Gage.....	17
Social Media	19
Oil of the Season—Pine	20
CFA Members Business.....	21



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SPRING GARDENING TIPS

Spring Gardening Checklist by Monika Meulman



Spring Gardening Checklist

Places in our garden need different care, attention and preparation at different times of year. This is particularly important to remember in the spring, as we slumber out of the warm and cozy livingroom/den, leave the glowing fire behind, pull on the longjohns, our gardening boots, and gingerly make our way to the SHED. The place where the life never stopped over the winter, but we don't know just what we may find, and we often don't remember what's in there.

So here is a quick run down of what we need to remember to do where!

Flower Garden

Plant/Item	March	April	May	June
Annuals – eg cannas, dahlias, and other bulbs	Start seeds or bulbs indoors	Keep under lights	Plant after the last frost date – May 24 weekend Seed annuals directly into ground	Seed directly into ground – all through summer, ex. alyssum
Hydrangeas	Cut back to the ground	Move around garden as needed as soon as soil is soft	Mulch	
General	Spread compost on beds & spread around	Divide hardy plants that are overgrown or need of new space	Mulch as needed	


Trees

Plant/Item	March	April	May	June
General		Fertilize trees before buds open	Plant new additions to the garden	Plant container or bur-lap grown trees, & evergreens
Fruit trees	From late march to early april – spray dormant oil spray	“They should then be sprayed with fruit tree spray when they are pre-pink, or just before bloom”	Third spray is to be applied during the bloom period to control fire blight, bacterial wilt, etc.	Fruit trees should be sprayed a minimum 5 times a year.

SPRING GARDENING TIPS



Vegetable Garden

Plant/Item	March	April	May	June
Annuals – tomatoes, peppers, cucumbers, herbs	Start seeds indoors	Hardy herbs can be planted late april ex. parsley, sage, chives	Plant tomatoes, cucumbers, peppers, and other tender plants after last frost: may 24 weekend - soil temperature will ideally be 17 degC.	Plant tender seed plants directly outdoors
Annuals – hardy bulbs		Fertilize daffodils, crocuses, & tulips after they finish flowering	Fertilize daffodils, crocuses, & tulips after they finish flowering	
Hardy plants	Clean up garden of twigs and leaves	As soon as ground is workable plant: onions, cabbage, radishes, sweet peas, leeks		
General	Spread compost on beds & spread around		Spread compost on beds & spread around	



Birds and Bees



Plant/Item	March	April	May	June
Hummingbirds	Like nectar, insects & spiders so don't clear out those spider webs Place out nectar early to attract migrating birds on their way	Place nectar blooms in opposing corners of a large yard to allow territorial HB to nest in 1 region	Plant high contrast flowering vines, flowers, and shrubs, They will visit all colour flowers but may choose red, purple, blue, & yellow first	"To entice hummingbirds to nest in your garden, provide a diversity of leafy trees and large shrubs; they have been known to nest in ironwood, beech, yellow birch, oak, hackberry, pine and maple, among other species"
Birds – general	Seed eating birds need insects for their young, some birds need berries. don't cut down perennials unless you have bird feeders in place...	... or new food sources have started growing in your garden		
Bees	Create diversity, pick a sunny spot Note: some pollinators over winter in plant stems, so don't cut back any area completely (shrubs, large perennials)	Plant seeds of annuals & perennials with a large variety of colors, size, blooming times, in 1 place	Native flowers are more abundant in nectar than exotic ones. Note: fancy double & triple flowers deny access to pollen	

Hardscape/Landscape

Plant/Item	March	April	May	June
General	Spread compost on beds & spread around Clean & sharpen blades and garden tools Do not walk on greens and beds while wet to avoid compaction of soil	Start new compost pile Weed as soon as weeds appear	Divide large or overgrown specimens before the days become too hot, while you have the rains of spring	
Grass	Aerate as soon as ground is soft & drained	Seed or fertilize as needed		
Indoor plants	Feed with fertilizer solution			



Shrubs and Vines

Plant/Item	March	April	May	June
Vines		Put down slow release fertilizer		
Shrubs – non-flowering, hardy	Prune broken or overgrown branches, or prune to desired shape Ex. butterfly bush, rose of Sharon and Peegee hydrangea	Fertilize with slow release fertilizer Cut for indoor forcing		
Shrubs – flowering or sugary/sap	Cut stems for forced flowering indoors	Put down slow release fertilizer	Prune flowering shrubs after they are done flowering ex. <u>forsythia</u> , purple sandcherry, flowering almond, lilac and mock orange bloom on the previous season's growth	
General	Spread compost on beds & spread around			

Many thanks to Monika Meulman, member of Lakeshore Environmental Gardening Society for these timely tips on gardening.

You may contact Monika at : monika@healingmuse.com

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An interview with Caroline Ingraham

Caroline trained for over 25 years in the use of extracts for people but it was not long before she realized that both animals and humans shared many of the same needs. From this beginning, Caroline founded the Ingraham Academy of Zoopharmacognosy which is located in Bristol UK. Caroline consults, lectures and teaches throughout the UK and abroad. She also runs The Wild Health Shop, an on-line supply company. Web address is <http://www.thewildhealthshop.co.uk/>

Her son Thomas H. Ingraham, who wrote two of the books used in the course, "Zoopharmacognosy & Herbal Pharmacology" and "The Science of Essential Oils & Herbal Extracts", teaches tutorials and lectures on these subjects as well.

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telephone: +44 (0) 1179 145698

mobile: 07853 378993

website: <http://www.ingraham.co.uk/index.asp>

1) What is your background and how did you develop Applied Zoopharmacognosy?

I trained in human aromatherapy in 1984/85 with Robert Tisserand, during which I was successfully treated for chronic cystitis with permanent results.

While still training, my next case started me on an incredible journey into using aromatics for healing animals. I had rescued a German shepherd named Roxy with severe emotional and physical disorders, who would not eat. By day three, she had become very weak. She responded to Frankincense and shortly after got up and ate.

I later went to California where I spent years in observational research with animals and aromatic oils. I noticed a pattern: specific remedies were chosen for specific issues. Not only was their selection falling into definite innate knowing but also their application. Often oils for internal problems were ingested whereas oils for emotional prob-

lems were inhaled. This led to finding appropriate base materials for dilution of essential oils with carnivores and herbivores having distinct preferences.

Returning to the UK in 1994, I began working with essential oils and animals, and soon came demand for courses. The term aromatherapy was confusing, implying external treatments. So Animal Aromatics was born with the principles of returning to animals the important medicinal 'non-food' of secondary metabolites that are too often misunderstood and not made available to domesticated animals.

Cindy Engles' book, Wild Health, was another turning point. I had a wealth of knowledge for horses but something was missing for omnivores and carnivores. This led to research on zoopharmacognosy in wild animals, allowing a further understanding of domesticated animals' needs and selection processes. I now work with various species including companion and farm ani-

mals, tigers, elephants, and reptiles. My work is constantly evolving, taking it and my school into the new and respected science of zoopharmacognosy.

2) Please explain the basis of Applied Zoopharmacognosy?

It's the study of self-medicative behaviour in animals. Allowing animals to select from a range of natural remedies, and determine dosage and administration, allows them to enhance their health according to individual needs. It's derived from ancient Greek for animal (zoo), medicine (pharmaco) and knowing (gnosy).

3) Most professionals avoid/restrict animals' access to essential oils and herbs. What would you say to them?

People 'administer' without allowing an animal to self-select. Only the animal knows its individual needs, determined by taste and smell. Both domesticated and ex-



Applied Zoopharmacognosy

otic animals are incredibly accurate in selecting required remedies. Unhealthy animals don't choose arbitrarily; they are very selective with distinct behaviours expressing interest or disinterest towards specific extracts. They regulate dosage and administration route. So long as no extract is forced on them, and nei-

purging, and use of the vomeronasal organ. The golden rule is: let the animal guide you.

5) What is the success rate?

The success rate is high; done correctly it has the most unbelievable results. Offering selected remedies can have instant and profound ef-

fects on both behaviour and physical problems. The speed with which some essential oils instigate a behavioural change suggests they can achieve effects through 'smelling' alone.

6) What is your greatest success?

There are so many, where do I begin?

Sinya, an 8 month-old African elephant calf, was found trapped in a well and separated from her herd. She was emaciated; had large dorsal lumbar wounds, with one a 20cm diameter elevated skin flap, a sub-mandibular skin flap and skin flaps on the fetlocks; and her trunk had been mutilated by hyenas, having puncture wounds, lacerations, and tissue loss with severe damage to the tip. All wounds were infected and necrotic. The possibility of *Klebsiella pneumoniae* infection, a leading cause of death for young animals exposed to putrid water, was also feared. She had received amoxycillin for seven days then



ther dosage nor administration is pre-determined, then self-selection is perfectly safe.

Species must always be considered in animal aromatics. Herbivores have natural metabolic pathways to break down essential oils while carnivores usually obtain them partially digested through their prey's gut.

4) What attributes are needed with Applied Zoopharmacognosy?

A calm demeanour, patience, reading responses, and releasing control of the treatment. It is also important to understand the different responses, like emotional releases,





clauvulanate amoxicillin for another seven and the vets were reluctant to prescribe another. Sinya had loss of appetite, with general withdrawal and depression.

A month after rescue, septicaemia became a concern and she remained very depressed. A self-medicating regime was decided on. She chose 14 substances over 14 days, predominantly Illite clay topically, and garlic and violet leaf essential oils both inhaled and ingested. After day one, the debridement operation

was cancelled. The vet, who had been concerned she would survive neither anaesthesia nor septicaemia, said he couldn't have thought of a better coating than the clay which dried the wounds and prevented flies laying eggs. In days her wounds no longer showed infection or further necrosis. Instead they had formed healthy granulation tissue. In a few weeks, they had completely healed; elephant wounds normally take months to heal. There was no *Klebsiella pneumo-*

niae infection. Sinya's behaviour became comparatively playful during week two, and subsequent correspondence reported no relapses.

7) You run an internationally renowned academy. Where do you see this course in five years?

We've had interest from a London university to help create a zoopharmacognosy course as part of an equine degree course branching into animal welfare. We would like this subject recognised internationally as part of enriching an animal's environment and health.

8) You do lectures and demonstrations worldwide. What is your favourite place to visit?

You can't ask me that – I love them all! Although Africa will always hold a place in my heart.

9) Any plans for coming to Canada in 2012?

In 2006, I was invited to Canada by The British Columbia Association of Practicing Aromatherapists. I was so warmly welcomed and got such good feedback that returning would be a pleasure and an honour.

Article Submitted by Alanna Bannister—Alanna Bannister graduated from the West Coast Institute of Aromatherapy as an Aromatherapist and Dominion Herbal College as a Chartered Herbalist, with her focus being on animal treatment. She is currently studying Applied Zoopharmacognosy through the Ingraham Academy of Zoopharmacognosy. In her spare time she writes and has just completed her first novel. Alanna lives in Beautiful BC with her husband and two fabulous dogs.

Discussions are underway for a weekend seminar with Caroline in BC and Ontario this coming fall. Cost will be approximately \$300 for both days, though this is not yet confirmed, and professional participants will receive Continuing Education Credits. If you would be interested in attending, please let us know so we can have an idea of interest. azinquiries@yahoo.ca



Canadian Federation of Aromatherapists

Due to low number of registrants, Aromatic Living Today Conference has been cancelled.

The CFA Annual General Meeting will be held at the ADDRESS BELOW

The AGM is open to CFA Members only.

We look forward to seeing you at the general meeting.



ANNUAL GENERAL MEETING

MAY 19, 2010

330 Red Maple Road
Richmond Hill, Ontario

10 am to 1 pm

Brunch/Lunch provided

PLEASE CONTACT TRICIA EAGLE IF YOU ARE ATTENDING AS NUMBERS WILL BE
REQUIRED FOR LUNCHEON PURPOSES

Phone: 519 746-1594 Fax: 519 746-9493 E-mail: cfamanager@cfacanaca.com

20 YEARS CFA MEMBER

Victoria Goodman



CFA Member Victoria Goodman Celebrates 20th Year Anniversary

I feel like my life has come full circle and Aromatherapy has come full circle with me. In September 2011, Victoria's Holistic Day Spa celebrated 20 years in business and this summer my husband and I will celebrate our 20th wedding anniversary. The Canadian Federation of Aromatherapists will also celebrate 20 years as our national governing body.

When I was a young girl, I loved to do facials and massages, I even walked on a back or two! I had a dream of opening a country spa one day. Inspired by King Ranch Spa, which was located close to my family home, I attended Seneca College for Esthetics and Cosmetic Retail Management.

After completing my Esthetics program, I travelled Central Europe and The Middle East for 6 months. While in Egypt I was introduced to Egyptian Rose Oil and The 1001 Night Perfume Extract House.



Travelling abroad was a great experience and I learned a lot about the world. In Italy, I saw the Pope twice in one day and toured the Vatican, stood on top of the Leaning Tower of Pisa! Some of the places I visited were amazing, like the Giza and Saqqara pyramids, The Cairo Museum and visiting the Holy City just to name a few.

Inspired by Egyptian Rose Oil that I returned with, I signed up for Tisserands Aromatherapy Training. In September 1991, in the middle of the Gulf War, I registered and opened my business.

After 2 months of working from home, I found a local hair salon renting 3 rooms in the back. This was a great start for me. Two years to the

day, I found and leased my own six hundred foot space. My own space, it was great. I worked hard and continued my education in Certified Aromatherapy Standard, Advanced Instructor Levels with British Aroma Therapist and RN, Colin Paddon.

After many years of practice and ongoing education in Reflexology, I submitted my aromatherapy program to the CFA for accreditation. Approved for Certification in 1995.

I served on the National Board as Vice President and Director of Education for several years and carried the stick so you could say. Organized Aroma Fest 96. Also volunteered on the Natural Health Coalition-Advisory Committee to the Toronto Licensing Board. This Committee took part in the granting of the Holistic Practitioners License in the City of Toronto in fall of 1999. This License was a huge milestone for all Natural Health Practitioners, not regulated by the government. I also instructed classes at Centennial College and the Canadian College of Naturopathic Medicine as well as many of my own Certified Courses, classes and workshops.

Personally, I just wanted to escape the city and so in late 99, relocated to the country where I settled down and started my family. It was my y2k goal. Life really changed for me living off the land sort of. Your





20 YEARS CFA MEMBER

Victoria Goodman



very powerful energy. See my website for pictures victoriasholisticdayspa.ca

I would like to leave you with a marketing tip. In the past I would send mailings thru Canada Post which involved paper, printing, envelopes, stamps and a lot of work. In the past year I have done two wag jag promotions and got just under 250 new clients. No paper or mailing necessary. No money up front. If you haven't tried wag jag or deal of the day. Give it a try, just make sure you have a website first and do some research on conditions.

priorities change. I had 2 beautiful kids, a boy and a girl. I gave up big parts of my business for kids. So I downsized my business to just spa. After more ongoing education, I completed Certification in Hot Stone Massage, Reiki Level 1, 2, 3 and then Indian Head Massage. Life changes and you need to go with the flow. So we moved to be closer to family.

I feel a lot of my success is due to the consistency and high standards of the Canadian Federation of Aromatherapist. Today, I understand the CFA needs fresh oil to keep the machine running, so please think about what you can do to help. Step forward and volunteer for a

director or committee member. Call the office today and talk to Tricia, I am right where I need to be and I am living my dream. I have come full circle and life is good! I work from home and I make a decent living without the stress of commuting or doing a job that I hate. I now live by Lake Simcoe in a small community south of Barrie. I am in my forever place and look forward to the next 20 years. It's quiet and private and very close to the lake. It's kinda like cottage life all year around. The lake has a



Thanks for reading and I hope to write again soon.

Victoria Goodman
If you have any questions you may forward them to victoria@victoriasholisticdayspa.ca



Blackberry – *Rubus villosus*

Parts used: Berries to eat, Bark of root and rhizome for healing

Action: astringent

Indications: excellent, safe, gentle astringent remedy. appropriate for diarrhea, dysentery, loose bowels, etc. Traditionally used in Britain as an external wash to treat burns, & whole range of skin eruptions. It will stanch bleeding and is helpful for leucorrhoea. No side-effects reported.

Use as tincture or dried herb decoction. 1-2g of herb, Simmer for 10 minutes in 1 cup of water.



Blackberry—*Rubus villosus*

Lemonbalm – *Melissa officinalis*

Parts used: dried or fresh aerial parts

Action: carminative, nervine, antispasmodic, antidepressant, antimicrobial, hepatic

Indications: relieves spasms in digestive tract, useful in flatulent dyspepsia. primarily indicated when digestive upset is part of anxiety or depression, since the gently sedative oils relieve tension and stress reactions. Used also for neuralgia, anxiety induced palpitations, insomnia, and migraine associated with tension. Has tonic effect on heart and circulatory system, and causes mild vasodilation of peripheral vessels: lowering blood pressure. Antiviral, can be used as compress or in cream for lesions.

Side effects: may interfere with action of thyroid hormones

Use as tincture or infusion: 1 cup boiling water with 2-3 tspns of dried herb or 4-6g of fresh herb.



Lemonbalm—*Melissa officinalis*

Comfrey – *Symphytum officinale*

Parts used: Root, rhizome, leaf

Action: vulnerary, demulcent, anti-inflammatory, astringent, expectorant

Indications: Impressive wound-healing properties due partly to the allantoin. Stimulates cell proliferation, supports wound healing internally & externally. Comfrey root is powerful healing agent for gastric & duodenal ulcers, hiatus hernia, & ulcerative colitis. Effective for bronchitis, irritable cough, to soothe & reduce irritation while promoting expectoration.



HERBS TO SPREAD LOVE IN YOUR GARDEN

Side-effects: internal use can lead to toxicity due to genotoxic action. To be used only as necessary, avoid lengthy internal use.

Use as tincture 2-4ml a day or 1-3tspns dried herb in cup of water, boil, simmer 10-15min. Drink 3x per day. External ointment & other preparations should contain 5-20% dried herb, no more.

Coltsfoot – *Tussilago farfara*

Parts Used: dried flower, leaf

Actions: expectorant, antitussive, antispasmodic, demulcent, anticatarrhal, diuretic

Indications: Soothing expectorant with antispasmodic action. Leaves contain useful amounts of zinc, mineral shown to have marked anti-inflammatory action. May be helpful for chronic or acute bronchitis, irritating coughs, whooping cough or asthma.

Great for most respiratory conditions, including emphysema. As mild diuretic, may be used to treat cystitis. Freshly bruised leaves can be used externally on boils, abscesses.

Side effects: Contains pyrrolizidine alkaloids which have been shown to be genotoxic. Avoid prolonged use and use as prescribed. e.g don't use more than 4-6 weeks per year.

Use as tincture 3x per day or make tea infusion with 1-2 tspns of dried flower or leaf. Steep for 10 minutes. Drink as hot as possible 3x/day.

Nettle – *Urtica dioica*

Parts used: aerial parts, root, leaves and flowers are edible

Actions: astringent, diuretic, tonic, hypotensive

Indications: Most widely applicable plant in materia medica.

Herb strengthens and supports the whole body. Use as spring tonic and general detoxifying remedy. May be helpful internally & topically for myalgia and osteoarthritis.

Beneficial also for childhood or nervous eczema. Used internally, as an astringent, nettle will relieve symptoms of hemorrhage anywhere in the body (e.g. uterine hemorrhage)

May also lower blood sugar due to presence of urticin. Nettle improves urine flow, reduces urinary frequency & nocturia, and decreases volume of residual urine.

Side effects: external use creates urticaria (swelling, itchy rash), internal use may affect anticoagulant drugs

Use as tincture or infusion with 1-3tspns of dried herb, infuse for 10-15minutes.



Comfrey—*Symphytum officinale*



Coltsfoot—*Tussilage farfara*



Nettle—*Urtica dioica*



All Heal – *Prunella vulgaris*

Parts used: aerial parts, leaves and flowers are edible

Actions: antibacterial, antispasmodic, antiviral, astringent, carminative, diuretic, hypotensive, tonic, styptic, vermifuge

Indications: Useful internally for fevers, diarrhea, sore mouth & throat, internal bleeding, weaknesses of liver and heart. Can be used internally & externally as antibiotic & for hard to heal wounds.

Use as tincture or tea infusion. Steep for 10-15 minutes. Apply macerated fresh herb into compress or add to creams/salves.



All Heal—*Prunella vulgaris*

Feverfew – *Tanacetum parthenium*

Parts used: leaf

Feverfew — plant with small yellow flowers

Comfrey — plant with small purple flowers

Actions: anti-inflammatory, vasodilator, emmenagogue, bitter

Indications: Primary remedy for treating & preventing migraine headaches, particularly those eased by application of warmth to the head. Valuable for arthritis in painfully active inflammatory stage. May relieve painful periods and sluggish flow. Only herbs used in European phytotherapy known to be specific for treatment of migraines. Has been recently accepted by orthodox medicine.

Side effects: may cause allergic reaction in people sensitive to Aster family. Should not be used during pregnancy since it causes stimulant action on uterus.



Feverfew—*Tanacetum parthenium*

Monika Meulman is a certified aromatherapist and healer in Toronto, who has worked in complementary health for over 15 years. Her modalities include: aromatherapy massage, foot treatments, body readings, intuitive healing treatments and reiki sessions. Healing Muse™ blends and aromatics are an extension of the energetic healing, which begins with her contact.

She has explored the Tao, I Ching, Feng Shui, Psychology, Zoology, Botany, Herbs, Essential Oils, Hydrosols, Reiki, and Medical Intuition. She is also the current president of The Canadian Federation of Aromatherapists (cfacanada.com - 2012). Her love for nature and plants extends to gardening and she is the founder of the Lakeshore Environmental Gardening Society. Join her on LEGS, if you love plants too.

You may contact her at: monika@healingmuse.com or 416.347.5449 — Healingmuse.com

Thanks to Monika Meulman and Creative Commons and for photos

source:

Medical Herbalism – The Science and Practice of Herbal Medicine - David Hoffman, FNIMH, AHG



PHOTO'S & CHAT.....

Submitted by Anne Quast



I love the outdoors!
I feel so much better when I spend time outside.
I live on the outskirts of a small northern Ontario town. My home is surrounded by evergreen trees.
The river I live near is the Lavase River where Samuel de Champlian made his way to Ottawa.
The two river pictures are of the Lavase River where I love to kayak in summer.

The sunsets are from Lake Nipissing where I sail in the summer. North Bay is built on the shores of Lake Nipissing and is a very beautiful small town.

The brave yellow flowers like the dry, acidic soil in my yard. The flowers are called Gaillardia although many call them Brown Eyed Susans. Every year they seed and volunteer to grow in my rock garden.



In my youth I travelled in Australia. I learned to be a photographer there when I had a job taking school childrens' photos. This photography hobby has helped me record the fantastic nature that I live with and live in.

If you check out my website <http://www.riverbendessentialoil.com> you will see a picture of myself and my dog Toto. My partner Mike, Toto, and I had a wonderful walk this afternoon on a brightly sunlit, frozen Lavase River today.

I hope you are enjoying this last bit of winter by spending some time outdoors catching some rays and getting some real vitamin D!!!



Anne Quast is a CAHP in North Bay, Ontario. Anne creates custom blends of oils and creams, diffusing blends, bath products as well as green cleaning products for the home. She offers aromatherapy massage, facials, hosts spa parties and offers classes on making health, beauty or cleaning products.

Thanks to Anne for sharing her story!



CFA Interview with Gayle Gage CAHP

1. When and why did you become involved in Aromatherapy?

I was 40 when I decided to change careers and move into the holistic health field. My original intention was to become a Registered Massage Therapist. However, while investigating my options for study, I came across the possibility of adding an intriguing element to that massage training called Aromatherapy. Once I had reviewed the curriculum and realized that massage was a part of that training, my focus of study switched to that of becoming an Aromatherapist. I felt the training was better suited to helping people heal in a much more complete way.

2. Did you have an Ah Ha moment when first introduced to aromatherapy?

Absolutely, my Dad was diagnosed with colorectal cancer and the prognosis wasn't the best. I was very confident in knowing I had the tools to support his immune system through his radiation and chemotherapy treatments. When the chemo leached through his skin, I used hydrosols and compresses to heal the acid burns. Having had cancer myself, I knew that radiation would also pose a problem and so created a

preparation for him which prevented him from radiation burns as well. That cream has since travelled many places in the world helping others to move through radiation treatments with less challenge.

3. What did you do career-wise before Aromatherapy?

I had spent 20 years in the field of sales and marketing teaching people how to create and maintain a successful business through target marketing, branding and service.

4. How has your career evolved since becoming an Aromatherapist?

I have had the privilege of studying with many wonderful healers throughout the world, many of whom lived in countries that relied on natural medicine to survive. As a result of that I have expanded my practice into a holistic school and clinic offering care, support and training for both the layperson as well as the professional. I have multiple tools to offer clients ranging from cancer prevention and management; to working with children who are diagnosed ADD or with Autism Spectrum Disorders, through hypnosis and play therapy. However, Aromatherapy always lies at the heart of every treatment and course I offer.

5. What advice would you give someone thinking about becoming an Aromatherapist?

Make certain that the teacher or school that they choose to train with has a good reputation and offers a curriculum that meets the minimum CFA standards. In order to practice Aromatherapy at a clinical level, this is imperative. A student also needs to consider who their target market will be. Does the school teach extended applications in that area?

6. How has Aromatherapy affected your personal life?

Aromatherapy has provided healing for me and my family on all levels. We all recover much more quickly from surgeries and illness by using essential oils and hydrosols. We are a much “greener” family as well. Using essential oils has deepened my own

spiritual journey and my relationships with others by allowing me to see that innate spark in each person I meet and come to know. The oils truly affect you on a soul level.

7. Where do you see yourself 5 years from now?

Teaching and lecturing is a passion and I see myself doing that much more extensively not only here in Canada but also abroad. That is already beginning to happen, which is quite exciting. I have also partnered with another therapist to begin work on a book for the clinical practitioner. We hope to publish early 2014 so perhaps in 5 years we will have written a sequel to that as well. I don't ever see myself retiring. I have too much passion for my work.



For information on CFA Certified Schools, available CEU courses, upcoming events, general information on aromatherapy, CFA blog please go to the CFA Website at www.cfacanada.com

Join us on CFA's Facebook and Twitter





WHATS COOKING?

Aroma Chat on Twitter

Every Monday night
9—10 pm EST
Open to everyone

Hosted by:
Michelle Reynolds
CFA Member
Contact Michelle at @Aroma_Health

21 CFA Members signed up for Dr. Berkowsky's webinar on Spiritual PhytoEssencing last month.

CFA Blog

Check out our Blog for informative and interesting interviews and articles

- * Colleen Hague (Interview) —Awaken My Senses
- * Danielle Sade (Interview)—Healing Fragrances, School of Aromatherapy
- * Marianne Bogolowski (Interview)—Aroma Care
- * Perfume vs Essential Oil Blend—Monika Meulman
- * Sharon DeRose (Interview)—Focus on Health
- * “Abuses on Power” and the UPS—Steve Chapelle
- * Margaret Donaldson-Kuntz—Aromatherapy School in the making
- * Aromatherapy Treatments can be studied Clinically and Effectively

We look forward to many more interviews and articles—Please contact CFA editing team if you have suggestions or ideas for future blogs.

Calling all CFA Members.....

We are looking for PHOTOS for our Newsletter and Web site — please take your pics and send them in—help make our presence a sensational one...

Email photos to:
cfamanager@cfacanada.com

What photos to send?

- ...Essential oil containers..... Herbs.....
- Aroma Massage Pretty unlabeled bottles
- ...Healing handsPetals floating on water.....
-Essential Oil Plants.....Herb gardens.....
-Drops of essential oils on water.....
- ...Calming Scenes.....Massaging of hands.....
- Foot Massage.....Massaging shoulders
-Diffusers.....Your aromatherapy room.....

Use your imagination — send us your visions!

AND

Please send suggestions for ARTICLES you would like to see in your CFA Newsletter

Thank you for your contributions
The CFA editing team

Aroma Chat which took place every 3rd Sunday with Monika Meulman has been cancelled due to lack of response. Thanks so much to Monika for offering this opportunity to connect with colleagues in the aromatherapy field.

Free Essential Oil of the Month with enrollment as an Aroma Club member will be discontinued. Thanks to members who advertised this opportunity by word and on their facebook page. Monthly oil profile information will continue to be added to the CFA web site.



PINE

Oil of the Season

Sharp, clean, woody , fresh scent

Botanical Name: *Pinus Sylvestris*—*Scotch Pine*

Botanical Family: *Pinaceae*

There are over 115 species of pines belonging to the pinaceae family with *Pinus sylvestris* (Scotch Pine) being the most commonly used in aromatherapy. There are several species such as White Pine, Black Pine, Red Pine , Dwarf Pine and Cluster Pine grown throughout the world. It is a medium to large evergreen tree growing up to 40 metres (130 feet) with a reddish brown to orange bark, needle like gray green leaves growing in pairs and pointed brown cones. The largest pine tree is in North Dakota with a height of 46 feet and a canopy spread of 34 1/5 feet.

The ancient Greeks dedicated pine trees to Neptune, the sea god, because they built their first ships with pine. In some cultures, pine branches which are always green are placed on coffins of loved ones to signify immortality. To the Japanese they symbolize constancy and fidelity. The city of Venice is said to rest on a bed of pine and oak. The pine needles are extensively used in handicrafts to produce such items as trays, baskets and pots. The pharmaceutical industry uses pine as a fragrance and flavour component in cough and cold medicines, vaporizer fluids and nasal decongestants.

The essential oil produced by steam extraction from the needles is pale yellow to colourless with a balsamic, turpentine like aroma and is approximately 70% monoterpenes. It blends well with Cajeput, Cedarwood Atlas, Cinnamon, Clove Bud, Sweet Marjoram, Myrtle, Niaouli and Peppermint. In addition, it has a cleansing, invigorating effect on the mind and spirit. Oriental medicine refers to pine as warm and dry and tonifying to the Qi-energy.

Conditions that may benefit from *Pinus sylvestris* are: asthma, bronchitis, sinusitis, muscular aches and pains, cystitis, prostatitis, gallstones and arthritis due to its analgesic, antiseptic, bactericidal, decongestant and expectorant therapeutic properties. It should be used with care on the skin as it can be a skin irritant especially to those prone to skin allergic reactions.





Annual General Meeting is on May 19th, 2012
Masonic Lodge at 151 Annette St., Toronto, Ontario.

Elections for board members and committees will take place at the AGM
Please consider a position on the board and/or becoming a CFA Committee Member

Contact Tricia Eagle with your questions and /or submit a letter stating your wish to be considered on the board of directors along with a copy of your resume.

CFA BOARD POSITIONS

COMMITTEES

Legal, Social Media, Membership, Advertising, Research, Event Planning, Public Relations, Education

Questions & Contact: Tricia Eagle

110 Thorndale Place,
Waterloo, ON N2L 5Y8
Phone: 519 746-1594

Fax: 519 746-9493
Email: cfamanager@cfacanada.com

INFORMATION REGARDING CONTINUING EDUCATION UNITS (CEUs) FOR CFA PROFESSIONAL MEMBERS

*Professional members of the Canadian Federation of Aromatherapists (CFA) are required to accumulate a **minimum** of 12 Continuing Education Units (CEUs) over every 2-year period.*

PLEASE NOTE: *CEUs cannot be banked or carried forward from one 2-year period to the next 2-year period.*

These continuing education units are divided into primary and secondary activities. Primary activities are directly related to aromatherapy (1 hour of activity is required to achieve 1 CEU). Secondary activities are indirectly related to aromatherapy (2 hours of activity are required to achieve 1 CEU). **A minimum of 6 CEUs must come from Primary Activities for each 2-year period.**

Professional activities include:

PRIMARY ACTIVITIES (1 hr = 1 CEU):

- Active membership on CFA committee (maximum 9 CEUs in a 2-year period)
- Active participation as a CFA director (maximum 12 CEUs in a 2-year period)
- Volunteer work for CFA functions
- Attendance at CFA conferences/workshops (maximum 7 CEUs per full day event)
- Attending workshops/seminars/meetings/webinars directly related to aromatherapy such as essential oil chemistry, pregnancy and aromatherapy, perfumery, and psycho-aromatherapy



CFA MEMBERS

INFORMATION REGARDING CONTINUING EDUCATION UNITS (CEUs) FOR CFA PROFESSIONAL MEMBERS (Cont'd)

- Presenting volunteer aromatherapy workshops/seminars to promote aromatherapy
- Participating in formal research
- Submitting articles to the CFA Newsletter for publication (Each 500 word article counts as **2** CEUs to a maximum of **4** CEUs per collection period)

SECONDARY ACTIVITIES (2 hr = 1 CEU): (Maximum 6 CEUs in 2-year period)

- Business courses (computers, marketing, small business management)
- Volunteer activity for non-aromatherapy health related community events
- Taking health related correspondence courses
- Enrolling in health related college or university courses
- Training in other modalities, accompanied by a certificate of participation/attendance.

It is important that the CFA be able to confirm that you have completed the activities.

Please submit a brief synopsis of articles, books or DVDs reviewed for organizations other than the CFA. **Copies only** are required for verification documents.

CFA Committees

Would you like to earn CEU's by volunteering on CFA Committees. This is an excellent way of earning CEU's, staying in touch with the current trends in Aromatherapy and meeting fellow aromatherapists.

Outlined below are the CFA committees. Please review and see if your skills match one of the committees. If you would like to volunteer please contact me via email or by calling 519.746.1594.

CFA Active Committees:

Note: Committee work requires liaising with other committees depending on the task. There is always a sharing of information. Members ensure that contact information is available for each committee. Also, tasks vary from year to year, depending on the strategic plan, created and followed by the board of directors.

Following are examples of tasks you may encounter on a committee:

Membership Committee

- * Initiate connections to aromatherapists in provinces
- * Create data base of aromatherapy professionals Canada wide (province by province)
- * Liaise with advertising committee to promote to aromatherapy professionals CFA Canada wide
- * Initiate support system for CFA members
- * Provide ideas for webinars, on-line information etc.

Advertising Committee–

- * Prepare advertising for all events in a timely manner



- * Provide support to all committees who require advertising
- * Provide ideas / layout for web advertising
- * Contact vendors & aromatherapists for discounts on products for CFA members in return for presence on web.
- * Maintain data base of contacts

Social Media

- * Update web content
- * Monitor and contribute to CFA Blog
- * Contribute to facebook postings
- * Twitter postings
- * Newsletter

Research

- * Contact aromatherapists, companies, writers, etc for articles to be posted in newsletter and web within timelines especially for newsletter
- * Gather information on aromatherapy in the health field – provide information to social media for web articles

Event Planning Committee

- * Research and arrange location and time frame for Event
- * Contact and confirm speakers for each event
- * Provide accommodations, travel, time slots for each speaker (within budget)
- * Arrange for webinar if required – set up laptop to record if required; set up and provide access to equipment speakers may require such as speaker system, screen etc
- * Provide for food and drinks
- * If a 2 day event, ensure accommodations are easily accessible for those attending
- * Liaise with advertising & social media for posters, web event,
- * Contact vendors and for event

Education Committee

- * Maintain contact with all CFA schools & outreach to schools
- * follow up on board direction checking how schools are working within the parameters of CFA protocol
- * Provide examination papers to schools
- * Be available via e-mail for students/public who may need information on CFA aromatherapy course, curriculum etc.
- * Gather and provide educational articles for the web and newsletter

Public Relations Committee

- * Aromatherapy week designation with suggestions for supporting materials.
- * Set up and organize National Aromatherapy Day, November 25th.
- * Created DVD, powerpoint on Aromatherapy to be shown in public venues
- * Increase public view of aromatherapy and public reach

Aromatherapy



Nature's Path to Wellness



Canadian Federation of Aromatherapists
www.cfacanada.com

