

## President's Letter

Hello again aromatherapy friends. A big sigh is coming from Green Valley. Our new catalogue is about to go to print. The feeling is akin to getting on the plane and thinking, "Well, if I've forgotten anything, it's too late." We have added some new products and removed some old ones. There has been a little bit of price changing – some up, some down – as you know, this revolves around our ability to buy in quantities, as well as annual crops.

Two of the new oils – Celery Seed and Tarragon – will be in the new catalogue but won't be available until May. We are constantly researching quality and these two oils took some tracking down.

Enjoy the spring time (when it finally arrives)!

## Essential oils and Cancer

As a species, in general, we seek to find the "quick fix" for ourselves whenever there are problems (or what we perceive as problems) in our lives. Unfortunately, the quick fix does not exist in any truly effective form. This applies, too, to cancer treatments. We would wish for a little pill, or some other magic elixir, to enable us to be well and pain free again. While essential oils cannot cure cancer (at least not yet!) they can offer valuable relief and help to make the healing processes of our bodies more efficient and the experience of healing a more pleasant one. Some essential oils that have been described as "anti-cancer agents" (though not scientifically proven, or dismissed, for that matter) are Bergamot, Clove, Cypress, Eucalyptus, Garlic, Geranium, Hyssop and Violet Leaf.

It is vital to recognize that the state of one's mind plays an integral roll in how our bodies will handle the disease. Essential oils such as *Rosa Damascena* (rose) or *Citrus Aurantium* (neroli) can assist with feelings of depression and sadness. Blended into a massage oil or diffused, these oils can lift the spirit and help bring light back into your world.

When the skin around an area that has been radiated becomes irritated, applying aloe vera taken directly from the plant and gently massaged onto the skin can soothe and comfort. Aloe can be applied before and after each treatment, and anytime it feels necessary. In Norway, Lavender has been used to treat radiation burns as well. A combination of these two natural healers could offer welcome relief.

With the treatments conventional medicine offers for cancer, it is important to understand the levels of fatigue that envelop your body. Tissues are being damaged; war is being waged in your body. To help counter these times of fatigue, the essential oils of *Rosemarinus officinalis* (rosemary), *Mentha piperata* (peppermint), and *Ocimum basilicum*, (basil), are wonderful when used together in an enlivening, synergistic blend for diffusing. In the evening, some excellent oils that could be used in the bedroom to create a calm, peaceful environment would be *lavendula angustifolium* (lavender), *Citrus aurantium* (neroli) or *Pelargonium graveolens* (geranium).

Aromatherapy can be a valuable, additional therapy to more conventional methods of treatment. Always let your doctor know what you are using at home.

## A Story of Victory

When starting out on my research for this month's topic, I was discussing some information I had learned with another member of our Green Valley team, and she began to tell me the story of a dear friend of hers who, at the young age of 40 found himself diagnosed with lung cancer (a grapefruit-sized tumor was on his lung and was beginning to spread to other parts of his body). He was in serious trouble and was given a 5% chance of survival by the medical community. After only one treatment of chemotherapy and radiation, he decided to take his health into his own hands and began working with a Chinese Herbalist. He discontinued the chemo and radiation and, with his herbalist's recommendations began the following program:

He was told no alcohol, no sugar (as it suppresses the immune system), no protein (except soy protein) as cancer feeds on other types of protein (if you starve the cancer of protein, it will begin to feed on itself). He was to sauna for 20 minutes daily, as the cancer cells cannot live at high temperatures and drink 4 cups of green tea daily (powerful antioxidant). He underwent a series of colon, parasite, liver and kidney cleanses. He did juicing cleanses where he would only have freshly juiced fruits and vegetables for 2 days and then eat for 2 days, then juice menu for 4 days and eat for 2 days, then juice menu for 6 days, eat for 2, until he was juicing for 10 days straight and eating for 2. After this program, he began to eat somewhat normally again (still no alcohol, sugar or protein), with 1 fruit juice in the morning and 1 vegetable juice in the evening. It was stressed that it is imperative to get as wide a variety of fruits and vegetables as possible. He was also put on a Chinese herbal formula of which the herbalist would not disclose. Eighteen months later, the cancer has stopped growing. The tumor is almost gone (shrinking with each x-ray). He now runs 5 miles a day, goes to the gym 3-5 times a week, has gained back the weight he lost and has more energy than most "healthy" people.

The word "cancer" strikes fear into the heart. It is something we all would hope to avoid ever having to experience. The sad facts are, though, that if it has not struck you personally, you probably know someone who has it, has survived it, or has lost someone to it. It is vital to keep the good health you have. In our society where toxins and poor diet without enough exercise is becoming prevalent, we need to recognize the value of detoxifying our bodies on a regular basis. On that note, we are pleased to offer to you a recipe for a cleansing tea. This tea's mission is to help cleanse the blood of toxins to enable your body to work more efficiently. Following this tea cleanse with a liver and kidney cleanse would be an excellent next step.

### Cleansing Tea (use one teaspoon of each herb)

Burdock root	Red Clover
Echinacea root	Mullein

Marshmallow root Uva Ursi  
Parsley 8 cups of distilled water

Boil the burdock, echinacea and marshmallow roots for 10-15 minutes. Remove from the heat and pour this over the other herbs. Allow the infusion to steep for 10-15 minutes. Strain and enjoy. Put remainder of tea into a sterile glass jar and store in the fridge. If, after day 3 the entire contents are not consumed, it is recommended the tea be re-boiled to ensure the tea remains sterile. This tea can be taken 2-3 times per day for a minimum of 2 weeks. For highly toxic individuals, this could be extended to 2-3 months.

### **New Products!!!**

Green Valley is proud to be able to offer a more extensive selection of herbs! In addition to the herbs we have offered in the past, we are adding:

Passionflower	Coltsfoot	Bearberry
Dandelion Root	Burdock	Yarrow
Marshmallow Root	Motherwort	Corn Silk
Ginger Root (cut)	Borage	Licorice Root
Hawthorn	Crampbark	Red Clover
Meadowsweet	Mullein	Milk Thistle
Nettle	Couchgrass	

Check out our new catalogue for more detailed descriptions of the benefits of these herbs! Available in May 2002.

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Due to popular demand, we will be adding Tarragon and Celery Seed essential oils to our inventory! These oils should be available by June. Watch May's newsletter for further information!

\*\*\*\*\*SPECIALS\*\*\*\*\*

**For the month of April we are offering 15% off our entire stock of herbs (listed in the 2001 catalog)!!!  
A great opportunity to try out some of the herbs you may have been wondering about!**

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“Real knowledge is to know the extent of ones ignorance.”

Confucius

**We welcome all comments, questions, tips, news, topic suggestions and other material related to essential oils and aromatherapy. Please email us at [greenvalley@57aromas.com](mailto:greenvalley@57aromas.com)**

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