

Green Valley Aromatherapy - October 2002 Newsletter

Men's Health

Hi Folks,

Hope you enjoy this month's newsletter on "Men's Health". Credit goes to Monteagle Herb Farm for some of the information in this newsletter, You can visit them at www.go.to/MonteagleHerbFarm.

Barb is away in England this month and she is excited to share her experiences with you all when she returns. I will tell you that she has visited several essential oil growers and distillers on her journey and she has purchased many litres of oil and hydrosol. All of it is top-quality and organic too!

We are pleased to announce that our new catalog will be mailed out to you in the second week of October with price changes taking effect on October 15, 2002. We have some exciting new products including new books, new oils and an aromatherapy nebulizing diffuser.

We are also very pleased to announce that our product labeling is changing in early November. Watch for our fresh, contemporary new look!

Best wishes for a warm and sunny autumn.

Aromatically yours,
Emma Payton, General Manager.

Men's Health

For many men, it seems, the subject of their health can be summed up in one four-letter word... "fine". There has been a stigma attached to men and their (lack of) desire to become more in tune with their bodies for decades. They go and go, not listening to the gentle messages their bodies are trying to tell them. Then when the body finally gets mad and shuts down, it's owner reacts with shock and dismay, and is now forced to deal with an over-blown condition that could have been dealt with more



easily in the early stages. Thankfully, there is a movement afoot within the male community worldwide to become more aware and

educated regarding their bodies and the messages they are trying to relay. It is the focus of this newsletter to help relay some of the more natural methods of maintaining and regaining health to our male readers and to the women who have men in their lives to introduce these healthy practices to.

Depression

Technically, depression is a mental illness, though many of the symptoms manifest themselves in a physical manner. One of the first things that can be affected is sleep. Some depressed people have a hard time getting to sleep, find themselves waking through the night (or too early in the morning) and are then frustrated when they do not feel rested in the morning. When someone is depressed, they have little energy or motivation and can either lose their appetite or overeat to compensate for the feelings of emptiness. Concentration is difficult, memory suffers and usually simple tasks seem overwhelming in nature.

For some this state is temporary and can be handled with a change in diet, exercise, use of essential oils (to be discussed later in this article), and introspection.

Generally, an individual's sense of happiness is dependent on two very basic things: feeling that you have a sense of purpose; a reason for being, and the sense of being connected to others. It is interesting to note that age, education level, sex, income or looks do not seem to be responsible for an individual's level of overall happiness. Several studies have pointed out, however, that married people, in general, seem to be happier than single people. What has not been made clear is whether it's being married that makes these people happy or if happier people tend to get married.

The scope of this article is to address the less severe feelings of depression to suggest ways that essential oils can be used to help alleviate some of the symptoms mentioned above. Some essential oils to aid in relaxation before bedtime are Lavender (calming and relaxing), Ylang Ylang (sedative), Vetivert (sedative), Hops (sedative), Bergamot (anti-depressant), Chamomile (G) (nerves), and Melissa (sedative). If you have the time and the inclination, diffusing some of these oils in a warm bath (6-10 drops total MAX.) and soaking for 20 minutes an hour before you go to bed can help you to drift off. The herbs valerian, catnip, hops or kava kava taken in a tea or

tincture may also help calm and relax you. For the daytime, some oils that can help to stimulate the brain and sharpen the senses are

Rosemary, Peppermint, Geranium, Basil, or any of the citrus oils to help provide an "uplifting" sense to the user. A

good blend for diffusing at work, at home or even to be used in a massage oil would be 15 drops of grapefruit, 10 drops of rosemary and 5 drops of lavender. Once this blend is combined, it can be blended into a carrier oil (for massage) at the rate of 1 drop of the essential oil blend to 1 ml of the carrier oil. This oil blend can even be applied after emerging from the shower to help get your day off to a swinging start!



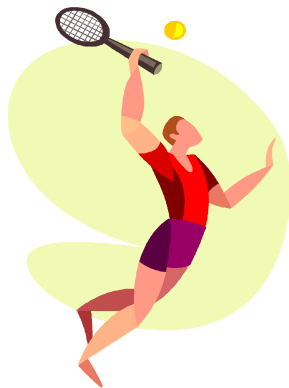
Some suggestions to help yourself out of depression:

- Talk to friends and family members who are supportive
- Do things you enjoy
- Don't isolate yourself
- Get into (and keep to) a routine
- Get regular exercise (this helps your body to produce **endorphins**, the body's **natural** feel good chemical)
- Eat nutritious meals regularly.
- Avoid alcohol

And by all means, if your depression is severe, **DO** enlist the help of a qualified professional. Life is too short to spend it being anything but happy!

Exercise!

For many, the idea of exercise is overwhelming in the scope of other day-to-day activities.



Some feel unless they get to the gym and get in their full body workout, there's just no point in trying. Studies

are now showing that even a little exercise is better than none at all. Mild to moderate exercise is healthy, and a

little done more often throughout the day may be just the thing for those who, until now, have taken the "all or nothing" approach. Even things like taking the stairs instead of the elevator or escalator, or parking your car further from your destination and walking, even just getting up off the couch to change the channel instead of using the remote is a good start! High intensity is **not** an absolute necessity, work on thinking health, not iron man training!

If you've been less than active, the first few weeks into a new fitness plan may be quite painful. Muscles that have not been used for awhile will be a little cranky to have been put into service again and will make sure you suffer the consequences of your actions for days after the original exercise is done. Of course, one of the best things you can do with a sore muscle is make sure you use it again, soon! By using the muscle (even with slow stretching) you are helping to dissipate the build up of lactic acid that is helping to cause that pain. Our natural reaction is to stop using whatever part it is that hurts and wait for the pain to go away... **DO NOT SURRENDER TO THIS WILL!** Movement and a massage with the following essential oil blend will help to cut your recovery time and get you back on the road to feeling good again in no time flat!

Massage oil for Overworked Muscles

5 drops of Eucalyptus
5 drops of Peppermint
5 drops of Ginger

Dilute in 15 drops of carrier oil and massage directly into the painful muscles. Repeat daily as necessary.

Note: If you find you went a little wild with the exercise and now have an inflammatory injury, we highly recommend **Brian's Arthritis Blend**, specifically designed to help with inflammation of any sort!

Prostate

There are many causes for an inflamed prostate. Some symptoms are pain, a burning sensation when urinating, lower abdominal pain, tiredness, inability to retain urine, frequent urination, and fever. It should be noted any concerns regarding your prostate should be directed immediately to your healthcare practitioner to rule out the probability of cancer.

That said, there are some essential oils that may be used to help with less serious prostate problems. Yarrow has been said to help reduce prostate congestion. Geranium is believed to balance hormone levels in the body. German Chamomile, when mixed into a massage oil, is helpful for inflammation. It can be massaged directly behind the scrotum. Myrrh has been used to help decongest the

prostate and Parsley is a foremost diuretic when urination is painful and incomplete due to an enlarged prostate. This is due to the presence of certain flavonoids in parsley that help to stimulate urination. These oils can be blended at the rate of 1 drop of essential oil per 1 ml of carrier oil and massaged onto the lower abdominal area before heading to bed at night. Essential oils can also be added to the bath, ensuring no more than 10 drops (total) are used. Use less if you have sensitive skin, **MORE IS NOT BETTER.**

Gout

Too much uric acid in the body causes gout. This excess can be created in a number of ways; the body begins to naturally create more, under-elimination of uric acid by the kidneys or through increased intake of foods containing purines, which are metabolized to uric acid in the body. Certain meats, seafood, dried peas and beans are especially high in purines. Alcohol may also significantly increase uric acid levels and cause gout attacks.

Over time, increased levels of uric acid in the blood can lead to deposits around joints. Eventually, the uric acid may form needle-like crystals in joints, usually starting with the big toe, and this can lead to acute gout attacks.

Some essential oils that may be able to help with this condition are:

- Juniper - helps to reduce excess fluids, stimulates circulation, blood cleanser, analgesic.
- Hyssop - helps to neutralize uric acid (do not use if you are epileptic)
- Celery Seed - reduces excess fluid and toxins.
- Rosemary - fluid retention, analgesic.
- Black Pepper, Peppermint and Basil - help to encourage circulation.
- Helichrysum - anti-inflammatory.

Any of these oils could be blended into Epsom or Sea Salts to create a healing bath. They can also be blended into a carrier oil to create a massage oil blend specific to your needs (remember to add 1 drop of essential oil to 1 ml of carrier oil).

A recipe that has been tested out with one Green Valley staff member has been working very well for this condition, you may want to try it yourself and let us know if it worked for you, too!

- ¼ cup celery seeds
- 250mls of vodka

Blend the two ingredients together in a sterilized glass container (with lid) and allow to steep for one month, shaking or stirring daily. This blend should be placed near an indirect heat source (sunny window ledge or wood stove) to help the celery seeds release their natural oils. At the end of the month, strain the seeds and mix 15mls of the blend with

15mls of distilled water in a 30ml bottle. This blend should be taken 30 drops in a glass of water (or juice) 2X per day. Store the remainder in a cool dark place until your supply needs replenishing.

Balding

In her book, *The Fragrant Pharmacy*, Valerie Ann Worwood provides a treatment for premature balding. This blend can help prevent hair from falling out, strengthen and possibly even make thicker the hair you still have. Some individuals have even noticed a downy return of hair that had once vanished altogether.

The Blend

3 drops Rosemary
4 drops Geranium
5 drops Lavender
4 drops Cypress
2 drops Cinnamon
2 drops Juniper

Each day take 1 drop of the blend and mix it with ¼ tsp water and rub it into the head, starting with the bald area first. Don't rub too hard. It is best if this is applied at night because that's when the body is working to regenerate itself. Next morning, shampoo the oils out using an all-natural shampoo. Keep up the treatments!

Seabuckthorn Oil

Seabuckthorn is a wild bush that grows in poor, arid soils or sandy wasteland. It can tolerate temperatures from -40°C to +40°C and has been in use since the 8th century! Scientists have discovered that seabuckthorn contains 106 bioactive components! It is the best single source known to man for Vitamin E (D-α-tocopherol, 35X higher than wheat germ oil), Vitamin C, Beta-carotene, unsaturated fatty acids (Omega-3, 6 and 9), essential amino acids and flavonoids, Seabuckthorn also contains 11 of the 14 trace minerals that are essential to the body. This oil has been used in clinical trials effectively for burns (including radiation burns from cancer treatments), gingivitis, acne, dermatitis, wound healing and in cosmetics. Green Valley is excited to be able to offer this product to our clients.

Specials (October 1 – 31, 2002)

| | |
|------------------|------------------------------|
| Herbs | 50% off (on remaining stock) |
| Evening Primrose | 25% off |
| Sea Salt | 20% off |
| Camphor | 20% off |
| Eucalyptus (g) | 20% off |
| Grapefruit | 20% off |

Discounts cannot be combined.

Did you know?

Material Safety Data Sheets (like the one shown below) are available for all our essential oils? If you need an MSDS Sheet, please ask to have one emailed to you.

Green Valley Aromatherapy

4988 North Island Highway, Courtenay, B.C. V9N 9H9
(250) 334-4836 (phone) (250) 338-4835 (fax)

Product Information/Safety data

Product: LAVENDER

Botanical Species: *lavendula angustifolia officinalis (vera)*

Country of Origin: France

Method of Extraction: **steam distillation**

Part of the Plant used: **flowering heads**

Status: **natural**

Additives: none

Application: **aromatherapy, cosmetics, skincare, haircare, candles, soaps, perfumery**

Appearance: clear liquid

Odor: **typical**

Color: **yellow**

Physical State: mobile liquid

Flashpoint: **71°C**

Solubility In oil: soluble

Solubility In water: insoluble

Solubility in alcohol: **soluble in 4 vols.**

Additional Data: **Ester content: 4042%, Ester value: 115.120,**

Acid value: 0.68-0.95.

Typical analysis by GLC/GCMS:

camphor 2.27% linalol 40.35% linalyl acetate 37.1%

Hazards Identification: Concentrated product. Do not ingest. Observe good housekeeping practices when handling.

First Aid Measures: Inhalation: Remove from exposure site to fresh air. Keep at rest. Obtain medical attention.

Eye Contact: Rinse immediately with plenty of water for at least 15 min. Contact a doctor if symptoms persist.

Skin Contact: Remove contaminated clothes. Wash thoroughly with soap & water, flush with plenty of water. If irritation persists, seek medical advice.

Ingestion: Rinse mouth out with water. Seek medical advice **IMMEDIATELY.**

Fire Fighting measures: Extinguishing media recommended: use CO2, Dry Powder or Foam type of Extinguishers, spraying extinguishing media to base of flames. Do not use direct water jet on burning material.

Extinguishing procedures: Closed containers may build up pressure when exposed to heat and should be cooled with water spray.

Accidental Release Measures: Personal precautions; avoid inhalation & direct contact with skin & eyes. Use individual protective equipment (safety glasses, waterproof hoods, suitable protective clothing), in cases of major spillages.

Environmental Precautions: Keep away from drains, soils, surface & ground waters.

Clean Up Methods for Spillage's: Remove all potential ignition sources. Contain spilled material. Cover with an inert or non-combustible inorganic absorbent material, sweep up and remove to an approved disposal container. Observe state, federal & local disposal regulations.

Handling & Storage: Precautions in Handling; Apply good manufacturing practice & industrial hygiene practices, ensuring proper ventilation. Observe good personal hygiene, and do not eat, drink or smoke whilst handling. Avoid static discharges.

Storage Conditions: Store in tightly closed original container in a cool, dry & ventilated area away from heat sources & protected from light. Keep air contact to a minimum.

Fire Protection: Keep away from ignition sources & naked flames. Take precautions to avoid static discharges in working areas.

Exposure Controls / Personal Protection: Respiratory Protection: Avoid breathing product vapor. Apply local ventilation where possible.

Ventilation: Ensure good ventilation in working area.

Hand Protection: Avoid all skin contact. Use chemically resistant gloves if required.

Eye Protection: Use safety glasses.

Work/Hygiene Practices: Wash hands with soap & water after handling.

Stability & Reactivity:

Reactivity: It represents no significant reactivity hazards, by itself or in contact with water. Avoid contact with strong acids, alkali or oxidizing agents. Decomposition: Liable to cause smoke & acrid fumes during combustion: carbon monoxide, carbon dioxide & other non-identified organic compounds may be formed.

Toxicological Information: *Non irritating and non sensitizing to human skin at 4%.*

Ecological information: Biodegradability: Data not available. Precautions: Prevent surface contamination of soil, ground & surface water.

Disposal Considerations: Avoid disposing to drainage systems and into the environment. Seek expert advice.

Transportation Regulations:

Road (ADR/RID): n/a

Air (IATA): n/a

Sea (IMDG): n/a

Regulatory Information. According to Directive 88/379/EEC

Hazards: n/a

Symbols: n/a

Risk Phrases: n/a

Safety Phrases: n/a

OTHER INFORMATION.

Packaging:

Glass: Yes

Lacquer lined steel/tin: Yes

Aluminum: Yes

HPPE: No

F/HDPE: Yes

Other plastic: No

Shelf Life: Minimum 12 months when stored within advised conditions.

Q.C. Requirements. In line with general product specification. Always satisfy suitability for specific application. Retest after 6 months.

The data provided in this material safety data sheet is meant to represent typical data analysis for this product and is correct to the best of our knowledge. The data was obtained from current and reliable sources, but is supplied without warranty, expressed or implied, regarding its correctness or accuracy. It is the user's responsibility to determine safe conditions for the use of this product, and to assume liability for loss, injury, damage or expense arising from improper use of this product. This information provided does not constitute a contract to supply to any specification, or for any given application, and buyers should seek to verify their requirements and product use.

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We welcome all comments, questions, tips, news, topic suggestions and other material related to essential oils and aromatherapy. Please email us at

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Green Valley Aromatherapy

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