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June SPECIALS:

June 1-30th, 2004
Discounts cannot be combined with other offers.

15% off

- ☛ Coconut (solid)
- ☛ Macadamia Nut oil

20% off

- ☛ Carrot Seed (*Daucus carota*)
- ☛ Hyssop (*Hyssopus officinalis*)
- ☛ Rosemary (*Rosemarinus officinalis*)
- ☛ Equilibrium blend (2ml-10ml only)
- ☛ Peppermint hydrosol
- ☛ Road Scents amphorae (limited quantities)

30% off

- ☛ Copper Cobra Diffusers (down to our final few!)

Aromatherapy and the Medical Profession

President's Letter

May was an interesting month; we had lots of sunshine with odd intermittent bouts of rain. Boy did it make the grass grow! It also appears this weather pattern has had a positive effect on the local strawberry and raspberry crops. The farmers were delighted with the increased (and earlier) yield!

This month's newsletter is dedicated to 'Aromatherapy and the Medical Profession' a topic that is seeing a great deal more interest. Our aromatherapy association, the British Columbia Association of Practicing Aromatherapists, organizes continuing education seminars for its members. The most recent one was Dr. Kurt Schnaubelt speaking on **Aromatherapy and Cancer**. In it he discussed how specific chemicals in specific essential oils have had a positive impact on inhibiting and sometimes

stopping tumour growth. It is an area requiring much more study, but it is exciting to see progress being made!

I am pleased to see that there are allopathic doctors who are beginning to show an interest in using essential oils. I've been visiting the chiropractor on a regular basis due to a frozen shoulder, which is doing well, but the overall experience would have been so much better with the diffusion of essential oils. My dentist, on the other hand, has Scent Balls in all his treatment rooms and reception area. He uses a gentle blend of Lavender, Bergamot and Geranium.

This month we are adding a new feature to our newsletter, 'Stories of Triumph'. We love hearing how essential oils have positively impacted your lives and encourage you to share what has worked for you. You

"It may be possible to incorporate laughter into daily activities, just as is done with other heart-healthy activities, such as taking the stairs instead of the elevator. The recommendation for a healthy heart may one day be exercise, eat right and laugh a few times a day."

--Michael Miller, MD, F.A.C.C., Center for Preventive Cardiology at the University of Maryland



never know how your story may have a positive impact on someone else. So don't be shy, send us your success stories and we'll publish them! This month's contribution is from Leslie T, who has had a number of wonderful successes we will be sharing with you in the months to come. Thank you Leslie for your generosity!

Barb Greenwood

President & CEO

Special Note!

In our quest to become more efficient and process your orders in a timely fashion we now request **your customer number** when you place an order. At the top of the on-line order forms there is a space to input this number. To find your number, **look in the upper right hand corner of your invoice**. Please make note of it and keep it handy for any correspondence you may have with us. Thank you!





Medical Aromatherapy

If there's one thing aromatherapy does not seem to run short of, it's controversy when it comes to being recognized within the allopathic (traditional western style) medical community. While we have seen a subtle shift in recent years, there is still a long way to go before the potential and the power of essential oils are truly recognized.

There is now a growing body of evidence to suggest that science, which encompasses a very large part of the medical profession, has no real desire to pursue studying essential oils as a way of treating or even preventing disease because essential oils are natural substances and therefore cannot be patented. No patents mean no monopoly which means no big profits for the drug industry (science). It is a disturbing trend that carries with it the potential for massive illness and the creation of 'superbugs' as we have already seen in recent years due to the over-prescription of antibiotics.

We are, however, beginning to see a gradual change in the way some doctors (medical, chiropractic and dental) are beginning to acknowledge and look at the ways essential oils can be used in their offices and their practices. Many of our clients here at Green Valley have amazed their allopathic doctors by taking the 'western style' of medicine to task and curing their various conditions by using essential oils instead of drugs. This type of thinking is inevitable. Daily we hear stories of people who are tired of poisoning themselves and their families with drugs that are often too easily prescribed. Society is ready for a change and those doctors who open their minds and their hearts to accepting another way of caring for and healing their patients will be the ones who are vigorously sought out and truly appreciated. Here's hoping the 21st century will be remembered as a time when we re-learned how to embrace rather than exploit nature and learned to lead a more holistic, balanced lifestyle due in part to the therapeutic use of essential oils.



Monthly Specials!

Solid coconut helps to harden soaps and add fluffy lather. Helpful when creating solid lotion bars and bath melts. It can also be used when creating skin care products. **15% off**

Peppermint Hydrosol is great to have in the fridge for a cooling relief spray in these hot summer days. Cooling even without refrigeration, Peppermint hydrosol is very refreshing and may help with topical inflammation. It may also be helpful when coping with hot flashes and headaches. **20% off**

Designed with the more mature woman in mind, our **Equilibrium** blend is mentally uplifting and may help with mild depression. It may also assist with balancing hormonal levels and is physically soothing. Use in the bath, blend into a massage oil, diffuse it or make your own personal spray, this oil is very diverse in its uses. **20% off 2ml-10ml sizes only**

Our **Road Scents** glass amphorae are a neat way to carry your favourite essential oils in your car! Add the oils of your choice into the inner chamber and enjoy the subtle release of fragrance through the cork top. No fuss, no muss and a pretty container! Great! **20% off**
Limited quantities: first come, first served.

Geodes are rocks that are hollow and are lined with unusual layers and clusters of different types of mineral crystals. Our **Copper Cobras** utilize the geode's hollow reservoirs to hold water and essential oils. The copper is hand formed to swirl up and cradle the geode and allow it to rest above a highly polished slice of stone. A tea light candle is included to heat up the oils and water. This beautiful piece of art is hand-crafted making each one unique. **30% off**

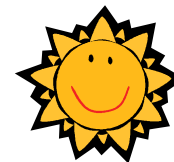


Product Highlight

Macadamia Nut oil

High in monounsaturated fatty acids, **Macadamia nut oil** is one of the few plants that contain high amounts of palmitoleic acid, an antioxidant that is naturally found in the sebum in our skin. This oil is well suited to the skin for this reason. It is very emollient but absorbs into the skin beautifully, helping to protect it. This oil is also very healing for new scars, sunburns, minor wounds, dry, damaged and ageing skin.

When used in skincare treatments **Macadamia nut oil** is said to help reduce fine lines and wrinkles. It is an excellent oil to use for facial massage. It can be used alone or blended with Aloe Vera liquid to make a wonderfully healing and nourishing facial or body spritz. Just add your favourite essential oils to customize the overall experience. The gentle, warm nutty scent helps to add a tropical touch to your regular skincare regime. This month **Macadamia nut oil** is **15% off**, what better time to treat yourself!



Oil Profile: Pine (*Pinus sylvestris*)



Pine oil is usually a pale yellow colour and is steam distilled from the needles and sometimes from the young twigs and cones of the *Pinus sylvestris* genus of pine trees. Any essential oil that is distilled from the wood is an inferior oil and should not be used in the aromatherapy field.

Pine is well known for being used to assist with respiratory infections due to its pulmonary antiseptic, decongestant, and

expectorant properties. This makes it an excellent oil to use in steam inhalations when dealing with lung infections, bronchitis and all coughs. When combined with Tea tree (*Melaleuca alternifolia*) or Eucalyptus (*Eucalyptus radiata*) this oil also is helpful for sore throats, colds and recurrent sinusitis.

This oil has been used to help stimulate circulation and to help alleviate arthritic and rheumatic pain. It is especially helpful when combined with Sweet Birch (*Betula lenta*) and German Chamomile (*Matricaria chamomilla*).

Another great use for Pine is that it is antifungal, antiseptic and a disinfectant, so adding Pine oil to your natural cleaners makes great sense! Commercial companies have been doing this for years because it works so well.

Pine can be irritating to the skin, so if this oil is used in a massage oil or in the tub, make sure you only use a drop or two to avoid any problems.

Cautions: Can be a skin irritant. Should be avoided by those with allergies. Avoid during pregnancy.

General properties:

- ✦ antirheumatic
- ✦ antifungal
- ✦ antiseptic
- ✦ decongestant
- ✦ deodorant
- ✦ detoxifier
- ✦ expectorant
- ✦ disinfectant

Aromatherapy uses:

May be helpful with respiratory infections, muscular pain, colds, sinusitis, coughs, nervous exhaustion, mental fatigue, sore throats, arthritis, rheumatism and cleaning.

Ways to use:

Diffuser, massage, bath, compress and inhalation



Rosemary (*Rosemarinus officinalis*)

This oil is great to help with respiratory problems as well as circulation. It is well known for being a brain stimulant and is used by studying students and long haul drivers alike to help keep them alert. When you're feeling mentally sluggish it really feels like you're peeling the fog off your brain when you inhale this oil! A great oil to have handy for so many reasons!
20% off

"Good friends are good for your health."
Irwin Sarason

News! News! News!

Every business experiences growing pains throughout its life cycle, and Green Valley is no different. We are in the process of restructuring and part of that plan is to re-direct some marketing dollars to other ventures. Therefore, after this edition of the newsletter we will be issuing them quarterly. Our recipes and specials will still be delivered on a monthly basis to help us stay in touch. If you have any feedback regarding this please contact us at productinfo@57aromas.com.

Would you like to be a part of our new **Aromatherapy Discussion Group**? Sign up at www.57aromas.com and join in on the fun. Share your experiences/recipes/ideas and maybe learn something new!
p.s. Recent topics were regarding natural pest control, i.e. ants, spiders and peach bores!



Hyssop (*Hyssopus officinalis*) is a well known expectorant and may also help to alleviate symptoms of bronchitis and whooping cough. Its antiseptic properties make this a great oil to diffuse to help keep the air fresh and also keep the growth of microorganisms in check. It has also been used to help with digestive problems as well as for eczema and for healing wounds (antiseptic). **20% off**



Stories of Triumph



Leslie first contacted us regarding her son's "absent minded professor" condition (her words, not ours). He does not have ADD or ADHD, he just worries and suffers from anxiety because he forgets the simplest things but can remember extremely complex things (the vital statistics of planets and stars, for instance). So Leslie tried using a blend

of Basil (*Ocimum basilicum*), Grapefruit (*Citrus paradisi*), Bergamot (*Citrus bergamia*), and Lavender (*Lavendula angustifolium*) to help his memory and concentration. She says "It has made many small improvements that, combined, have made an amazing difference. One example: using aromatherapy he has left only two homework assignments at school since November; where before I was driving him back to school 2

and 3 times a week. His anxiety is less and his confidence has soared because he is not in a constant state of panic worrying over any one of a thousand things he may have forgotten. This has brought wonderful changes to our entire household. He even remembers to feed the dog!" We will be hearing more from Leslie in future issues. Thank you for taking the time to share with us Leslie!

Recipes

Dental Office Blend

When tension and fear permeate the office environment this blend may help bring a welcome sense of calm.

1ml Clove (*Eugenia caryophyllata*)
1ml Rose Geranium (*Pelargonium graveolens*)
2ml Orange (*Citrus senensis*)
1ml Vanilla

Combine all oils into a 5ml amber bottle and invert to blend. This blend can be used in a diffuser to scent the entire office or placed onto a tissue for an extremely agitated client to inhale individually.

Medical Doctor's Blend

Instead of being ushered into an impersonal, sterile feeling office, this blend can help make a room feel more relaxed, to help take the 'edge' off waiting for the doctor.

1ml Petitgrain (*Citrus aurantium*)
1 ½ ml Bitter Orange (*Citrus aurantium*)
1ml Vanilla
½ ml Lemon (*Citrus limonum*)

Combine all oils into a 5ml bottle and invert to blend. This blend was designed to be uplifting without being stimulating as well relaxing and comforting. It would be best used in a diffuser.

Chiropractor's Blend

Extremely tense muscles in a client may prevent a doctor from effectively delivering the treatment effectively. The following blend can be applied and rubbed into the skin to help release tense muscles.

1ml Lavender (*Lavendula angustifolium*)
5 drops Ginger (*Zingiber officinalis*)
1ml Eucalyptus (*Eucalyptus radiata*)
1ml Vetivert (*Vetivera zizanoides*)
5 drops German Chamomile (*Matricaria chamomilla*)

Combine all oils into a 5ml amber bottle and invert to blend. Add to an unscented massage gel (15 total drops per 1 ounce of gel for normal, healthy adults, 7 drops total for children, the elderly and those with weakened immune systems). Mix well and apply as necessary. The massage gel will allow enough 'slip' to work the affected area for a limited amount of time without leaving the client feeling 'slippery'.

*** Please note:** Due to increases in raw materials and fuel costs, as of May 20th 2004 the minimum amount for retail orders changed to \$100.00 and shipping charges now apply. We apologize for any inconvenience and appreciate your continued support.

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