



# Aromatherapy News



**Green Valley Aromatherapy**

**June 2010**

## LETTER FROM THE PRESIDENT

I recently returned from a lovely 6 week vacation to find the grass a foot high and a profusion of weeds which seem to have sneaked in while my back was turned.

During our time in Spain we stayed in a tiny village called Macisvenda, high up in a mountain region surrounded by almond trees. Some of these nuts were destined for the food and beverage market but most were on the way to be made into almond oil for the cosmetic market as well as for cooking, flavorings and dressings.

I found it fascinating to watch the tractor-type machine that drives up to the tree and then grabs and shakes it so all the nuts fall off. The almonds are then left on the ground to dry and then the sweeper comes along with huge brushes like the ones in the car wash, sweeps them all up and filters all the soil away. The latest model of shaker has an upside down umbrella attached for catching the nuts which we did not see in operation, but I bet it works great. Here is a link to a YouTube video showing you what I mean.

This month we are starting to prepare for our Sweet 16 - yes, it's true, we have been in business 16 years this August. We can't wait to celebrate our anniversary with you!

Have a wonderful June!

*Barbara Greenwood, President*

"In minds crammed with thoughts, organs clogged with toxins and bodies stiff with neglect, there is just no space for anything else."

*Alison Rose Levi*

"There are lots of people in this world who spend so much time watching their health, they haven't time to enjoy it."

*Josh Billings*

## Refer A Friend

Our new Refer-a-Friend Program rewards you when you spread the word about Green Valley Aromatherapy.

Each time a new customer mentions to us that you have told them about us, we will put a \$10 credit on your account with us. The next time you order, ask us to apply all your Refer-a-Friend credits to your order.

## BugzOff Name Change

Thank you all for your suggestions on the name change. We will be making a final decision in June once we have ensured that our choice is not trademarked. We will let you know in next months newsletter!

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## Internal Use of Essential Oils

While many essential oils are used in the flavor industry, it is important to note that they are used as such under very strict conditions. In the United States the Food & Drug Administration (FDA) regulates food ingredients and several essential oils fall under the Generally Regarded As Safe (GRAS) list. According to the FDA, the following essential oils are listed on the GRAS list:

Aniseed, Basil, Bay, Bergamot, Black Pepper, Cardamom, Carrot, Chamomile, Citronella, Clary Sage, Clove, Coriander, Dill, Fennel, Geranium, Rose Geranium, Ginger, Grapefruit, Hyssop, Helichrysum, Jasmine, Juniper, Lavender, Lemon, Lemongrass, Lime, Mandarin, Marjoram, Melissa, Neroli, Nutmeg, Orange, Oregano, Palmarosa, Peppermint, Petitgrain, Rose, Sage, Spearmint, Thyme and Ylang Ylang

Essential oils are highly concentrated and can have dire side effects if not used with care. Undiluted or not, some essential oils are toxic, poisonous, caustic, can cause an allergic reaction or are otherwise dangerous. The law in Canada is very clear that essential oils must NOT be taken internally and no essential oil supplier in Canada can make claims that essential oil can be taken internally.

There are some companies operating today that will tell you that their oils are so pure they can be taken internally. While purity is one aspect of this discussion, it is not the only, nor the most important one. A more important issue is whether the chemical composition of an essential oil can do harm to the body either now or in the future. For example, no matter how pure your bottle of wintergreen is, it is still toxic and can cause death. No matter how pure your cinnamon is, it is caustic and can cause internal damage. No matter how pure your lemongrass is, if you are allergic to lemongrass it will cause an allergic reaction.

We at Green Valley hope that continued

research into the safety and efficacy of using essential oils internally and externally will continue so that we may continue to safely enjoy the many benefits of these "little miracles in bottles".

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## Oil Profile - Manuka

Manuka is from New Zealand and has a long history of use by the Maori people. It is distantly related to Tea Tree, but has properties that Tea Tree does not, and the aroma is nicer than Tea Tree.

Manuka essential oil is great for all respiratory conditions, for example: colds, sinusitis and bronchitis. It is also a good decongestant. Barb uses it in the bath when she thinks she is coming down with something and it works really well on cold sores.

If you are feeling "fluey" have a hot bath with 3 drops of Lavender essential oil, 2 drops of Manuka essential oil and 1 drop of Pine essential oil. A good night's sleep and you will be a new person in the morning!

For mouth ulcers or gum infections:

250mls of inexpensive brandy  
50 drops of Manuka essential oil  
30 drops of Grapefruit essential oil  
Add essential oils to the brandy and shake well. Add 2 teaspoons or 10 mls to half a glass of warm water and swill around mouth, then spit out.

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## FaceBook

For those of you who haven't yet checked us out on FaceBook, here are some great reasons to:

1. We often post advance notice of sales and specials
2. We share aromatherapy ideas, news and articles of interest
3. We share discussions about aromatherapy

## Organic?

Did you know that the buzz word "organic" is almost meaningless when referring to essential oils?

Organic certification is not easy to attain, does not exist in some countries, has standards that vary from country to country and comes with a hefty price tag to the farmer, which must be passed onto the consumer in the form of higher prices.

Depending on the region, if a farmer can obtain "certified organic" status they are allowed to use up to a certain percentage of pesticides and still be classed as organic. After organic plant material has been harvested it must be kept under specific conditions if it can not be distilled right away. In the US there must be more than 95% certified organic ingredients in a formula to use the term "organic", leaving the door wide open for unscrupulous distributors to "water down" their product, perhaps adding cheaper (non-organic) oils to increase the volume, and then sell it all as an expensive "organic" oil.

Green Valley Aromatherapy is aware of the importance of top quality essential oils in a therapeutic setting, as well as the need to move to more ethical and environmentally responsible farming techniques. Where possible we endeavor to source our oils from farms that are certified organic or are working towards their organic status. We already purchase many of our oils from farms that are organic, but without verified certification we will not identify them as such.

We hear conflicting requests from clients who want organic oils but are unhappy with the higher prices. High quality products do not come at rock bottom prices. We encourage you not to be fooled by companies who claim that organic is the only way to go.

To read more on this subject, click here.

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