

Plant Language Aromatherapy

Plant in Arts and Culture

HILDEGARD VON BINGEN HEILKRAFT DER NATUR

Physica



PATTLOCH

Humans have always connected with plants on many different planes. The purely medicinal approach to plants, essential oils and aromatherapy is rather self limiting. To relieve the study of aromatherapy of its often dry and scientifically overambitious bent we shall visit different exponents of the many different ways in which plants have been and still are, part of culture, ritual and religion.

aromatherapy

more on adulteration

Standardizing or Adulterating

Standardizing and adulterating both alter the original composition of an essential oil. The difference lies in the motive and the chemicals used. Simultaneously subtle and massive, this deception is aided by the misconception that natural and synthetic substances are identical if their chemical formula is identical.

Adulteration or standardization is, however, apparent in the price of many essential oils. It is common to find essential oils retailing for prices well below their production cost at the source. Rosemary and Lavender are prominent examples for this. Logic would dictate that this is only possible by extension with less expensive materials

The Three Layers of Qi

Wei-defensive Qi: external
Ying-nourishing Qi: internal
Yuan-original Qi: congenital

Pathologies associated with the three layers of Qi

Wei-Defensive Qi's Pathology:
Climatic, Environmental,
Ecological Factors

Ying-Nourishing Qi's Pathology:
Dietary, Emotional, Lifestyle Factors

Yuan-Congenital Qi's Pathology:
Inherited Weakness, Predisposition

Classical applications of essential oils in China are external as ointments or creams and internal, added shortly before consumption to Herbal Preparations. Such applications are aimed at nourishing the yin, especially by supporting "blood" and the endocrine system. Another classic application of essential oils in Chinese medicine is to "glue wounds" again mainly from the yuan qi perspective directed at chronic and non healing ulcers.

CONTENT

PACIFIC INSTITUTE OF AROMATHERAPY



Plant Language

Findings of cellular and evolutionary biology:

Essential oils and

- liver detoxification enzymes,
- inhibition of cholesterol synthesis
- cell membrane and surface
- receptor proteins
- inflammation mediators

California Style Aromatherapy

The reader is not a textbook requiring arduous study. It is a review of old aromatherapy topics from a 21st century perspective and a casual introduction of many new and exciting topics.

1 Modern Aromatherapy

A critical review of aromatherapy in the last 30 years, retiring hyped controversies about safety, undiluted oils, ingesting and other unfounded scares.

What is an Essential Oil

The Safety Issue

Why authentic essential oils are safer

2 Authenticity and Efficacy

Authentic vs. adulterated essential oils.

Truly authentic essential oils have layers of activity not found in industrial/brokered essential oils.

3 How to Apply Essential Oils

Discussing the value and efficacy of topical, internal and inhalation application.

4 From Many Origins

A key strength of aromatherapy is the diversity of its influences:

Germ Theory

French Aromatherapy and the Structure Effect Model.

Introducing Chinese Medical Aromatherapy.

5 Treatment Strategies

Reflecting the diversity of influences essential oils can be used according to multiple paradigms

Immuno support (modern aromatherapy)

Viral conditions (research turned aromatherapy)

Brochitis (French style aromatherapy),

Candida and cystitis (western aromatherapy),
Eczema and Psoriasis (comparing western and eastern approaches)

Skin regeneration (French/California),

Allergy relief (French/TCM)

6 Aromatherapy and Cancer

Debilitating side effects of chemotherapy and other cancer treatments can be eased with essential oils, improving patient survival rates in the process.

Original research on cancer and terpenes.

TCM, essential oils and cancer

Anne-Marie Giraud-Robert: Aromatherapy parallel to cancer treatments.

Essential oils to reduce chemotherapy induced Nausea and Vomiting (CINV)

7 Autoimmune Conditions

A Chinese medical perspective. Jeffrey Yuen offers a unified concept to understand, ease or resolve auto immune disease.

8 Why Essential Oils Work

Reviewing classic research by

The Reader

Page 9 illustrates three typical side panels as they appear frequently throughout the reader, illustrating topics relating to the main narrative

- Paul Belaiche (antibacterial effects)
- Hildebert Wagner (sedative and spasmolytic effects)
- Rolf Deininger (antiviral effects)

Significant new research on essential oils for

- osteoporosis
- progesterone and estrogen imbalance
- induction and inhibition of Phase I and Phase II Liver detoxification enzymes.

9 Looking to Nature

Exploring essential oil properties beyond pharmacology's active ingredient paradigm by integrating the concepts of organicism and evolution.

As plants need to defend against many different attackers, they developed Secondary Metabolites (SM) which modify molecular targets within the attacker. To be effective against diverse challengers required broad activity. This was best achieved by components which non-selectively modified multiple molecular targets simultaneously.

The diverse medicinal effects found in a single essential oil arise from this interaction not with one but multiple targets (for instance membrane, receptors and liver enzymes). The very non-selective qualities of essential oils that have pharmacologists shake their heads in disbelief, are finally recognized as the decisive, evolution engineered advantages of natural multi-component mixtures over single target mono drugs.

- Beyond active ingredients
- A quantum leap: organicism
- Secondary Metabolites and defensive strategies
- Molecular targets of secondary metabolites:
 - Receptor- and enzyme proteins
 - DNA

- Cell membrane
- Evolutionary advantage of multi component multi target essential oils over single target drugs.
- Essential oils are effective against bacteria, yeast and viruses at the same time.
- Areas of therapeutic SM efficacy
 - antimicrobial
 - cancer
 - Inflammation: Reactive Oxygen Species
 - Inflammation: Signal Transduction
 - Inflammation Cascade: Cyclo oxygenase, Cytokines, NF-kappa β
 - Gene expression

10 From Evolutionary Biology to Aromatherapy

Essential oil activity arises from their evolved ability to attack molecular targets in attacking organisms and how we can utilize these processes to defend against these same organisms. But humans also had an evolutionary response to eliminate essential oil SM: Liver detoxification enzymes. Essential oils triggering Liver Detoxification Enzymes adds another set of medicinal benefits.

Clinical benefits from liver detoxification enzyme induction

Removing carcinogens

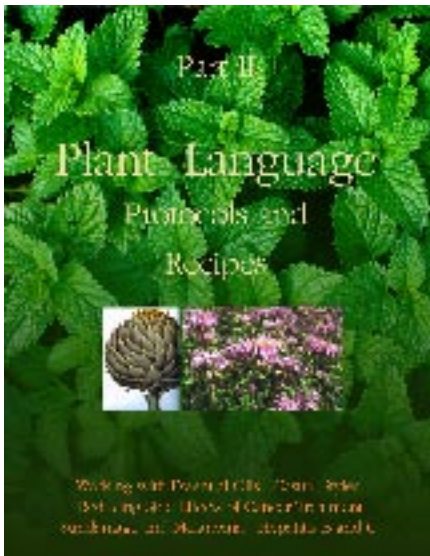
Inhibiting tumor growth

Benefits we do not even know

Essential oil life style promoting the full potential of health

Appendix

- Pharmacology cannot show essential oil efficacy
- Metaphysics of information
- Limiting aromatherapy with science
- Science claims the act of creation
- The role of sensory impact



Plant Language

The power of dilution
Suppositories made easy

3 Relieving Chemotherapy Induced Nausea and Vomiting (CINV)

Pam Taylor lists the essential oils she has found most effective in the easing of CINV.

4 Essential Oils' in Cancer Therapy

According to the studies of Dr. Giraud-Robert aromatherapy improves the patients' quality of life. It reduces side effects of conventional treatments, stimulates the natural defenses and drains toxins from liver and kidneys. When essential oils were given simultaneously conventional treatments showed increased efficacy, generally improving the patient's chances of survival. This chapter closely follows Dr. Giraud-Robert's recommendations for specific protocols to be used along side allopathic treatments during all stages of the disease especially

- Pre- or post-operative
- During and after chemotherapy
- During radiation therapy
- During immunotherapy treatment
- During hormonotherapy treatment
- During comfort care

Specific Protocols to Use Essential Oil Concurrent with:

Chemo- and Targeted Therapies

Digestive Toxicity

Vomiting and Nausea

Liver

Oral Mucous membranes - Aphtas

Diarrhea and Constipation

Loss of Appetite and Altered Sense of Taste

1 Dr. Taylor's Introduction to Working with Essential Oils:

Instructions how to Make Commonly Needed Preparations at Home

Carrier Oils, Measurements
Topical Preparations, Liniments
Creams Lotions and Infused Oils
Inhalations
Essential Oils in the Bath
Suppositories

Essential Oil often work equally well for different conditions: Multipurpose Formulas

Pain Relief
Fall Winter Respiratory Bland
MRSA
Infant Colic
Eczema and Psoriasis, Symptomatic Relief
Insomnia Shock and Grief
Allergy Relief
Cystitis

2 Using Oils Straight Out of the Bottle

Essential Oils and Water:
Using essential oils in the shower
Dabbing and rubbing undiluted oils
Oils suited to ingest
Oils suited for undiluted application

Protocols and Recipes

Blood Toxicity

Low white blood cell counts:
neutropenia low neutrophils and/or lymphopenia
low lymphocytes

Preventing Infections and their Complications

Reducing Neurotoxicity

Reducing Toxicity of Skin and Nails

Drug Induced Acne

Dryness and Cracks

Skin and lip dryness

Edemas

Nosebleed

Drug induced Alopecia

Radiation Therapy

Reducing or Preventing Acute Effects

Essential Oils for Breast Radiation Therapy

Hydrosols for Skin Lesions

Essential Oils for ORL Radiation Therapy

Reducing or Preventing Delayed Effects

Interferon Treatments

Fatigue

Bone Pain

Joint Pain

Nerve Pain

Visceral Pain

Myalgias and Pseudo Influenza Syndromes

Essential Oils for Comfort Care

5 UV Damage and Melanoma.

A discussion of the strong protective effects of
Secondary Metabolites and sample recipes

Appendix

Hepatitis B and C

The Work of Anne-Marie Giraud-Robert

Seeing patients suffer from the debilitating side effects of conventional cancer treatments has been weighing on the mind of many passionate aromatherapy users. The promise of essential oils to provide relief is overshadowed by the concern that they might interfere with the main therapies. The research of Dr. Giraud-Robert has resolved this ambiguity. It shows that patients who are treated with essential oils in addition to allopathic treatment have sharply reduced side effects of the cancer drugs and also enjoy a much improved prognosis.

Dr. Giraud-Robert suggests to view aromatherapy as a part of backup care: "Backup care aims to ensure the best quality of life possible in the physical, psychological and social spheres every moment of the patients lives." In oncology, the treatment objective always has to be to cure the disease and to maintain the best quality of life possible. This is extremely difficult as conventional therapies attack healthy and cancer cells indiscriminately. Fatigue, digestive problems and skin conditions are often dramatic and the norm rather than the exception. Dr. Giraud-Robert's work demonstrates that essential oils are extremely well suited to minimize the side effects at the various stages of the disease.

Plant Language



Following are selected explorations illustrated with the included essential oils and *Essential Oil Journeys*. (Some of the included oil are not mentioned here, for complete list see page 16)

Wild, Population, Clones and Hybrid Lavenders

Comparing these oils shows how sexual reproduction ensures constant variation and how cloning creates the identical organism over and over. Increased complexity can be experienced through the gentler softer character of population and wild Lavender essential oils.

Dalmatian Sage, Sage petit feuilles and Hyssop decumbens

illustrate, in chemical and aromatherapy terms, the presence and absence of ketones as well as the safety issues associated with ketone components. In biological terms these oils illustrate how plants respond to the changing needs of the different stages in their life cycle by continuously changing oil composition. This constant changemakes it very hard or impossible for microorganisms to develop resistance. It has also been utilized by sensitive distillers harvesting , for instance, Sage, when it does not yet contain high concentrations of thujone.

Helichrysum italicum from Corsica and Bosnia

There is an ongoing debate about the relative merits and qualities of these two provenances. Fact is that the composition of Bosnian oils differs significantly from those from Corsica. Nonetheless the oils can be used interchangeably for all issues of wound healing and skin regeneration. The anti oxidant and anti inflammatory character of Helichrysum italicum essential oil is apparently best understood through the perspective of organicism. These qualities arise at the organizational level of the plant and can be realized with different molecular make-ups.

Essential Oil Journeys is a richly illustrated virtual tour guide to the places where diverse cultures interface with aromatic plants. It entices the reader to experience the 30 included authentic essential oils in ways fundamentally different than in the past. *Journeys* focuses on:

Casually exploring every single oil and registering how one, as an individual, reacts to the oil and what the oil is doing to us.

Connecting these experiences with the biological phenomena known for the specific plant. (Even if there is not always an obvious correlation between biological phenomena known for the plant and the properties of its oil, connecting the two reinforces our innate wisdom about the oil).

Keeping in mind how intensely these aromatic plants have connected to human life through culture, ritual and medicine.

Through this approach based on experience, biology and cultural heritage a connection to essential oils emerges that is so much more intimate than one based on chemical constituents and gas chromatograms pretending to prove purity.

Plant Language forges a connection between essential oils and the heart, which will develop its very own healing power!

Essential Oil Journeys

Commercial Eucalyptus, Eucalyptus globulus, Eucalyptus radiata and Eucalyptus globulus from one year young trees

The one dimensionality of commercial Eucalyptus illustrates the intent of the industrial process. It is in sharp contrast to the layered expressions of *E. globulus* and *E. radiata*. The stark difference between the one year old *E. globulus* and the oil of the mature tree illustrates again the continuous change of oil composition as plants age or respond to changing conditions.

Ravintsara

is chemically most similar to Eucalyptus oils, but even gentler and non toxic, illustrating that organisms can display different expressions, through identical or similar molecular composition.

Thyme linalool, Thyme thuyanol and Thyme paracymene

Thyme illustrates the vast spectrum of components available to a single species. *Thymus vulgaris* responds to the changing energy band with visible light in different altitudes. The sensitive response to changes in the spectrum of light is not surprising, mono terpene synthesis occurs exclusively in the chloroplast. The different light energies are reflected in the healing qualities and energetics of the oils ranging from warm - not hot - for *T. paracymene* to neutral for *T. thuyanol* and etherial for *T. linalool*.

Ginger CO₂ extracted and Ginger steam distilled

this pair highlights the differences the two types of extraction. Distillation produces a soft and warm essence. In addition to the components present in the distilled oil CO₂ also extracts more polar and sharp components not present in the other oil.

Lemon

is best suited to become acquainted with ingesting essential oils if one so desires. Lemon essential oil is non toxic and non irritant. It has a profound effect on liver detoxification enzymes, slightly inhibiting Phase I and inducing Phase II enzymes.

Rose essential oil (Rose Otto) and Rose absolute

A comparison of distillation with solvent extraction. Experiencing the glaringly bright Rose absolute from Morocco and the classic Rose Otto from Bulgaria immediately stimulate the mind to wander from tales of 1001 nights to grandiose Parisian perfumes.

German Chamomile

Asteraceae represent the apex in angiosperm evolution and many components found in German Chamomile are not normally found in other essential oils. German Chamomile oil inhibits different molecular targets in the inflammation cascade. It is non toxic and non irritant and can be an ubiquitous addition to topical essential oil preparations.

Cinnamon leaf and Clove bud

The spice character of both oils reveals tropical origin and intense therapeutic potential all at once. Cloves and Clove oil are an important culinary or medicinal element in many parts of the world. They are also an apt example for the chemistry vs culture theme of Essential Oil Journeys. Clove oil has been black listed in aromatherapy because of its sensitizing potential but the Clove tree even has historical relevance based on its medicinal properties? Both oils can be of great value in treatment of infections or yeasts. Instead of dismissing them one's own sensitivity should be determined in a non threatening way so the oils can be used when needed!

Content Essential Oil Journeys Continued

Essential Oil Journeys is the companion book to essential oil collections, visiting, by way of images, the places or cultures from where the oils of the collection originate. Stops on the way are

Provence:

Lavenders and other specialties. Higher elevation - The dazzling variety and soothing fragrances of Thyme .

Corsica

Aromatherapy specialties

Europe's moderate climates

From Angelica to Chamomile - The oldest academic botanical garden in Padua

Spain

Aromatic history - Seville and its Bitter oranges - El Olor: Painted fragrance

North Africa

Rosa centifolia from South of the Atlas

America

discovering Tea Tree oil

Asia and Australia

Ginger the carminative - China and the Orient: A different language of healing - rom Niaouli to Ravintsara

South America

Indigenous plant medicine: treating the liver with oils

The Tropics

Clove and Cinnamon

Essential Oil Collections and Presentation CDs

Collection One includes 5 ml (except where noted) these authentic Essential Oils:

Lavandin super - Lavender
Maillette - Lavender population
- Lavender sauvage

Sage officinalis Dalmatian - Sage officinalis petit feuilles (2 ml) - Hyssop decumbens

Thyme linalool - Thyme paracymene - Thyme thuyanol

Lemon

Helichrysum Corsica - Helichrysum Bosnia

Chamomile German

Frankincense

Rosa damascena steam distilled (2ml) - Rosa centifolia absolute

Ginger CO₂ - Ginger steam distilled

Eucalyptus commercial - Eucalyptus radiata - Eucalyptus globulus authentic - Eucalyptus globulus one year - Ravintsara - Bay Laurel - MQV

Carrot Seed - Greenland Moss (2ml)

Cinnamon Bark - Palmarosa

Collection Two: optional

Inula graveolens - Mastick - Juniper - Green Myrtle

Angelica Root

Bitter Orange - Petitgrain - Neroli

Tanacetum annuum - Atlas Cedaar

Tea Tree - Monarda

Rosemary Provence - Rosemary adriatic - Rosemary verbenone

Cypress Provence

Presentation CDs

The plant language presentation CDs contain three sets of slides.

Plant Evolution:

30 slides of all the "Evolution" Side panels in the Plant Language Reader

Plant Language Outline:

100 slides summarizing the Plant Language Reader

Essential Oil Journeys:

Gorgeous images of places around the world connecting with essential oils in one way or another. 40 slides