



Message Scent News

ANCIENT SECRETS FOR A MODERN AWAKENING

The Healing Power of Emotions *by Carl Janicek*

Many years ago when I worked in a spinal and head injury rehab hospital, I was required to take a number of interesting inservice trainings. One that stayed with me over the years was based on studying the emotional aspects of grief. We had the task of helping patients and families work through huge life changes and loss.

My own life has been filled with these experiences recently, in part due to the long decline and death of my own mother. She was a gentle soul and I can't imagine why she had to endure the end of life in such a tragic way. Since she had a long period of decline there was little shock in her passing; rather it was the slowly numbing acceptance of the inevitable. When she did finally reach the end of her days, it was a laborious process of watching her starve to death over the course of a week, hanging on to each breath as if it might be her last. It was draining in ways that I couldn't imagine. I found solace in spending time with dear friends, family members, and of course, my trusted Young Living oils and nutritional supplements, such as *Mineral Essence* and *Super B*.

A grief model, as presented by Elizabeth Kubler-Ross in her many writings, has five layers of emotions that are largely predictable, although the actual expression is highly unique and deeply personal.

Denial and isolation are the first layer of emotions. I used the oils *Grounding*, *Awaken* and *Gathering* for support during this time. As these layers of illusion peeled away, I felt deeply vulnerable.

Anger may come next, and I found the oils *Purification* and *Release* along with *Juva Tone* to be of great value. *Frankincense* helped me allow my ego to reconnect to my higher source.

Bargaining, a form of helplessness, was offset by applying *Valor* for courage and strength, and *Magnify Your Purpose* in order to help me move forward into the unknown.

Depression, which is also suppression, with sadness, regret and separation were helped by using *Valor* for coping, and *Peace & Calming* for the ability to rest and sleep.

The final layer of **Acceptance**, often crying out, was eased with the oils of *Acceptance*, *Release* and *Into the Future*. Using *Gratitude* was a great way to appreciate the beauty of the experience. It's God moving through us! Emotion is *Energy in Motion*.

Resisting feeling the grief makes the process last longer and slows the natural flow of healing the emotional wound. Accessing and letting grief flow is key. As the process unfolds I find that my mind, body and spirit are released from the prison of torment. I find solace not only in the plant kingdom but in the power of prayer, meditation and the wonderful support of many good and loving friends along this rocky road.



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FEELING A LITTLE LESS THAN REVVED UP ABOUT SEX LATELY? WELL, IT'S NO WONDER!

You've passed the big 4-0 and your hormone levels are likely out of whack. Think of them like a teeter-totter you'd see on a playground. When certain hormones drop, other hormones spike, and unless everything is in perfect, harmonious balance, your body may feel like a train wreck. Not feeling quite like a sex kitten? Don't worry, I get it.

Declines in levels of estrogen, progesterone, and testosterone that take place in middle age often cause women to never feel "in the mood"—and that only worsens as the levels continue their decline. Then you're faced with bloating, weight gain, hot flashes and dryness that can make you feel anything but sexy. (To find out if your hormones are out of balance, take a hormone panel test.)

Fortunately, there's a good fix for this decline—bioidentical hormone replacement therapy (BHRT). Careful replacement of hormones will return you—and your libido—to your youthful self! Here are two tips to help you get back into the groove.

So, if you're over 40 and feeling burned out, sick, bloated, and unattractive; if watching TV seems like a more exciting prospect than getting intimate with your partner, don't feel ashamed. This is what happens to our bodies when we hit middle age. Rejoice. Now that you know the solution, it's time to make things happen.

Balance your hormones - you'll be back to your old self in no time. Cut back on stress. Our high-stress lifestyles affect our adrenal glands, causing them to amp up production of adrenaline and cortisol, which can blunt the production of your sex hormones and create a cascade of other health problems. So if you want to get in the mood, try relaxing. Take a little bit of time out of your day to practice self-care—read a magazine, do some yoga, soak in the tub, have a cup of tea—and get your beauty rest! Sleep is crucial to maintaining your adrenals.

SleepEssence™ contains four powerful Young Living Therapeutic Grade™ essential oils that have unique sleep-enhancing properties in a softgel vegetarian capsule

for easy ingestion. Combining **Lavender, Vetiver, Valerian** and **Ruta graveolens** essential oils with the hormone melatonin—a well-known sleep aid—**SleepEssence™** is a natural way to enable a full night's rest.

Minimize medications. I would not want to live in a world without modern medicine, but I always try to use natural remedies first. By replacing your missing hormones, you will find you will sleep better, which is a much better solution than using sleeping pills. Your mood will also improve—and isn't that preferably to daily doses of medicine to treat depression? Your anxiety will become more quiet, alleviating the need for anxiety medications or allowing you to transition with natural anxiety products. You will find your ideal weight, getting you off the cholesterol lowering meds. What's great about balancing your hormones is that your overall health will be greatly improved—you won't take as much medicine because you won't need as much medicine! And when your body is feeling good, you're feeling good. That's something that definitely extends to the bedroom.

FOR MEN

Young Living's **Prostate Health™** is uniquely formulated for men concerned with supporting the male glandular system and maintaining healthy, normal prostate function. **Prostate Health** is an essential oil supplement featuring powerful saw palmetto and pumpkin seed oil—ingredients known for their support of a healthy prostate gland. A proprietary blend of pure **Geranium, Fennel, Myrtle, Lavender,** and **Peppermint** essential oils provides the body with key anti-inflammatory components. These precision-delivery vegetable softgels quickly absorb into the system, thereby supporting healthy inflammation response and normal urinary tract function. For maximum benefit **Prostate Health** should be taken consistently over time.

Mister™ is beneficial to men. It also helps promote greater inner-body balance and many have found it soothing when stressed. **Mister** is recommended for men age thirty and over. **Ingredients: Sage, fennel, lavender myrtle, peppermint, and blue yarrow, in a base of sesame seed oil.**

FOR WOMEN

CortiStop® Women's is a proprietary dietary supplement designed to help the body maintain its natural balance and harmony. When under stress, the body produces cortisol. When cortisol is produced too frequently, it can have negative health consequences such as feelings of fatigue, difficulty maintaining healthy weight, and difficulty maintaining optimal health of cardiovascular systems. **CortiStop** supports the glandular systems of women.*

FemiGen™ capsules were formulated with herbs and amino acids designed to balance and support the female reproductive system from youth through menopause.* **FemiGen** combines whole food herbs like wild yam, damiana, and dong quai, along with synergistic amino acids and select essential oils to supply nutrition that is supportive of the special needs of the female systems.*

Progressence™ Plus serum is formulated for maximum performance. All natural, USP-grade super-micronized progesterone from wild yam is melted in vitamin E and essential oils for optimal absorption. Studies indicate that limonene from **Frankincense** and **Bergamot** and menthol from **Peppermint** oil can enhance substance penetration through the skin. **Progressence Plus** does not require the cycling of application sites.

How to use: Apply 2-4 drops daily on neck area. For added effect apply 1-2 drops along forearms daily. Do not exceed two applications per day. Does not need to be rotated on different areas of the body or cycled throughout the month. Caution: Keep out of reach of children. If pregnant, nursing, taking medication or have a medical condition, consult a healthcare practitioner prior to use. Do not use in conjunction with contraceptives containing progesterone.

Sensation™ Massage Oil leaves skin feeling smooth, silky, and youthful. The beautiful fragrance of **Sensation™** may stimulate feelings of romance.

*All suggestions presented are recommended using Young Living® Therapeutic Essential Oils and products (not endorsed by Suzanne Somers).

Herpes Simplex 1 & 2

People with these viruses should avoid diets high in the amino acid L-arginine, substituting instead L-lysine. Lysine retards the growth of the virus. Foods such as amaranth and plain yogurt are a good sources of lysine.

First Recommendations: Ravintsara, Melissa, Melaleuca, Dorado Azul, L-lysine supplements

Other Single Oils: Sandalwood, Blue Cypress, Cumin, Rosemary

Blends: Melrose, Thieves, Exodus II, Purification

Herpes Blend #1 (topical)

4 drops Dorado Azul
2 drops Melaleuca (alternifolia)
1 drop Ravintsara

Herpes Blend #2 (vaginal)

2 drops Sage
4 drops Dorado Azul
3 drops Ravintsara
1 drop Lavender

EO Application Methods

Topical: Neat, apply Herpes Blend #1 (above) on lesion as soon as it appears. Apply 1-2 drops of neat oil 2-3 times daily, alternating between the above Herpes Blend and Melrose each day. Raindrop Technique, 1-2 treatments.

Retention: Tampon (natural) for vaginal treatment of herpes, use Herpes Blend #2 (above), diluted 20-80 in tampon/pad application nightly. If tampon/pad stings after 5 minutes, remove and change dilution rate to 10-90.

Dietary supplementation: ImmuPro, Sulfurzyme, Super C, Super C Chewable, ICP, Essentialzyme, Mineral Essence, ComforTone

Ointments & Sprays: Thieves Spray, Rose Ointment

Genital Warts

Genital Warts are a form of viral infection caused by the human papillomavirus (HPV), of which there are more than 60 different types. HPV only lives in genital tissue. HPV can later lead to cervical cancer in women.

Recommendation:

Single Oils: Idaho Tansy, Lavender, Melissa, Dorado Azul, Ravintsara, Palo Santo, Melaleuca, Sandalwood

Blends: Thieves, ImmuPower, Melrose, Hope

Application & Usage:

1. Diffuse choice of oils for 1/2 hour every 4-6 hours or as desired.

2. Put 2-3 drops of your chosen oil in your hands and rub them together, cup your hands over your nose and inhale.

Topical: You may apply single oils or blends neat or diluted, depending on the oils that are used.

1. Apply 1-3 drops neat or diluted 50/50 and apply on location 3-6 times daily.

2. Massage 2-4 drops of oil neat on the soles of the feet or on the Vita Flex points on the feet just before bedtime.

3. Use Thieves spray.

Ingestion & Oral:

1. Take 2 capsules diluted 50/50 with desired oils 2 times daily.

2. Put 2-3 drops of oil in a spoonful of agave, yacon, maple syrup, honey, or yogurt, etc.

3. Put desired amount of oils in a glass of **NingXia Red**, rice milk, almond milk, goat milk, carrot juice, or even water.

Retention: Put 2-3 drops of the oil of your choice on a natural tampon and insert nightly.

Internal Use: Many essential oils are taken internally as dietary supplements. Some people put 1-3 drops in water to drink, but others use cold **NingXia Red** or another juice of their choice.

If you prefer, you can fill a "00" capsule with oil using an eyedropper. Fill with number of drops desired and the rest of the capsule with V-6 Vegetable Oil or any other organic vegetable oil. If you are uncertain consult with someone who is experienced in taking oil internally.

Always drink more water when using essential oils because they can accelerate the detoxification process in the body. If you are not taking in adequate fluids, the toxins could recirculate, causing nausea, headaches, etc.

*Info from the EODR, 5th Edition

Young Living Oils Testimonials

Herpetic Whitlow

My 2 year old son developed a large painful blister covering his entire upper finger. We started with **Lavender** which helped ease the pain, but didn't shrink the blister. A day later another larger blister appeared on a different finger. It was a form of herpes known as herpetic whitlow (common with pre-schooler's who 'mouth' toys). Since herpes is viral, **Oregano** was our oil of choice. I diluted 2-3 drops in 2 T of carrier oil since it is a hot oil. I applied it liberally with a Q-tip over the new and previous blister. Within 30 minutes the new blister opened, cracked and dried flat. It was ugly, but it was 'dying'. After 3 hours it peeled back to reveal fresh un-inflamed new skin. I applied it to the new skin. The next day we could hardly tell where the blisters had been!

Genital Warts

Anyone who has had the HPV virus knows the treatment for genital warts is no fun. The following EO protocol has worked for many people. Make sure you have a proper diagnosis before attempting. **Oregano** is a very hot oil, so dilute with a carrier oil if the burning sensation is too strong. Dilute the end of a Q-tip with carrier oil and 1 drop of **Oregano**. Gently paint wart and wait a few minutes. The heat will gradually set in. You may want to paint one wart at a time until you feel sure you're not doing too much too fast. Start low, go slow. It works!

Cold Sores/Herpetic II

This has happened to me several times so I know it works well. If I start getting a fever blister on the edge of my nostril, I put **Purification** Oil on neat with a carrier oil. Yes, it burns a little so I like to dilute it. The next morning there is no sign of the blister or even a tender place where the blister was. A friend with Herpes II gets lesions on her lower back just above the tail bone, so she did the same thing. **Purification** Oil neat, next day - gone. She she does this at first tingle of an outbreak, however the first time she tried it a lesion had already formed. It worked both ways.

INTERNAL USE OF ESSENTIAL OILS BY YOUNG LIVING DISTRIBUTOR DEBBIE ALLEN

Essential oils are like the blood, or the life force of the plant. They protect the plant from bacterial and viral infections, insect invasion, breaks in its tissues, and delivers oxygen and nutrients to its cells. Essential oils are one characteristic that makes the plant unique and are 20-40 times more potent than herbs. God created essential oils not only for the plant's benefit, but for mankind's as well.

Clinical research shows that essential oils can even create an environment in which disease, bacteria, virus, fungus, etc., cannot live. Science is only now rediscovering these healing substances that were used in ancient times.

The consistency of essential oils isn't really oily, but more like water, though their viscosities vary. They are volatile liquids, releasing molecules into the air able to be detected by our olfactory system.

Essential oils increase cellular oxygen and immune function. A single oil may contain hundreds of constituents that are aligned in exactly the right manner to trigger specific responses in the human body. Four main methods of using essential oils are as follows:

- ✓ **Topically**
- ✓ **Inhalation**
- ✓ **Diffusion**
- ✓ **Ingestion - noted below**

Tips about safely internal use

Among the ways to use essential oils, the least understood is internal use. Yet, when used properly internal use offers potent therapeutic benefits. The essential oils of the plants can support our organ systems, and balance our metabolism. Using the oils internally offers a way to increase the potency of the oils.

1. What essential oils are safe to use internally? There are two main considerations when choosing an oil to use internally. First, you must check if a particular essential oil is certified as GRAS (Generally Regarded As Safe) by the FDA. If the oil is on this list, it will be safe to be used internally.

The second, and equally important consideration, is the quality of the oil. Most essential oils, even the ones at health food stores and especially the ones at a bath and body shop, are made for the perfume industry. They can be adulterated with many chemicals to extend the oil or alter the scent. Even the term "natural" has no official meaning and may not guarantee the oil's purity. To judge an essential oil, you must ask:

- ✓ **Is the oil genuine?**
- ✓ **Is it 100% natural (no synthetic additives)?**
- ✓ **Is it 100% pure (no similar essential oils added)?**
- ✓ **Is it 100% complete (not decolorized, recolored or deterpenated)?**
- ✓ **Is the oil authentic?**
- ✓ **Is the oil from the specific species listed on the label?**

The best essential oils for internal use are from small production facilities that carefully produce their oils with a vision of aromatic healing. Each batch should be processed slowly, carefully and at low temperatures. And each batch, like a fine wine, will reflect the particulars of that harvest. The best oils will vary in small ways from batch to batch.

The quality and purity of essential oils are important because they assure that you get the true benefits of essential oils, that you are not ingesting chemicals and that you are assured a predictable action from the oil. Only use essential oils you trust.

2. How do you find quality essential oils? The quality on any particular oil is difficult to assess, even to aromather-

apists. Using spectrometers, companies can make sure their oil supply is pure on a gross level, but many chemicals can be added to an essential oil so that the spectrometer results mimic a pure oil. The best way to find quality essential oils is to find a supplier you trust, and let them make the assessment.

- ✓ **Ask questions about the oils.**
- ✓ **Ask to explain what their labels designate "pure" or "natural"?**
- ✓ **Do they know the farmers who raise their crops?**
- ✓ **Do they use low temperature distillation?**
- ✓ **Find a company which takes pride in the therapeutic value of their oils.**

3. How do you use essential oils internally? There are many ways to use essential oils internally. Suggested internal consumption methods:

- ✓ **Put 1-5 drops of oil into an empty capsule with a little olive oil, recap and swallow with water.**
- ✓ **Add 1-2 drops to an 8 oz. glass of water or rice milk.**
- ✓ **Put 1-2 drops onto a piece of bread or add to your meals when cooking, or make a dipping oil – 1 drop per 2 tablespoons of olive oil.**
- ✓ **Add 1-2 drops on a teaspoon of Young Living Blue Agave - swallow.**
- ✓ **Drop directly onto the tongue and swallow. Exercise extreme caution when using this method. Many essential oils are very strong and should be tested by pouring a single drop onto a spoon and tasting a small portion to determine the amount of essential oil to be used.**
- ✓ **Add a drop of oil to a glass of water or a teaspoon of honey. For example, a drop of lemon will make your water taste great. A drop of peppermint will taste good and ease stomach upset. Be prepared for a flavor blast!**
- ✓ **If the flavor is too strong, you can put a couple drops in a capsule and**

take that. Start with only a 2-4 drops until you know how your body will react. I take capsules 2-3 times a day to eliminate bacteria and infection.

✓ You can put a drop directly under your tongue. I use Thieves blend as a cold preventative. Peppermint will freshen breath.

✓ Use essential oils to cook with. Some healing properties may be lost with the heat of cooking, but the flavor is fantastic. Add very small amounts of Oregano or Basil to tomato sauce. Add Black Pepper to salsa. Peppermint to brownies. Lemon to homemade lemonade. Lemon will make a tasty drink the kids will love!

Vaginal Retention Implant

For certain conditions, the French have other ways to use essential oils. They will sometimes use essential oils rectally or vaginally. Suppositories are especially effective for lung conditions because the oils are absorbed by the rectal veins and by-pass the liver on the way to the heart-lung circulatory tract. For systemic health problems, such as candida or vaginitis, a vaginal implant is one of the best ways to absorb essential oils.

✓ Place 10-20 drops of essential oil into a tablespoon of carrier oil.

✓ While lying down use a small syringe to implant the mixture into the vagina at bedtime.

✓ To use a capsule, place oils in the capsule and implant immediately.

✓ A pad or tampon may need to be used to aid in the retention.

Rectal Implant / Retention Enema

Enemas and rectal implants are the most efficient ways to deliver essential oils to urinary tract and reproductive organs. Always use sterile applicator.

✓ Mix 20-35 drops of essential oil in a teaspoon of carrier oil.

✓ Place mixture in a small syringe and inject into the rectum.

✓ Retain mixture through night.

4. Which oils should I use internally?

Young Living has recognized the value of ingesting oils internally. They offer several softgel products that you can use straight from the bottle! A starter list:

Longevity Blend Softgels

I use **Longevity** regularly to counteract the effects of stress. **Longevity** softgels are a potent, proprietary blend of fat-soluble antioxidants. **Longevity** contains **Thyme**, **Orange**, **Clove**, and **Frankincense** essential oils. The oils contain anti-tumoral properties, support immune function, decrease the stickiness of blood cells and prevent degradation of fats in brain, heart, liver and kidneys. This blend comes in a capsule form, making it easy to use essential oils internally. The capsule is designed to dissolve in the intestines to maximize the absorption of the oils.

Inner Defense Softgels

In today's toxic environment, it can be difficult to maintain healthy immune function. With constant exposure to harmful germs/bacteria, poor diet, and lack of sleep, body system stress can negatively affect physical and emotional health. **Oregano** oil is rich in the phenolic of carvacrol, which is known to support well-being when the body is distressed. Thyme oil is a rich source of the phenol called thymol, a substance known to create an unfriendly environment for yeast and fungus. **Cinnamon** bark is very high in cinnamaldehyde, a very powerful cleansing compound.

Essential Oils to Prevent a Cold

Many essential oils have broad-spectrum antifungal, antibacterial and antiviral effects. For example, **Thyme** oil was shown to exert powerful antimicrobial effects against 25 different types of bacteria (Deans and Richie, 1987). Unlike synthetic antibiotics, which are composed of a single type of chemical, essential oils are composites of hundreds of chemicals.

Gary Young's natural antibiotic recipe:

✓ 10 drops Lemon

✓ 8 drops Mountain Savory

✓ 3 drops Oregano

✓ Put in "00" caps /take 1-3x day

Dr Terry Friedmann's antibiotic recipe:

✓ 12 drops Thieves

✓ 6 drops Oregano

✓ 2 drops Frankincense

✓ Put in "00" caps /take 1-3x day

5. When do I use essential oils internally? Using essential oils therapeutically delivers potent healing directly into your body. Anytime you need major physical support, take essential oils internally. There are two philosophical ways I use essential oils internally. Some oils I use regularly for health maintenance. For example, I regularly take **Longevity** or drink **Grapefruit oil**. Other oils I use as relief for specific health crises. I don't hesitate to take **Thieves** if I'm getting sick. For a major health issue, I would absolutely use essential oils as part of my health plan.

6. What are the advantages of taking essential oils internally?

Whether essential oils are used internally, topically, inhaled, or diffused, the healing properties of the oils will enter your body. When using essential oils internally, digestive juices of the stomach may alter the effectiveness of the oil. In general, for emotional issues, inhale the oils, and then use them topically. For physical complaints, use them primarily either topically or internally. For a major healthy challenge or health crisis, use them all three ways.

7. What precautions should I take?

✓ Make sure your oils are GRAS.

✓ At first, use only a drop or two.

✓ When you know how your body reacts, you may wish to increase it.

✓ Use common sense - essential oils are very potent.

✓ Use Young Living Therapeutic Essential oils only.

WHIPPED SHEA BUTTER LOTION by Jordan Rudolph, RN, BSN

- ✓ 6 oz Shea Butter, unrefined, natural
- ✓ 2 oz almond, grape seed, coconut oil
- ✓ 2 oz jojoba oil
- ✓ 1 tsp cornstarch
- ✓ 1 capsule Vit E (optional)
- ✓ Young Living Essential Oils of your choice:

- Gentle Baby (for youthful skin)
- Patchouli (for chapped skin; tightens loose skin; tones skin)
- Tea tree (healing; acne prone)
- Orange (for dull and oily skin)
- Lemongrass (spider veins; saggy skin)
- Lavender (for dry or greasy skin)
- Frankincense (for wrinkles)
- Myrrh (chapped and cracked skin)
- Geranium (for dry, sensitive skin)
- Roman Chamomile (for dry skin)
- German Chamomile (sensitive skin)
- Sandalwood (for wrinkles)

1. Place about 2 inches of water in a pot and bring to a simmer over medium flame. Place the shea butter in a medium Pyrex or stainless steel bowl. Set it over the pot like a double broiler.

2. Allow the shea butter to melt then add the almond, grape seed, coconut, and jojoba oils.

3. Add cornstarch and Vit E. Mix all together.

4. Place some heavily iced water in a large bowl. Remove the bowl from the pot and set it in the larger bowl on top of ice water. Be sure not to get any water in the mixture.

5. Blend ingredients with a hand mixer on medium for a few minutes. When the mixture is cool to touch add essential oils of your choice (about 10-20 drops of each one chosen). Essential oils will lose their effectiveness if placed in too hot of a mixture.

6. Continue to whip and blend as if you were making whipped cream. The ice water will cool and the mixture will begin to thicken as you blend.

7. Stop blending when the mixture looks like whipped cream and forms stiff peaks on top. It will take about 15-20 minutes. Be patient. Spoon mixture in small, wide mouth mason jars or whatever glass jar fits your needs. Makes about 3 of these jars. Share and enjoy!

Why stress makes colds more likely

Most of us know from experience that stress weakens our immune system. Colds always seem to strike when we're overworked or emotionally exhausted, as do eczema flare-ups, headaches and a myriad of other health problems. Doctors long ago confirmed the connection between stress and health, but they haven't been able to fully explain it. Now, in a new study, researchers identified a specific biological process linking life stressors - such as money trouble or divorce - to an illness. In this case it's the common cold. Most research in this area has focused on cortisol, the stress hormone released by the adrenal glands when we feel threatened or anxious. One of cortisol's jobs is to temporarily dampen the immune system, specifically the inflammatory response, in order to free up energy to deal with threats. The fact that cortisol suppresses inflammation presents a puzzle: People who are chronically stressed tend to have higher levels of cortisol, yet the sneezing, sniffing, coughing of the average cold are actually caused by the inflammatory response to a virus, not the virus itself. Shouldn't stress therefore prevent cold symptoms?

How to stop a cold in its tracks

The authors of the new study have an answer: The key factor that influences a person's vulnerability to illness appears to be the immune system's sensitivity to cortisol, not his or her cortisol levels per se. And chronic stress, the study suggests, may weaken the body's responsiveness to the hormone, allowing the inflammation that causes cold symptoms to run wild. "Stressed people's immune cells become less sensitive to cortisol," says lead author Sheldon Cohen, Ph.D., a professor of psychology at Carnegie Mellon University, in Pittsburgh. "They're unable to regulate the inflammatory response, and therefore, when they're exposed to a virus, they're more likely to develop a cold." Cohen and his colleagues tested their theory in a pair of experiments, published this week in the Proceedings of the National Academy of Sciences. In the first, they interviewed 276 healthy men and women about the sources of psychological stress in their lives over the previous year, including unhappy work situations, long-term conflicts with family or friends, or legal or financial woes. And then they tried to get them sick.

Job killing you?

The researchers gave each study participant nasal drops containing a rhinovirus (a common cold-causing virus) and quarantined them for five days, during which 39% of the

volunteers came down with a cold. Those who were stressed-out had double the risk of falling ill, even after age, body mass index and a host of other factors were taken into account. When the researchers went back and looked at blood tests taken a week or two earlier, they found no link between blood cortisol levels and the likelihood of getting sick. However, they did find that the typical relationship between cortisol and inflammation - as one rises, the other tends to fall - seemed to be disrupted in people who were stressed-out and in those who developed colds. In these groups, cortisol levels had no bearing on inflammation (measured by the levels of white blood cells), suggesting that "stressed people were... resistant" to cortisol and "non-stressed people were not," Cohen says. A second, smaller experiment used a different measure of inflammation confirming the link between cortisol resistance and higher levels of inflammation.

Steps to instant calm

Although a cure for the common cold is still a long ways off, the findings do raise the possibility that there may be "ways of intervening when a person is chronically stressed, possibly pharmacologically, to influence this kind of process," Cohen says. An intervention of that sort wouldn't only be useful during cold-and-flu season, since a wide range of health problems have been linked to stress and inflammation, including heart disease, diabetes, asthma, and autoimmune diseases such as rheumatoid arthritis and psoriasis. The study "implies that other diseases where the control of inflammation is important would be influenced in the same way—that we could find the same sort of mechanisms operating in those cases," Cohen says. *Copyright Health Magazine 2011*

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Taking Aromatherapy With You on the Airplane

Taking your essential oils with you on a plane is not as simple as it once was. Since 2006, when liquids on-board a flight first became known as a possible threat to passenger safety, government agencies at first banned all liquids to be carried on board planes, and then relaxed their restrictions slightly to allow for small amounts of liquids to be carried on a flight (there are still no restrictions on carrying previously permitted liquids in checked baggage, just in items carried on-board a plane).

The easiest way to take aromatherapy with you on-board a flight currently is to avoid these restrictions altogether and to just take essential oils that have already been absorbed into a tissue, wipe, handkerchief, cotton ball, wick, or a decorative clay or terra-cotta pendant, where they can be taken out and inhaled or used to wipe down a surface as needed.

If you still do want to carry the essential oils or other liquids on the flight with you, it is best if you know the rules.

Carrying Liquids on U.S. Flights (3-1-1 Rule)

In the United States, the TSA has currently imposed what it calls the 3-1-1 rule for carrying liquids on board an airplane with you. Simply put, this rule states that all liquids must be in containers that hold 3 liquid ounces or less, all containers with liquids being carried on must be contained in 1 closed zip-top plastic bag that is 1-quart (or less) in size. That zip-top bag must also be pulled out of carry-on bags to be screened separately when going through security. This rule covers any type of liquid, lotion, paste, cream, or gel. This rule does make a few exceptions for baby and medical

supplies (see www.tsa.gov for more details on exemptions to this rule), but pretty much covers any type of essential oil, massage oil, liquid soap, shampoo, toothpaste, lotion, beverage, liquid or gelled food (such as jams and cake frosting), and even gel shoe inserts.

If you don't want to check your baggage, or desire to keep your essential oils or other liquids with you on board the plane, you may wish to condense these liquids into smaller glass or plastic containers in order to maximize the variety of liquid items you can carry with you. A few ways for doing this include:

- ✓ Place essential oils in smaller 5 ml, or 5/8 dram glass vials, using larger containers for oils you will use more often.
- ✓ Place lotions, soaps, shampoo, conditioners, and other personal care liquids, creams, and gels in smaller 1 oz. or 2 oz. containers.
- ✓ To bring a small amount of toothpaste with you, squeeze the desired amount of toothpaste into the corner of a small sandwich bag, and then twist the bag closed just above the toothpaste, and use a twist-tie or tie the bag in a knot to secure. Cut or tear the tip of the corner where the toothpaste is to squeeze the toothpaste out when needed.

Dealing With Pressurized Cabin Air

The pressurized air that is re-cycled through an airplane cabin can often feel stale and dry, and can intensify any feelings of airsickness that may arise. To help counteract these effects, try bringing either a small spray bottle with water and a few drops of peppermint oil to mist the air around you, or make your own moisturizing wipes to wipe down your face, neck, and arms.

Airsickness

According to the *Reference Guide for Essential Oils*, by Connie and Alan Higley, essential oils of ginger, nutmeg, peppermint, and spearmint applied to the feet, temples, and wrists can all be effective at counteracting the feelings of motion sickness that can arise on flights. Inhaling the scent of peppermint oil from a tissue, inhaler, or aromatic pendant can also help calm feelings of nausea.

Disinfecting/Sanitizing (seats, luggage handles, etc.)

As with any situation where many people share a confined space, there is always a much higher probability of coming in contact with other people's germs while you are flying. The most likely places you will come in contact with these germs will be places other's hands have touched, such as on armrests, trays, in-flight literature, lavatory handles, seatbelts, call buttons, and luggage handles. For a quick disinfecting, Thieves wipes that have been pre-prepared with an anti-microbial oil or oil blend can be used to wipe down areas you will likely be touching constantly, or to wipe off and disinfect your hands before eating or touching your face.

Calming Children

Sitting in a confined place for a long time can often be trying for young children. To help them calm down, Valerie Worwood recommends in her book, *The Complete Book of Essential Oils & Aromatherapy*, using a massage oil made with 15 drops of chamomile in 2 tablespoons of a carrier oil. Massage a small amount on the child's legs and feet. Other oils that are good for calming include Peace & Calming, lavender, cedarwood, jasmine, onycha (benzoin), and ylang ylang.

Stem Cell/Essential Oil IV Rejuvenation Treatment Series

First treatment series begins February 6-10, 2012

The Orthopedic Surgery Department at Omni Hospital and NovaVita Center in Guayaquil, Ecuador, have teamed up to combine Adult Stem Cell Medicine with Essential Oil IV Therapies.

What are adult stem cells and their protocol? Stem cells are primitive cells that have the ability to turn into any type of cell in the body. When used therapeutically, stem cells are able to detect damaged or degenerated cells, bind to them, and turn into healthy versions of those cells. There are several types of stem cells including embryonic stem cells, placental tissue stem cells, umbilical cord tissue or blood stem cells, induced stem cells (created in a lab), and adult stem cells. Adult stem cells exist in humans in high quantities in bone marrow and fat. Bone marrow and fat can be harvested and concentrated and then administered intravenously, in an epidural, or into local tissues in order to treat and reverse a wide range of degenerative conditions.

What conditions do adult stem cells treat?

- Autoimmune disease (rheumatoid arthritis, lupus, psoriasis)
- Traumatic brain injury
- Stroke
- Paralysis
- Atherosclerosis
- Macular degeneration
- Neurological disease (MS, Parkinson's, etc.)
- Some other chronic, degenerative diseases

What kind of results can I expect? There is a growing body of data supporting the efficacy of adult stem cell medicine with more studies published every year. Our physicians have studied under and worked with the most senior stem cell doctors in the world, learning their tried and true protocols. However, at this early stage, we cannot make any sort of claims of efficacy. We can say with certainty that adult stem cell medicine is safe. Beyond that, we can say that we have seen consistently good outcomes. We never expect 100 percent cure for any condition, but most often we see improvement sufficient for patient satisfaction. Even small gains can mean major improvements in quality of life in many cases. That being said, some cases have resulted in miraculous outcomes.

Why do I have to travel to Ecuador to receive adult stem cell treatment? Adult stem cell medicine is currently legally performed in the U.S. for cosmetic procedures and certain focalized orthopedic pain conditions. However, intravenous administration, neces-

sary for treating systemic conditions such as listed above, along with isolation of stem cells from fat, is currently not yet approved in the U.S. In addition to Omni Hospital being able to offer adult stem cell medicine, patients are able to couple their treatments with essential oil IVs, available only at the NovaVita Center.

Who will be performing my treatments? Your treatments are performed by Omni Hospital's orthopedic surgical staff and visiting American physicians. Essential oil IV treatments are given by the medical doctor and staff at the NovaVita Center.

Are these therapies safe? Are they painful?

The treatments are well documented and have been proven to be safe. You have the option to go under general anesthesia at an additional cost, but most patients do not require any sort of sedation.

What is the benefit of combining essential oil IV infusion with adult stem cell medicine? One of the major findings of essential oil research is that certain oils aid in stem cell "differentiation." Differentiation is the process where stem cells turn into the target cells. What this means is that if you are treating arthritis, essential oils help the stem cells to turn into joint surface cells instead of some other cells. When you receive stem cells intravenously at the Omni Hospital, the essential oils magnify the stem cells' healing abilities.

If I decide to pursue treatment at the Omni Hospital and the NovaVita Center, what will the protocol look like?

The protocol is five days long with treatments every day. The treatment series will be given at the Omni Hospital approximately every two months. Patients will undergo a treatment series and then be evaluated by our physicians as to whether they should pursue further series. For most advanced conditions, patients will want to receive two series per year. For mild to moderate conditions, a total of one or two series may be sufficient. The first treatment series begins February 6-10, 2012. Dates for future series will be determined soon.

What is the cost of a treatment series?

The cost for a stem cell treatment series at Omni Hospital is \$6,000 USD. The cost for the essential oil IV series at NovaVita Center is \$1,000, which includes transportation to and from the airport, to the hotel or other lodging, Omni Hospital, NovaVita Center, as well as all meals while at the NovaVita Center. Any other medical needs such as blood tests, ultra sound, MRI, epidural, general anesthesia, etc., will be an additional cost.

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