



Webcast Questions from Session 8 - 10/19/16

-1h 55m 8s - having tried single EOs, I am keen to formulate mixtures of EOs I like. However, in mixing EOs together, some of the blends/mixtures turn out to be not as pleasant. Is this due to some interaction between the EOs?

Some blends are not as nice as others, and they can also be very subjective in terms of what people like. So far, we have not spent any time on blending principles from the aromatic standpoint, only from the therapeutic standpoint. A few simple points to remember:

1. Blends need time to meld together, and can smell very different when first blended vs a month later.
2. Start with two oils at a time to get a sense of how the oils relate to each other.
3. Consider the oils from the standpoint of fragrance intensity, which we are starting to discuss.
4. If you don't like the results, it may not be the blend of oils, but the proportions, so try adding more of one of the oils to the blend and let it sit a bit more.
5. Each monograph has a section on what other oils would blend well with that particular species. For example:

Grapefruit: Blends well with: clary sage, vetiver, sandalwood, rose, geranium, jasmine, lavender, ylang-ylang, mandarin, orange, bergamot, cinnamon, clove, ginger
Lemon balm: Blends well with: basil, clove, fennel, ginger, mint, rose, frankincense, lavender, chamomile, cedarwood, lemon, lime

In general most oils go relatively well with each other. For example, floral oils blend nicely with other florals, and with conifers, and with citruses, and with sacred scents, etc. We will spend some more time on this, but for now just practice blending simple mixtures, let them mature a bit and see how they come out, and try adjusting the ingredients.

-1h 48m 22s - I am in my 3rd year of naturopathic (& ayurvedic) medical school, and last year, each quarter I had to choose an herb to create a monograph, and to interact with that herb in a myriad of forms (fresh & dried as tea, tinctured, EO if available, topical preparations, capsules, etc). I chose rosemary. I took it internally every morning with tea, and I began using it in my diffuser every time I read or studied, and I began bringing my rosemary EO bottle with me and whiffing it during exams. I noticed a dramatic increase in my memory and recall through doing these practice, including a 5-10 point increase in my

exam grades, and I have been following that protocol ever since. I also like to do a hair and scalp mask every month using avocado oil and rosemary EO, as it increases blood flow to the brain and scalp. This summer, I had to take basic science medical boards, and I used Floracopeia's Focus Blend the entire month I studied, and also used palm inhalation during both sections of the exam. I did very well. I still have a pdf copy of my rosemary monograph if anyone is interested, but I can absolutely attest, scientifically, historically, and personally, to rosemary's nootropic and cognitive therapeutic effects.

An excellent testimonial, thank you! And congratulations on the great exam scores. Feel free to share the monograph on the FB page.

-1h 46m 44s - You'd mentioned that EOs contact with lungs/brain; for someone whose sense of smell is very much reduced/non-functional (e.g. with dementia), would it still be helpful to use EOs?

Yes, they can still be beneficial, although the effect is lessened.

-1h 46m 19s - I just want to say again how impressed I am by the quality and depth of information David provides. His paper on dental issues is excellent!

Thank you!

-1h 41m 40s - WASN'T THERE A REASON NOT TO USE LEMON BALM IF HAVE HYPOTHYROID/HASHIMOTOS ?

Some herbalists advise not using lemon balm with Hashimoto's, others feel that the herb is so mild that you would have to consume very large amounts to cause symptoms, and the same is true with the oil. Other writers and researchers feel that lemon balm is either beneficial or problematic depending on whether the person is T1 or T2 dominant. I tend to agree with everyone...it is very dependent on the individual, but the herb is extremely mild and generally safe. The principle of caution tells us to avoid the use of this herb and oil in Hashimoto's if we don't know how it will react with our individual condition and don't want to experiment.

-16m 21s - what's your opinion of using guduchi for stomach issues

It is supportive of the digestive system, especially in cases of excess pitta.

-8m 27s - Which essential oils can be helpful for women dealing with issues related with obesity?

Essential oils and aromatherapy are supportive treatments for obesity, but the problem needs to be addressed holistically on many levels. As we have learned, a well known combination for helping to reduce weight is regular massage with the combination of grapefruit and cypress, as this supports circulation and helps reduce cellulite. We will also be discussing other oils that are helpful for lymphatic drainage and circulatory problems for those who are overweight, including lentisque and samphire, some unusual oils used in French aromatherapy.

How do pepper and cardamom protect blood vessels?

Most of the aromatic plants are high in antioxidants, which protect the cells from oxidative stress and free radical damage.

I have a book, *Ayurveda & Aromatherapy*, by Bryan and Light Miller, in which they give instructions for basti/enema with up to 10 drops of EO per gallon of herbal tea/milk, using EOS appropriate for ones dosha. What do you think of this?

This is a very low concentration of essential oil. However, basti, medicated enemas, should not be done except by trained and qualified medical practitioners.

Although I have noticeable Pitta qualities mentally, my body is very Vata. I have avoided all possible exposure to peppermint since multiple experiences of it causing me to have a fit of hiccups. None of my exposures were to an EO known to be of good quality, but to common foods and drinks. Might I respond differently to a quality peppermint EO? Any good reason to experiment?

As I have mentioned, many people have adverse reactions to mints in different forms. There is no need to use them if you are sensitive to them.

Inhaling EOS directly from the little bottles, I discovered that the sense of smell in my right nostril is not nearly as good as in the left one. The right side is the location of a pesky, chronic, sinus infection that has persisted for years. Can EO inhalation help restore that lost sense of smell? What oils would be best for working on the infection? What would be the best procedure to implement?

If loss of smell is from chronic infection, there is a good possibility it can be restored through simple aromatherapy such as inhalation of the conifer and eucalyptus oils from a diffuser.

In the instructions you gave for abdominal massage, you said to “circle around in front of the bladder.” It’s not clear to me what this means.

The stroke is a clockwise motion around the abdomen, which will naturally pass over the bladder moving from the left side of the body to the right.

I greatly appreciate having the transcripts of each week’s class available. I have a suggestion, which is that you, or someone who understands the material you are presenting, read through them for errors that may be confusing for some. For instance, in the transcript for module seven, at 49:35 angelica is referred to as being synthesizing, rather than photosynthesizing. And at a bit past 1:04:50 it is suggested to place a hot compress on the stomach after oil massage to “dry the oil in,” rather than to “drive the oil in.” Also, just for better grammar, “affect” and “effect” are frequently used incorrectly. These are normal problems with transcription services. The service that the Shift Network uses is actually very good compared to many. Follow the audio when in doubt.