**Advanced Aromatherapy™**

**Essential Oils for Women's Health, Part 2**

**Module 11**

Colleen: Hello, everyone, and welcome to Module 11 of Advanced Aromatherapy: Therapeutic Application of Essential Oils for Clarity, Health, and Happiness with David Crow titled Essential Oils for Women's Health, Part 2. This is your host Colleen at The Shift Network. Just a couple reminders, if you are on Maestro and you called in with your telephone and need any technical assistance, please press 5 on your telephone keypad. If you're on the webcast, please type directly into the box provided and please do put your email address so we can respond. Note that next week we will be off and we will meet again with David on Wednesday, November 30th. That covers it, so let's give a great warm welcome for David. Welcome, David.

David: Thank you, Colleen, and welcome back to everybody. I know this has been an exciting and distracting week. There are a lot of things in the news to pay attention to. But I think this is a good reason to continue our studies of natural medicine and learn more about the healing powers of the plants, the protective powers, the uplifting powers of essential oils and also some herbs. So thank you for being in this course during these challenging times. I hope that you are getting some good information, that you are finding some good help from all of these classes and files and reading materials on discussions and webcast questions and social media. Let's go ahead and open up some files. So please, if you are at a computer, go to the course page and we can add and open a few things from last week just quickly to review and add a few more notes too. If you can open the file first titled Women's Health Therapeutics. Women's Health Therapeutics, if you click on the link for Essential Oils for Women's Health Part 1, Module 10, you will see all the files from last week. Let's just open a few of those. We don't need to do all of them, just a few things. We can also do Women's Health Synergies and Formulas. We don't need to review the essential oil studies and we don't need to review the references from other modules. But let's open pharmacopeia for Module 10. There are certainly some things in this that we should cover today in detail because these are some of the most important essential oils for women. Some of these are applicable for men as well, but these are generally regarded as the foremost important essential oils for a variety of women's health issues. Of course you'll see when you open that file, clary sage, rose geranium, rose, and ylang-ylang. We can spend a little time reading those in some detail.

 Now, go ahead and click on the link for Module 11, Part 2 of Women's Health Aromatherapy. We can open all of these since these are all of the topics of discussion today so you can click on the file for the studies. The scientific documentation and research, does aromatherapy work? You will see that it starts with ylang-ylang, so you can leave that up on your screen. You can go back, and there are a couple of articles here. One is called Rose, and one is called Roses. We can spend a little time with this wonderful flower since this is representative of so many things in the world of aromatherapy. Not just related to the therapeutic benefits of the flowers which we discussed in quite a bit of detail last week. Covering topic like the biorhythmic pulsations of the flowers and how that has an effect on the limbic system, and how that is directly related to the biorhythmic hormonal cycles especially for women. So you can open the file titled Rose. This is an article that I wrote sometime back. We will glance over it briefly because there are many things that we can also understand about the world of aromatherapy.

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 We are primarily focused on the use of oils at a practical level for treating certain kinds of conditions and concerns imbalances and disorders, but the more we know about the plant, the more it helps us understand what they do. That means that we should understand more about not just botany, but about the effect of the ecosystem on the plant. This is a very big subject that influences the production of the essential oils. That helps us to understand the broader cosmology. And then of course, there's all the chemistry and the social aspects and the business aspects and so forth. We can touch on a few of those things today. Go ahead and open the next one titled Roses. This is further information about roses. Between those two articles you will learn a lot about particular species that we know as rose, that represent so many other things on the plant world. Then you can also open the pharmacopeia for Module 11. I see that we have only three oils to add to our collection. But with the four from last week, that gives seven oils that are very important for women's health concerns: jatamansi, mandarin, vetiver.

 Let's see what else we have. We have the webcast questions, of course, and that's where we should start. Go ahead and open that file there. There are lots of good questions that have come in. Colleen has been posting even more so we can take a little bit of time and go through some of these, and maybe this will stimulate some questions or discussions for you. It will also clarify these particular issues for not just those of you who asked these good questions, but also those of you may have a similar question or concern or an insight, or something like that. Of course, many people are posting very nice comments and feedback. So thank you for that. First question: Can helichrysum help repair broken capillaries, not just protect them? I would say based on its reputation, and based on its therapeutic application and the way that it is understood, especially in French aromatherapy and now getting a lot of study and confirmation, I would say yes. However, broken capillaries and more challenging problems with varicose veins require more than just aromatherapy. I would say that aromatherapy, the use of essential oils can be, in some cases, a primary treatment if it is mild and not highly developed. So we have to look at things in a spectrum of severity and that includes all health conditions. We will see that simple digestive problems are easier to take care of with natural medicine than very complex and chronic ones. Of course, we also have to consider that at a certain point we move out of the realm of home pharmacy, grassroots medicine. Such as this particular course is focused on even though we are talking about the use of essential oils and aromatherapy for conditions that are often unresponsive to allopathic medications and people are looking for alternatives. We also have to remember that the more serious the condition is, the more it often requires a clinical intervention. So we can visualize a series of steps and the more recent the condition, the less severe it is and so forth, the easier it is to treat just with home pharmacy, grassroots medicine, folk medicine.

 But on the other hand, if a condition begins to develop further, and in this particular case, if you have something like well-developed, very serious chronic varicose veins. I would not say that just putting helichrysum on will be sufficient. It will be helpful, but you are going to do this very, very consistently for a long period of time and you may not see much improvement. You may feel general overall benefits, but things happen in the vascular system that are related to a lot of other issues that we also have to understand and treat. This is one of the themes that I'm going to unpack a little bit more today in relation to the primary women's health concerns that we have started looking at. That is that if we approach things purely at a symptomatic level that we often are not going to get symptomatic relief. Sometimes we can, but many times it's just not enough, and that's because we have to go back and we have to look at the underlying condition.

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So we would have to say, well, why are the capillary beds damaged? What's causing it? Is it a nutritional problem? Is it a metabolic problem? There are many causes of this and other kinds of health concerns. So what we have to do then is look more deeply at it and that requires more education and that often requires consulting with a trained licensed holistic clinician. Sometimes even that's not sufficient, and we finally have to graduate to allopathic treatment. One of the things that I'd like to mention about the world of allopathic medicine is that there are lot of really innovative new treatments that are coming out for all kinds of things. A lot of treatments that were considered standard treatments ten years ago are rapidly becoming obsolete. In retrospect, we can see that they are actually rather barbaric and that's why they are becoming obsolete. And that's why companies, researchers, clinicians and so forth are doing all kinds of research into better, less invasive, less damaging kinds of treatments. I mentioned this because I know this is the case with varicose veins. That there are new state-of-the-art innovations that are coming out to repair veins. This is also happening in many other areas. I know just from some personal research that there's a lot of things that are starting to happen now with stem cell therapy, injection, prolotherapy of concentrated blood cells and so forth along the spine to help generate spinal discs to help stabilize the tendons and ligaments of the spine that are contributing to spinal pain and arthritic changes and so forth. I believe that a lot of things are just around the corner in terms of a lot of new breakthroughs. So just to wrap up this extended answer, yes, helichrysum is one of the first choices. But you also have to put it into context in terms of severity. Also keep in mind that you may need to combine it with herbal treatment first, dietary support, nutraceuticals, maybe other things like acupuncture. And if it's severe, it may actually move into the world of allopathic medicine. But if it is moving into the world of allopathic medicine, don't despair because I think there's going to be lots and lots of very, very helpful treatments. There already are.

 Okay, next question. Good subject here that is directly related to our talk this evening. What about men? They too have andropause, midlife issues. I imagine there hasn't been much by way of studies. So empirically, would one want to extrapolate from the hormone-balancing female essential oil or blend or from an Ayurveda or TCM perspective for mood, yin yang, et cetera? The answer is, yes, no, maybe. Now, you will remember from last week that I question the entire basis that some people are propagating that essential oils have hormone-balancing effects. Now, there are some mechanisms that are obviously at work. If you get a massage with clary sage essential oil and it immediately cools down your hot flashes, something is happening. But whether this is linked directly to causing some major physiological shift in the balance or imbalance of your estrogen or progesterone, or whether it's coming from some other mechanism such as working through the olfactory system to affect the limbic system, which is what we're going to start talking about next week. I don't really know, and actually, I don't think anybody knows. We will see in our research studies here in a moment that lots of researchers comment that there's really not a lot of information available about these oils, how they work, what the mechanisms are.

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 There's a lot that is known about essential oils for attacking microbes and pathogens because all the pharmaceutical companies. Well, I don't know about all, but lots of them are testing so many hundreds and hundreds of species of essential oils in a Petri dish against strains of microbes to see if they are antiviral, antibacterial, antifungal, antimicrobial in other words. That is something where there's huge amount of research, but when it comes to actually measuring what is really very subjective in terms of aromatherapy inhalation, the mechanisms are more poorly understood. Therefore, when I gave you the oils that are listed for hormone balancing, I questioned that. They appear to have hormone balancing effects. But whether that's actually correct or not, I don't know, to be quite honest. Now what we can say is that herbal medicine has a lot more research because it's easier to study. You give a person an herb for a period of time; you can measure their hormone levels. Those types of studies are far more available, but what we see with aromatherapy is that a lot of times the studies, as you have already come across, they end by saying we don't know if this is because of the aromatherapy or because of the massage. So it's somewhat of a gray area.

 Now, my answer when it comes to which oils affect which mood, it's very individual. That's something I've been saying all along. I am trying to dispel this myth that aromatherapy is a concrete science. It is really more like an individualized, personalized, subjective art form, actually, because of the nature of the olfactory system. We might start with oils that are known to be hormone balancing for women, but they may not work very well for them. In other words, some women aren't going to show any positive response to something that supposedly is hormone balancing. Some women may notice that they feel better for ten minutes. That's what a lot of these studies show is that they have very short length of activity. So what do we do about that? Now, on the other hand, they may be helpful for some men and conversely some of the more masculine fragrances may be effective for moods for women. So in other words, here's where we start to talk about a little perfumery concept here because it's generally classified in the world of perfumery that certain oils are more feminine and certain oils are more masculine. So the feminine oils are generally described by perfumers as being those that are floral and sweet and euphoric and so forth. That includes the things that we already introduced such as the lavender and the ylang-ylang and the jasmine that we're going to talk about today, and rose and so on. But then, the fragrances that are typically described that are more masculine, it sounds amusing but they're described by perfumers as being olfactory notes or fragrances that are more animalic, urinaceous, tobacco, fecal, leather, things like that.

 What does that mean in terms of aromatherapy effects on men and women? Well, we don't know. It's very subjective. What we do know is that in general, most men are probably going to be more attracted to something that's a little bit more musky and woody and ruddy and things like that if they were going to wear a particular perfume. That's not completely true for everybody, however. It is so subjective. But I personally know that a majority of women in the world of aromatherapy and perfumery will have no particular problem wearing jasmine. But it's not something that a lot of men would just wear, for example. So this is really almost bordering on a social question more than a medical question of what do men and women like?

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 Now, when it comes to aromatherapy, I don't think that it really matters that much in the same way that we think about it in perfumery, for example. Women get the benefits of the masculine fragrances and men get the benefits of the feminine fragrances. It's just a question of use. Therefore, it's somewhat different in aromatherapy massage or in the diffuser than it is in perfumery. I would say that a man receiving massage with lavender oil is probably going to enjoy it very much. Now, is it going to affect his hormones the same way? Probably not for obvious reasons. Is it going to help him? Yes. Is it going to help him with his, as you have stated here, andropause, midlife issues? Yes, absolutely. So the flower oil can definitely help men in lots of ways, but it's not going to work in the same way hormonally. That's all there is. Okay, let's go ahead and scan through here. Nice testimonial about the use of turmeric. Great, thank you. A question here asking about an essential oil company and the quality of their oils, and I have actually mentioned this several times. I'll just state it one more time. It's not the company that is the issue. It is the species of oil. Therefore, every company tends to have quality control issues with certain species and not with others. What they do with those quality control issues depends on the company. Therefore, an oil like eucalyptus is never adulterated. You just don't find it. There's no reason to adulterate it. It is so widely available. But an oil like rose, sandalwood, jasmine, frankincense, these oils are much harder to procure because of a number of factors. Rarity of the species or cultivation, climate change, impact in the crops. Those species are highly prone to adulteration, contamination. I cannot say what this particular company or any other company does with their quality control. All I can say is what we do with our quality control which is we test things and we get things directly from people that we know and have visited and so forth. Okay, I hope that's helpful.

 Again, another question about the hormones in men, and I'm just going to touch on it briefly here, well, I'll be talking about what's good for men. But here's the answer, and this is different from the first one. In general, everything that we're covering in this course applies to men including sleep, the musculoskeletal oils, the respiratory oils, the digestive oils, the nervous system oils, emotional wellbeing oils. So everything in this course is applicable to men as well as women. The most obvious place where we can make a comparison between male and female hormonal balance is in Modules 12, 13 and 14 which are coming up. Where we will be focused on the limbic system and emotional wellbeing. Flower oils can also be very helpful for men's health both physically and emotionally, but they work in different ways. Very good comments, thank you. Another quick question here about the biorhythms for flowers that are harvested at the peak of biorhythm is a potency loss if it's harvested and then distilled at a later time. In general, distillers try to distill the plant material as soon as harvesting as they can. There are a few exceptions to that. For example, with patchouli leaves, they actually pile it up and let it ferment for a little while before they distill it because it causes an enzymatic reaction that changes the availability of the oil. And many things are actually dried first before they're distilled because that allows the steam to pass through the plant material more easily. So it depends on the species again.

 Okay, let's see. A nice testimonial here at the very end from somebody who has been gradually losing their sense of smell through the use of steroid inhaler. This was actually mentioned on the call last week, but I just wanted to again say thank you. Very glad to hear. I don't think that people really appreciate the sense of smell fully until it's gone. It can happen temporarily. It happened to me one time because of a sinus infection when I was traveling. It was a very strange and disturbing experience to be suddenly and completely disconnected from the olfactory sense and not be able to smell anything around me. It was quite a learning experience. I couldn't smell food. I couldn't taste food. We were traveling on a ferry in the Mediterranean, and I was not aware of when we were actually standing downwind of the diesel smoke. I mean this is a very serious thing in terms of getting feedback from your senses.

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So I'm very glad that you are noticing this. I hope it just continues. My suggestion would be if possible to use natural medicine more to wean yourself off the inhaler. That's obviously getting to the root of the problem. I can't give you any medical advice about that, but I can say that lots of people can get off their inhalers. With a combination of dietary changes, herbal medicine and aromatherapy. All right, let's move to the next file and let's spend a little bit of time talking about some of the research for the module today. That would be the file titled Essential Oil Studies for Women's Health/Flower Oils. These are almost all flower oils, but I also put jatamansi in there because I found a few studies at the very end and just forgot to change the title. Let's take a look at this study titled Ylang-ylang. So if you can go to the course page. Click on the appropriate link, open that up, and I'm actually going back through my files because I have a different version of that that I would like to use. Here we are. The file is opening. Okay. Several very interesting studies about ylang-ylang. This will give us more insight into how this particular oil specifically works. This is the evaluation of the "harmonizing effect" of ylang-ylang oil on humans after inhalation. One of the interesting things that's opening up this study is the first sentence: Scientific evaluation of the effects of fragrances on humans are rather scarce. So this is why I say that a lot of these subjective effects of aromatherapy, inhaling the essential oils is difficult to know from the scientific standpoint. It's somewhat common knowledge that people feel good when they breathe flowers. But the scientific understanding of how does this actually work? Has a ways to go to catch up. Now, what's interesting about this study, at the end it says the present investigation showed that ylang-ylang oil maybe characterized by the concept of harmonization rather than relaxation and sedation. I think that's a really nice piece of information now.

 As we move into the monographs and study ylang-ylang oil, you can keep in mind that the scientific community who did this particular study likes to characterize it outside the normal box of relax or sedate and that it is more harmonizing. That's a very nice thing to think about compared to an odorless placebo. Placebo ylang-ylang oil causes significant decreases in blood pressure and pulse rate as well as significant increases in subjective attentiveness and alertness. Now, isn't that a very interesting combination of effects? This is something that we see many times with flower oils. I may have mentioned around lavender oil that when doing a contemplative aromatherapy event with large groups of people, one of the most common repeatable, verifiable reports coming from a 100 or 200 people sitting quietly, smelling a perfume strip of lavender is that they felt significant relaxation physically. Specifically through the nervous system, but they also felt that their mind was more clear and alert. This is a nice way to think about the effect of a lot of flower oils and aromatherapy in general. I think that a lot of essential oils have this effect where they can be found to decrease blood pressure, slow down the heart, but at the same time wake us up a bit.

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 The final statement is: Correctional analyses reveal that the observed effects are mainly due to a subjective odor experience. Now, what does that mean? It means that smelling it causes a subjective internal reaction that produces slowing of the heart, lowering the blood pressure, uplifting of the mind. The question has come before and I've answered it, would a person get that effect if they could not smell? I believe that maybe there would be a little bit of physiological effect of smelling it. But most likely, this is also based very much on the pleasure reaction to smelling a nice ylang-ylang oil. Something to think about. This also confirms one of the things that is very well-known about ylang-ylang oil. It has a reputation of lowering blood pressure. As a matter of fact, I would say that ylang-ylang oil is probably the number one oil that a lot of aromatherapists would say. If you ask them, "What essential oil lowers blood pressure?" probably the first thing that a majority of aromatherapists would say is ylang-ylang, and that's because it seems to really do that and seems to be a repeatable kind of effect.

 Let's look at the next one: Relaxing effect of ylang-ylang oil on humans after transdermal absorption. This is nice. It is being done on humans and not on animals. What we see here is the ylang-ylang oil caused a significant decrease of blood pressure. There it is again. So it's being repeated. And a significant increase of skin temperature. Now, isn't that interesting? It's considered a very cooling oil and yet it warms the skin. We had that paradox in our discussion last week: How do hot oils produce cooling effects? Well, in this case, how does a cool oil produce a heating effect? Well, maybe it's simply the presence of a highly concentrated substance on the skin stimulating it. At the behavioral level, subjects in the ylang-ylang oil group rated themselves more calm and more relaxed than subjects in the control group. These findings are likely to represent a relaxing effect of ylang-ylang oil and provide some evidence for the usage of ylang-ylang oil in aromatherapy such as causing a relief of depression and stress.

 Now, in this particular module and the last module, we are talking about women's health concerns. But one of the major things that the essential oils do and especially the floral oils that are reputed to be very directly connected to women is that they help with depression and with stress. Now, we can ask the question, would a massage with ylang-ylang oil or inhalation of ylang-ylang oil from a diffuser lower the blood pressure of males? Would it be good to relieve them of depression and stress? Yes. It's just a question whether they would like that particular oil or not. Because it is intensely sweet and some men just don't like it, other men do. So that is always the most fundamental question we have to come back to with aromatherapy. Does the person like it? This is totally different that herbal medicine where I have prescribed countless times things that taste terrible and I have advised that the person should take it. When it comes to aromatherapy it's very different. If a person doesn't like it, I don't think that person should do it, with the exception of just a few essential oils and jatamansi is one of them. Okay, modulation of cognitive performance and mood by aromas of peppermint and ylang-ylang. Well, you might already intuitively know. What do think? That peppermint was found to enhance memory, whereas the ylang-ylang impaired it and lengthened the processing time. I can hear this question already. Will ylang-ylang give you dementia? Will ylang-ylang make you forgetful? No, it's not that type of impairment. What they're talking about in these studies is that you're getting relaxed form the ylang-ylang. The peppermint is stimulating you. So the more your brain, nervous system, and physiology, and your blood pressure, and your pulse rate and so forth are relaxed, that just means that your memory responses and recall maybe a split second slower that it will be noticed in a particular test. So, obviously, what we're seeing here again is another test that confirms peppermint is stimulating. It increase alertness, ylang-ylang decreased it. Well, that's great. We want to decrease alertness if we're stressed. We want to start to feel euphoric and spaced out and relaxed and we don't want to be more stimulated. But the ylang-ylang significantly increased the calmness.

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 All right, now we come to rose. There's so much to talk about rose. The relaxing effect of rose oil on humans. There's a nice statement here that opens this up: One increasingly popular type of alternative therapy is aromatherapy, but scientific validation in this field is still rare. Here's a study of transdermal absorption: Significant decreases of breathing rate, blood oxygen saturation, systolic blood pressure which indicated decrease of autonomic arousal. What the means is that rose oil is sedating, gently relaxing your overstimulated sympathetic nervous system. That means rose oil is going to help you with you adrenal burn out. Now, how significant is that for women's health concerns, PMS? Do you think it has anything to do with adrenal burnout? Yes. Menopause, do you think it has anything to do with that? Dysmenorrhea, the different things that we talked about last week, the major things that we were looking at how the oils worked, do you think those health conditions are affected by adrenal burn out and overstimulation of the sympathetic nervous system? Yes, you are correct.

 That's why I made the statement that in order to really make progress, we really have to look at the deeper root. That's why I am planning on discussing some herbs in this section as well as we typically try to get around to. That is because if you are using aromatherapy for menopausal symptoms, you need more help. We're going to see that yes, rose is good, clary sage is good, jatamansi is good, but you also need to have a little pharmacy. You need to take a little dose of tincture of this or that. The more holistically you can treat things, the more holistically you understand the problem, the better the results are going to be. And that is going to make is so that you can be a person who says that natural medicine really helped me as opposed to saying, "Well, I took this guy's aromatherapy course, and I tried a few things and it didn't get rid of my symptoms." That's because you need more than just aromatherapy. So, rose, again. At the emotional level, subjects in the rose oil group rated themselves as more calm, more relaxed, less alert. Okay, that's fine. You will want to be less alert. You've been hyper alert all day long, all week long. Now it's time to relax, be less alert, it's okay. These findings are likely to represent a relaxing effect of the rose oil and provide some evidence for the use of rose oil in aromatherapy. And again such as causing relief of depression and stress in humans. Now, I would say that rose oil is reputed to be specifically helpful for depression and grief and loss. Rose has that reputation, and I think that reputation probably goes back historically through culture a very long ways. Rose oil is one of the oils that we can say that has been around for a long time. Was it around 2000 years ago? No. Were rose flower preparations around 2000 years ago? Yes. How long have roses been around? Well, you can read that in one of the articles that I gave you. 30 million years, roses have been around. How long has rose oil been around? About 700 to 800 years. That means that because of this beautiful fragrance that there's a lot of cultural experience with this, and I think that it is justified to say that countless peoples or countless generations have experienced that it decreases breathing rate, systolic blood pressure, and causes a decrease of autonomic arousal.

 Let's move on here. Comparing the effects of aromatherapy massage and inhalation of aromatherapy in anxiety and pain in burn patients. We're not talking about women's health directly, but we're talking about rose oil to relieve anxiety and pain in people who have a significant amount of it. So what are their results? Well, how did they do it actually? First, they got aromatherapy massage for half an hour using a blend of lavender and almond oil, or a blend of rose and lavender oil. And the results are the study showed the positive effect of aromatherapy massage and inhalation aromatherapy compared to the control group in reducing both anxiety and pain of burn patients. Now, can we extrapolate that giving yourself a massage with lavender and rose in almond oil, or getting that massage, or using those two oils a few drops on the bath will have a similar effect of reducing anxiety and pain? Yes, I think it is fair to say that we can extrapolate that. Is it enough for your anxiety and pain? Well, that depends on how serious it is. I will give some herbs that can also help with that.

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 Another one here, specifically about our modules: Investigating the effects of rose oil in patients with primary dysmenorrhea. But what they did here, this one they kind of cheated a little bit and they also gave a medication along with it. But what they did find was that it is as an adjuvant to conventional treatment methods, it may be beneficial for pain relief and individuals with primary dysmenorrhea. Okay, a less and satisfying result, but hopeful. Comparing the effects of aromatherapy with rose oil and warm foot bath on anxiety on the first stage of labor. Okay, this is something we're going to talk about in the future module. I just wanted to post it here so that you can see that rose oil in a foot bath can be very helpful for women who are in labor. We're going to find lots of these kinds of studies. There has actually been a fair amount of work with pregnancy and child birth labor, postpartum care, postpartum depression, things like that, in the world of aromatherapy. Now, here's a nice one: Effective olfactory stimulation with rose and orange oil on your prefrontal cortex activity. Well, what does that mean? We can just skip through and look at the conclusion. Olfactory stimulation by rose or orange oil induces physiological and psychological relaxation. Great, we probably didn't even need that study. We know that it causes relaxation. But a practical application of this in another study I found, I can't remember if I posted it, but the fragrance of orange oil diffused in dental offices causes significant reduction of anxiety in waiting dental patients. Nice. That's a practical application of it. Is this something you can use? Sure.

 Effective olfactory stimulation by fresh rose flowers on autonomic nervous activity. Now, this is the type of study that is science proving the obvious. The conclusion: Findings indicate that olfactory stimulation by fresh rose flowers induced physiological and psychological relaxation. Great! Somebody made some good money putting a whole bunch of students, 19 female university students, into this room with fresh rose flowers. What a great job! Effective Rosa damascena aromatherapy on sleep quality in cardiac patients. Okay, this is something that is directly related to women's health. Again, if we see this tested and confirmed in more serious clinical situations, we can extrapolate that it will help us in less serious conditions. So Rosa damascena aromatherapy can significantly improve the sleep quality of patients hospitalized, so therefore, that's something good for us.

 Okay, there are many more things here. But we need to move on because we have a lot of monographs to study and some other formulas to look at and blend together, and so forth. The effects of clinical aromatherapy for anxiety and depression in high risk postpartum women. I'll just read you the titles here so you can just scan through that at your leisure. Now, here's an interesting thing. Well, maybe I'll distract myself. Jasmine. Now, would you imagine that jasmine is relaxing or stimulating. It's very interesting because it turns out that jasmine is significantly stimulating. Compared to placebo, jasmine oil cause significant increases of breathing rate, blood oxygen saturation, systolic and diastolic blood pressure, which means increase autonomic arousal. That word "arousal" is very interesting because jasmine is considered to be the primary intoxicating aphrodisiac essential oil. I would say that with its long history of use in perfumery that there's some basis for that. I have also heard from many men and many women that they have felt that their love life has been positively affected by the use of jasmine oil as a perfume in massage and so forth.

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 Now, if we scan through this, interesting effect, jasmine definitely has some kind of effect on the endocrine system because is causes milk production to stop in women who are lactating. So it's obviously affecting the pituitary gland somehow. There are a couple of other comments on that. Another one, it produces mentally stimulating effects. Therefore, some of you may have had the experience that if you are ever in a tropical environment or in South India and you fell asleep and there was a night blooming jasmine outside your window, and about the midnight the flower start going off, and your whole room is filled with the jasmine's scent, suddenly you feel really alert and inspired and sensual. That's the effect mentally of jasmine. That's totally the opposite in ylang-ylang, which we could say is a mental sedative. This is also nice to know if we look at the final study here and that's that it reduces sleeping time. So isn't it nice that the number one aphrodisiac oil also reduces our need for sleep.

 Okay, final oil, jatamansi. We're going to look at this a little bit more. I just threw in a few things here, but most of the information will be on the monograph. Here's an interesting kind of ecophysiology statement. There's a lot of these kinds of studies that are out there in the world of agriculture and botany and so forth, and that is that the quantity and the quality of an essential oil is determined by ecological factors. That is something that is well-known in the world of herbology traditionally. And the herbalists always knew where certain species of plants grew that were much more concentrated and powerful. They didn't have gas chromatography, but they were able to tell through organoleptic methods of their own taste and smell and body sensations that certain plants were more powerful from different regions. Therefore, historically, in places like China, certain herbs that had the most potency were famous from certain areas. And those areas frequently specialized in growing those particular plants because they were famous for being the best.

 A very simple example of what I mean by ecophysiology, here in California we have the Salvia apiana, the white sage. If it is growing in the shade of a valley near the stream, the bush will be very large, the leaves will be soft and it will be full of a lot of water. It will have a fragrance, but it will not be very highly concentrated. On the other hand, if you walk up the south side of the mountain and you go through all the poison ivy, through all the poison oak, pass through all the ticks and avoid all the rattle snakes and don't get sun stroke, you'll get to the top. You will discover that there are Salvia apiana bushes that are growing there, but they look totally different. There's straggly, they're mostly sticks, they've very dry, but the leaves have incredible concentration of essential oil in them. Therefore, this is a nice meditation on cosmic chemistry. When we smell different essential oils, we are actually smelling the ecophysiology. Okay. Jatamansi protects against liver damage. This is a tincture. It's a relative of valerian. So we don't need to go any further with that. But more information here about geranium oil. This is a test where they made mice sick with inflammatory toxins and then they treated it. The conclusion is our results indicate that rose geranium essential oil may have significant potential for the development of novel anti-inflammatory drugs with improved safety profile. Well, aren't we fortunate that we know how to use the essential oil for its wonderful anti-inflammatory effects without having to get a prescription for some new drug that is now developed. We also find that the aroma of geranium oil is also very good for women in labor. Scrolling down, we also find that it is antimicrobial and antifungal. We also see that it is used in the treatment of what's called denture stomatitis. Now, what does that have to do with women's health? Well, if you are fortunate and live a long life and prosper, you may still lose your teeth, and you may be wearing dentures in your 80s or 90s. Dentures can cause a Candida overgrowth. That's what that means. It's an overgrowth of Candida in the mouth. Now, what does that have to do with the rest of us? Anybody who has Candida from taking antibiotics, having a weakened immune system, getting parasites because you went traveling all around the world, knowing that geranium oil has this effect is very helpful.

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 Now, would you like to just drink essential oil of geranium? No, look at the bottom. This is the conclusion. It seems that the application of a 1% geranium oil topical gel formulation is more effective than placebo in treatment of this particular Candida overgrowth in the mouth. So, what would you like to do with that? Well, clinically you might want to rinse your mouth with geranium hydrosol. You might want to make a little geranium in carrier oil and use it to treat any kind of Candida overgrowth in the mouth. That is the file on these studies. Let's go back to the course page and take a look at what we would like to do next. I think what we would like to do is cover the monographs of the oils from last week because these oils are extremely important for women's health concerns. So if you would, please, go back to the tab that is open or go back to the course home page and open the file, if it is not already, titled Pharmacopeia for Module 10. There you will see clary sage, rose geranium, rose, and ylang-ylang. Let's just go through the very short version with commentary that is not here. You should have already read this. This was your homework assignment. It is far more fascinating in some ways than what's happening on the news, although that is also endlessly intriguing.

 Let's click on the link for clary sage. Now, I would say that clary sage is in that group of essential oils that almost always does something. I don't say that about many essential oils because they are so subjective. We can say that if you put undiluted citrus oils on your skin and go in the sun, you'll get burned. That is confirmed and repeatable. We can say that if you put undiluted oregano oil on the skin of an infant as some people are advising to do that most likely it will burn. Those are repeatable things that we know about the dangers of essential oils, but there's actually far less repeatable information that is seen with a lot of essential oils. I've mentioned this before. Lavender, supposedly relaxing. Well, it doesn't do that for a lot of people. There are a few oils that really do something and clary sage is one of them. So if you are looking for the number one essential oil for women's balance, specifically hormone balance, I would vote for clary sage. If we look at it very briefly here, you'll see that it's a member of Lamiaceae family, a member of the mint family. It has those characteristics of the mint with the square stem, opposite leaves, all these kinds of things. It goes back as a therapeutic agent a long time through Mediterranean cultures, through the Roman and Greek empires, and it was also used in Europe during the Middle Ages. Let's keep in mind that this is not the essential oil that was used. Distillation of the essential oil is a relatively new development for clary sage. I don't know how long it goes back, but I would probably say only 100 or 200 years at the most and probably in very limited amounts mostly in French perfumery. So this is not something that was being distilled all over the world thousands of years ago.

 Now, this is one of the places where we get good information is if a plant has a long history of use. That tells us many things. First of all, it tells us that okay, it does something. Because if a plant is not going to do something or if a plant is going to poison people, then they're not going to use it. But this has a long history. Therefore, we have traditional cultural confirmation that this plant has many therapeutic actions. Let's just look at those quickly. In aromatherapy, clary sage is recognized for its benefic effects on the mind and the spirit. This is one of the oils that we would say is calming to the shen, calming to the heart, the spirit of the heart and calming to the mind. Because it's the activity of the mind that basically disturbs the spirit. So if we're having difficulty with what Chinese medicine calls heart fire, which is restless mind, repetitive thoughts, insomnia, especially when it's connected to menopause and heat, this is the oil for you. This is the number one oil. I can say from many, many testimonials, clary sage is by far the most important for cooling menopausal heat. That's really all we need to mention, but I'll go ahead and mention a few things.

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It's become more and more popular over the years. It's an expensive oil because it takes a lot of flowers to produce one kilo of oil, 800 kilos to produce one kilo of oil. Therefore, the price of the clary sage oil can also be an indicator and can reveal whether it is actually high quality or not. That doesn't mean that all expensive oils are high quality. But in general, what you can expect is you will pay significantly more for real clary sage oil, high quality, organic, than you will for many essential oils, and that's because of the yield as we talked about before. Therapeutic actions: It's rich in monoterpenes. You're going to be hearing that word a lot in the future of natural medicine. Many esters, benefic alcohols like linalyl acetate. I mentioned these two compounds because these are the same two primary compounds that give lavender oil its therapeutic benefits. Therefore, chemically speaking, clary sage and lavender are very closely related. However, clary sage is significantly more potent as far as its relaxation effect. And you may remember that we found a study last week confirming that. We saw a study where they actually tested the effects of clary sage against the effects of lavender, and they concluded that lavender was a much stronger sedative and relaxant. It is famous an antidepressant. It helps in sleeping disorders, insomnia, fight stress, releases tension, it's also very good for general circulation, muscles and joints, and it's also antispasmodic, and so forth on the muscles. So this oil is a major oil. It's a major oil specifically for women's menstrual concerns, dysmenorrhea, tension, PMS and menopause. Major oil. But it goes into lots of formulas for lots of other related things as well. This oil is considered beneficial for women due to its affinity to the female hormonal system. Again, there's a quote. How do we know that it has an affinity to the female hormonal system? I have not seen anything that said if you inhale clary sage oil that it affects your hormones in this way or that. What we see is that the symptoms are reduced. Now, how did that happen? Especially in the case of clary sage where it happens rather quickly. Immediately as a matter of fact, if you are having hot flashes and you put clary sage in the diffuser, you may notice immediately that you may start to feel better. Can it do that through the pituitary so quickly? I don't know. I'm just bringing that to your attention.

 One of the things that I think you should know by now about my approach to aromatherapy is I question things. That's because there's so much made up stuff on the internet, people saying, "Oh, it does this. It does that." And there's just no evidence for it either in classical medicine, ethnobotanical traditions and modern research, or even clinical and empirical evidence. People are just saying it does this. Now, clary sage, we can definitely say that it helps with related problems such as irregular menstrual cycle, PMS, and menopause. And the traditional use of the herb is also considered to be aphrodisiac, and that is supposedly validated by its actions. But unfortunately, I don't know what where those actions are. Maybe it's right under my nose on this very monograph, and I have read this monograph hundreds of times and haven't seen that. Let's see if there's actually something that's there. But as an aphrodisiac, what's interesting is that they used to use clary sage as an herbal ingredient in beers in old Europe, and the church put a stop to it. They used to make beers with all kinds of things other than hops, including widely aphrodisiac herbs, intoxicating hallucinogenic herbs and so forth. So people in the villages used to have a lot more fun. And the church decided that there was only going to be one herb that would be allowed, and that would be the most sedative herb closely related to cannabis botanically and that is hops. So hops sedates people instead of giving them all kinds of visionary states. Interesting political history for you.

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 So if we look at this information here, it is reputed to balance the female hormones. It definitely regulates menstruations, soothes menstrual cramps, calms hot flashes, helps in PMS and menopause and aphrodisiac. Those things are known from obvious kinds of information. Now, scientific information in this particular monograph is lacking, and I will see if I can remedy that in a future monograph. But you'll see some nice formulas here. Menstrual cramp relief: Four drops of clary sage, two drops of fennel, two drops of geranium. You're going to see these oils over and over again. For some reason, fennel is reputed to have this effect on women's health concerns, and I mentioned that last week. Whatever the mechanism is, I have yet to discover it, and yet it's always recommended in the world of aromatherapy. That's fine. If something is very repetitious like that, it's worth our consideration. But we should also question authority just to make sure we do not end up just spreading around more urban legends about certain oils. That's a nice blend. Hopefully some of you had the time to go through the monographs last week and take out your blending equipment and put this together. I would love to hear from you on the webcast or on the phone call here in a little while. If you have done any of these blends and you any wonderful testimonials about how this blend gave you from relief from menstrual cramps. Mood balancing blend: Four drops clary sage, eight drops bergamot, two drops jasmine. Why two drops? Well, that's because jasmine has a very strong olfactory presence. If you put in more than two drops, it will basically make the entire blend smell like jasmine. Bergamot, why eight drops? That's because bergamot is a light top note. All the citruses are light top notes, they will be easily overpowered by the deeper based notes, and jasmine will be a middle to base note. Four drops of clary sage, somewhere in between. Nice formula, check it out.

 Let's look at rose geranium. I like rose geranium because it is the fragrance of poverty alleviation in many parts of the world. Rose geranium is a major cash crop in places like South Africa and many parts of India, also in Europe as well. But it's also a very versatile and important oil. Now, this oil also has a reputation of being balancing. I haven't heard so many reports or statements about hormone balancing. What rose geranium specifically has a reputation for is actually having what we will call in the herbal language a trophorestorative effect. What that means, for those of you who are in the advanced herbal course, you already know. That it means a plant, an herb, an essential oil, that brings a system back into balance, no matter which way it has gone out of balance it will bring it into balance. So what does that mean? Overstimulated, it will have a calming effect. Depleted, understimulated, it will have an energizing effect. Many people ask me this question, and I think it's actually come up in the course of this program. Do essential oils go somewhere in the body and do what the body needs? In general, that's a difficult question to answer because we don't really know what the oils do a lot of times physiologically or how they work. We know that they have antimicrobial powers. But when it comes to deeper metabolic things, first of all, you know that essential oils are not really even the first choice for deeper metabolic issues. They are adjunct treatments. But in the world of herbology, we have a group of herbs that are called trophorestoratives, and trophorestorative means that it will restore the tone of that particular system.

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 What's a really good example of this? Well, how about your nervous system? What if your nervous system is overstimulated? The fragrance of rose geranium can have a relaxing effect on your nervous system. What about if your nervous system is deeply exhausted and fatigued? It will have an uplifting, nourishing kind of quality for. Therefore, we can take certain essential oils and we can use certain language from the world of herbal medicine and we can say these oils have antimicrobial effects. These herbs have antimicrobial effects. These oils have certain adaptogen effects. These herbs are adaptogens. So here I would rose geranium is in the class of a trophorestorative, bringing balance. Let's look very quickly. It's a favorite perfume essence, scenting agent in the cosmetic industry. 200 species, and that's something that I should mention before we go much further. There's really just geranium oil, and then there are some varieties of geranium oil. In the industry there are something like five or six major varieties of geranium oil that are found, and rose geranium is one variety. But even a highly trained aromatherapist would frequently have difficulty identifying the differences in the species. They are somewhat interchangeable, and we just use this term rose geranium because it is a major term that is in the industry. It's very common term and it's also what we carry. So rose geranium also implies that it has slightly more rose like floral notes, but again, it's not something that is going to jump out at you.

 Let's look at this further therapeutic actions and benefits. The compounds in this oil have a lot of scientific studies. Not necessarily the oil, but things like citronellol, geraniol, these kinds of compounds widely studied. So that's another way to approach finding scientific evidence. Is not just the aromatherapy through inhalation approach, where there is relatively little information. It's actually you take apart the oil, what's its primary compound, find the studies on the primary compound. That will be a nice exercise we can do moving forward. It has an affinity to the skin and it's very antioxidant and regenerative. I would agree with that, that geranium essential oil very good for the skin. It goes into a lot of skin preparations. This is also of concern to women, of course. Balancing to the sebum production, sebaceous glands. I would say yes, probably not for everybody, but that's one of the things that is frequently stated about this oil, so there's probably some truth to it. Addresses premature aging, rashes. If you look at this, eczema, psoriasis, dermatitis, acne, other skin conditions, what do they all have in common? Those are all basically like Pitta conditions. They're all inflammatory. Also, it promotes wounds and burns, healing. It helps treat bruises and reduce scarring. Well, does that remind you of a famous oil that we talked about a couple of modules ago? How about helichrysum? So, you could actually put geranium and helichrysum together for all kinds of skin conditions and companies do. Lots of cosmetic companies use geranium oil. Lots of uses for all kinds of skin conditions.

 Good for peripheral circulation. Combine it with helichrysum again. And capillary health, there you go again. Fights against water retention, peripheral edema. There's a monograph from two weeks ago that I would bring to your attention that is specific for edema. I mentioned it, but we didn't have time to go into it, and that would be the juniper. Also antibacterial, antimicrobial in general, that's common to all flower oils, but geranium has significant research into it in aromatherapy. Calming and grounding relieves nervous system from stress and anxiety. What does it say about the female health? Soothing to menstrual pain helps the mood swings. All right, let's scan through here. Lots of scientific information we don't have time for. Some nice blends here: One drop rose geranium, two drops frankincense, two drops orange. Well, frankincense is very light. Orange is very light. Rose oil is more of a middle note, actually, middle to base note. That's why rose geranium is used in less concentration. Those of you who have your essential oils, you're playing with it. If you're making a blend and you're putting equal parts of rose geranium, and lots of other things. You will notice, through experimentation, that the rose geranium basically just covers up the fragrance of the orange, covers up the fragrance of the frankincense. That doesn't mean that you're losing the therapeutic benefit. It just means that now the blend is much more concentrated towards the therapeutic benefit of the geranium.

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 Okay, here's something, anticellulite and lymphatic drainage blend. There are many people in the aromatherapy industry and aromatherapy world who are a bit skeptical about the anticellulite functions of essential oils. But in this case, I would actually say that there is evidence. And that evidence that I have seen is basically personal testimonials. The major oil that's frequently seen is grapefruit with the blend and also some other type of conifer tree. Specifically cypress is used a lot or the juniper is used a lot. So I would say that in this particular blend you're missing a little bit of a one of those conifers and you can use either one. How much would you like? Well, these are all equal parts. Why is it equal parts? Well, because there are so many other oils. So, if you look at it, you got 10 drops of rosemary, 10 lavender, 10 grapefruit, 10 marjoram. That means you got 10, 20, 30, 40 drops and then if you put 10 drops of geranium in that, it's still only 20%. Okay, so from the fragrance standpoint it's going to be more balanced. Now, you would also like to add maybe 10 drops of juniper, or 10 drops of cypress, if you are doing massage for cellulite. That's the key is you must do it over and over, and over, and over, and over, and over again. It's like using tea tree for you nail fungus. There is no stopping. You just have to do it all the time, and maybe after six months you might start to see a little bit of change. I would say that probably with cellulite, if it's not too serious you can probably start to feel better overall relatively soon, and start to see some changes probably within a few months, but it's got to be very disciplined.

 Now, rose. This is a huge, huge subject and we have so many other monographs to enjoy the articles that I have written, which I think we're just going to have only time to mention. Maybe next week we can touch back on some of those, or you can ask questions about those articles if you want, because rose is a huge subject. One of the main things that we find is again it has this long history. I would suspect, as a matter of fact, I know that people have been using roses far longer than the Greek and Roman empires. Why? Well, my personal theory about it is because our early ancestors, even back in Neanderthal times, 100,000, 200,000 years ago, were probably attracted to the aromatic plants as one of the primary species. There is evidence confirming that aromatic plants have been found in Neolithic Stone Age dwellings going back 77,000 years ago. So the aromatic plants are undoubtedly something that go back very, very far in history. And roses undoubtedly were probably one of the first flowers that caught people's attention because of their beauty and their fragrance. I'll mention that roses botanically are 30 million years old and started off with only about 12 distinct species, all of them wild of course. You will learn that they began to become cultivated about 4000 to 5000 years ago, and it is suspected that that was taking place in China, and then it came to Persia, and then it came to what is now modern Baghdad, and Iraq. So the Middle Eastern area, Mesopotamia area, this was an area that was once a center of rose cultivation. Rose oil distillation started about 700 to 800 years ago, and that was closely linked to the development of the Rose Valley in Bulgaria. That started with the Turks taking the roses to Bulgaria because they found the perfect climate for growing them. And distillation started apparently from the village called Kazanlak, which means the place of the stills. This is all very interesting historically. I find it interesting, and so you can take some time and go through it.

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 Let's just look at the therapeutic actions. Again, lots of beneficial compounds. Rose oil, true rose oil which is increasingly difficult to get, and increasingly expensive unfortunately, contains over 250 active compounds. That means that it has a wide range of therapeutic properties. That includes antibacterial, antifungal, antiseptic and so forth, anti-inflammatory, antidepressant, nervine, sedative, aphrodisiac, and antioxidant and cell regenerative properties. Lots of different forms of rose preparations are used in treatment of numerous conditions. Those of you in the advanced herbal course have learned that a very famous Ayurvedic rejuvenative rasayana product is made by macerating fresh rose petal in jaggery, the fresh juice of the sugarcane. This is very anti-inflammatory. It actually helps to regulate the menstrual cycle. It's a specific tonic for the uterus and cooling to heat in the system. So roses are very, very important actually in medicine. The rose oil has a particular affinity to the skin where it helps to support healthy complexion. It's good for hair, skin and nails. Good for damaged skin. So, again, you're going to hear about rose when we come to the skin module. You're going to hear about it with helichrysum, with wild carrot, with rose geranium, those would be a few of the most important oils for the skin.

 It is also effective in the female reproductive system balancing function. How do we know? Well, because of the effects. We can see that empirically. Just like we can see with the clary sage. But how it's actually working, we don't know exactly, as a balancing function, regulates menstruation, balances hormones. Is it balancing hormones? Well, the end result appears to be balancing hormones. How's that for a compromise? In aromatherapy, rose is used for its calming and uplifting effects, relieving anxiety, stress and depression and overall for soothing the nervous system. Now, let's look at a question that came in. Sometime ago, somebody was asking what is helpful for grief and loss. Rose would be one of the first choices. Will it help you to stop feeling loss and grief? No, you should not. What it will help you to do is uplift your spirit and strengthen your spirit so that you will be spiritually fortified during a time of emotional pain. This is how I think a lot of aromatherapy works. Natural medicine in general should not medicate and cover-up our emotional state, like antidepressants and anti-anxiety medications do. Because then what that will do is it will leave us with mental ama, meaning that we will have undigested residues, our dreaming process will be disturbed, and we will have very serious withdrawal symptoms where a lot of subconscious stuff will start to become very chaotic. Therefore, with natural medicine, there's an important concept which is to do our karmic homework. I'm just mentioning this briefly, those of you who are familiar with this in the herbal course again. But if we're suffering emotionally, if at all possible try to work with it spiritually as much as possible and try to work with it physically as much as possible. And keep in mind that when we are suffering emotionally, that taking care of our health is very important, and people tend to neglect that. So always take care of the digestion. Get good sleep as much as possible. That's how these flower oils can help us. They're not going to medicate it. They're not going to cover it up. They're going to fortify, strengthen and stabilize our shen.

 So if we look at the endocrine and the reproductive function, we see that rose oil release mood swings related to PMS. I can say that that is probably true. To what degree and how long that effect is? I think it is very individual. We saw from some of the studies that a lot of the aromatherapy treatments basically had a great effect for about a half an hour and then they wore off. So, okay, can we get an aromatherapy massage every half hour? That would be wonderful. But let's also keep in mind that because of the transient nature of inhalation, there's going to be a tendency to need to apply rose oil on a repeated basis. That's what a diffuser is for. You don't want to put rose oil in your diffuser because it's so expensive. But you could have a little anointing ceremony, and this is something that we can also talk about a bit later which is the conscious spiritual contemplative ritual use of essential oils in such a way that supports your meditation practice. So if you have emotional disturbance, take one of your favorite oils, something that is known to help with the emotional, mental state and sit down and relax the body, and then apply it. Anoint yourself with some rose oil in a meditative state.

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 Now, you will remember that in a module many weeks ago, I mentioned that there's a link between fragrance and learning. In that particular talk, I advised everybody, and I hope that some of you have taken me up on this and tried it. I advised that if you repeatedly use a fragrance in a conjunction with study, that it will imprint that information into your neurons, and when you go back to take a test and you use that fragrance again, it will liberate that information more readily from your memory. We did have a very nice testimonial from a medical student at Bastyr University who affirmed yes. She did this with rosemary oil and had a significant improvement in her test scores. The reason I'm mentioning this is because this is something we can do to learn not just intellectual academic information, but it is something we can do to learn something physiological. Now I believe that one of the primary effects of all natural medicine, holistic treatments, massage, acupuncture, chiropractic herbal medicine, but especially those that are hands on relaxing therapy, I believe that one of the primary reasons they are beneficial is because they help people to remember a state of comfort even if it's temporary. Now, if you remember a state of comfort and it is associated with a fragrance, then you can use that fragrance to remind yourself of that state of comfort. Therefore, you can train your brain to recall the effects of your shirodhara treatment. And this is something that I discovered in clinical practice. I would give people a long treatment, massage, acupuncture, aromatherapy steam, hot stone massage, aromatherapy oils for the massage, shirodhara. And people would become profoundly relaxed. It was a three-hour long treatment. But then at the end of the treatment, while they were in this very deep meditative state, I will come back to the room and say please memorize the feeling that you have right now. Please remember it. So people would bring their attention and they would really study. What does it feel like to be in a state of deep relaxation? And after the treatment, I would advise them when you go home, please practice bringing that state back again repeatedly.

 The question that I would ask to emphasize how this is an internal process is I would say, "Now you have three hours of different kinds of treatments, what caused the deep relaxation sense of peace, the letting go? What caused it?" And people would say, "Well, it must have been the massage or the acupuncture." And I would say, "No, your brain caused it in response to external stimuli." Therefore, if we understand that, we can step by step start to train ourselves more deeply and effectively to go into a relaxed, balanced, healthy state, and we can use the essential oils and aromatherapy as a mnemonic device to learn physiological wellbeing just as we used it to learn intellectual academic information.

 This is one of the ways that an oil like rose can be used very effectively because I will guarantee you the cost is going to prevent you from using it repeatedly for massage. I have had some ultra wealthy clients who have no problem with buying ounces and ounces of rare, pure, unadulterated, organic rose oil, but most people do not. Most people can only afford a tiny amount if at all. It is unfortunately one of the oils that is a luxury of the wealthy. I will be honest about it. And it has always been that way. It is not an oil from grassroots, healthcare, folk medicine, home pharmacy revolution of easily available plants from your backyard. It is a rare expensive oil and getting harder to get and getting more expensive. Some people can still afford to get a little dram of it and what do you do? I suggest with any oil of this type, very expensive, very rare and very precious. You use it in a spiritual way combined with mindfulness practice, and that way you can get the maximum benefits with the least amount of oil.

**[1:25:16]**

 Okay. It is also aphrodisiac, although a relaxing aphrodisiac. The same type of relaxing aphrodisiac that ylang-ylang is considered. Enhances libido in a relaxed kind of way, and can also be used for things like polycystic ovaries, impotence, rigidity, sterility. So this is good for men also, and I would say that rose oil is actually more appealing to men than something like ylang-ylang, maybe jasmine. So here, I'll mention the combination of rose and sandalwood. This is a classic combination, and whenever we put something into a base of sandalwood, we can call it an attar. This is a classical Indian preparation and rose attar is famous. Unfortunately, there's very little real rose attar that's available. It's almost all synthetic. So if you find it, it's a great blessing. And for those of you who are curious, we are discontinuing many of the Indian attars because the quality control has simply become too complicated. But don't despair, I am going to personally be mixing them myself using high quality certified organic, sustainably sourced ingredients. So this can still be done. We already have that for example, with our agarwood attar. This is one that I made. But this is something that's very complicated. The sandalwood comes from a tribal controlled sustainable sandalwood forest in Australia that every tree is certified, and we're supporting this particular tribe by buying this sustainably harvested oil. And then the agarwood comes from the sustainable project in Thailand. So finding the oils that are rare and expensive, not contaminated, that we can feel good about ethically is a big job, but we are doing it.

 Now, let's see. What else is there about rose oil? You can put it on pure undiluted because it is safe for the skin. And because it's so expensive, I'm not too worried about you using tablespoons and tablespoons all over you. If you do plan to do that, I would suggest a little patch test just out of common sense. So you can apply it directly from the bottle to one of your chakra points, if you have a chakra, or a pulse point. I'm sure you have pulse points. Wherever you like to anoint yourself. That's a good way to do it. One drop of pure oil. You can use it as a compress in the bath, direct inhalation, diffuser. I don't suggest you use it in the diffuser because it's a thick heavy oil. It can work, it will smell lovely, but you're also going to go through quite a lot of it fairly quickly. One drop on a pulse point, sufficient as a perfume. That perfume will help to calm your emotions and boost your confidence. That is one of the things that it is famous for.

 I'll mention that it's not just good for protecting your emotions; it's good for protecting yourself from other people's emotions. And if you wear enough of it, it actually helps to protect them from their emotions as well. Beautiful statement from Dr. Vasant Lad. I interviewed him once about attars. And he said, "These are pure substances that we apply to the major points of the body. And these aromatic molecules go into our aura and they perfume our aura and everywhere we go, we are welcomed by the people." I thought it was a nice statement. Basically, what it means is if you smell good, people are going to feel better around you, and you will be protecting not only yourself but also them from disturbing emotions.

 All right, a few recipes here quickly. Time to start wrapping things up. Two drops of rose. Here they are again, the famous gynecological oils, fennel, clary sage, bergamot, neroli. Now when you see one of the citruses in this formula, I would say they are all interchangeable. Mandarin comes up quite a lot and grapefruit also comes up quite a lot. Those are all relatively interchangeable. It's a little bit of personal preference. However, the neroli is different and neroli is the flower oil from the bitter orange and it is unique. It is definitely one of the exotic perfume ingredients. It is different therapeutically. It's in a different league basically, and the other citrus oils are relatively interchangeable. But neroli oil is also very, very important oil for the mood. We're going to look at that one in the monographs next week where, I guess, in two weeks. Colleen can remind us again of the schedule.

**[1:30:13]**

Skin health, two drop of rose, four drops of lavender, four drops of helichrysum. You know that lavender and helichrysum are great for the skin. Here's a nice balance. You're going to have eight drops total with that lavender and helichrysum combination, and then you're going to have two drops of rose. Okay, we are unfortunately running out of time. We talked about ylang-ylang and looking at the scientific studies, there's one more monograph here for you. As you can see, there's a lot to talk about not just reading the monographs of many, many commentaries. And we also have some monographs to catch up on from two weeks ago. So you have lots of reading material. And we are going to come back to Pharmacopeia for Module 11 at the beginning of our next class because these oils are very important. Now these three oils for this Module 11, jatamansi, mandarin, and vetiver are not normally thought of as primarily oils for women's health. But when you read the monographs, you're going to see that they are actually very, very important, and that they have a lot of uses. So the crossover may be primarily through the nervous system. I'm offering these because any kind of relaxing effect on the nervous system will help all of the menstrual problems, the PMS, the liver chi stagnation, the rising liver and heart fire of menopausal hot flashes. Anything that relaxes the nervous system will be beneficial. That's why I say let's understand these medical conditions more holistically at a deeper level.

 So you'll see then the jatamansi, for example, has a very soothing effect if we add it with clary sage and grapefruit. So even though that's not called specifically women's soothing blend, it's just a soothing blend, you see clary sage. Now you know menopausal heat. Now you see grapefruit. Now you know all types of feminine problems. Jatamansi is very interesting oil. I'm going to unpack it a little bit and then we have mandarin which comes up a lot along with grapefruit in a lot of the blend. And then we also have vetiver which, I will mention, we'll touch on it a bit on the next module, but I'll just mention that it has been described as having estrogen-like effects. Now, I know immediately some people are going to become concerned and they're going to say, "Is it estrogenic?" I'm going to say that anything that we are inhaling has far less concern than anything that we are ingesting from the herbal world. Estrogen-like is a totally different term that estrogenic. So that's another topic to touch on in our coming module in, I guess, two weeks, but we are running out of time unfortunately. The class has gone by very quickly again. I hope that you have enjoyed this information. Colleen, I'll turn it back to you. Let's see if anybody would like to call in with any questions, and let's see if there's anything on the webcast to cover as closing comments.

Colleen: Great. Thank you so, so much, David. That was a lot of fun. For anyone that's on the telephone, please press 1 on your telephone keypad to share. And if you're on the webcast, there was one question that had come in already from the webcast from [Participant]. That is, "Will rose scented oils give similar results, meaning rose geranium, palma rosa, et cetera to rose essential oils in blend, especially if its subjective pleasure centers are triggered?"

David: Yes, but not in exactly the same way. There are two mechanisms. You are correct that one of them will be the subjective experience of the rose fragrance, and there are many oils that do have these rose fragrances. But there is nothing like organic Rosa damascena from the Rose Valley of Morocco. Everything else pales in comparison, but the rose geranium and other types of oils that are very scented with rose aroma will have a similar effect both through the enjoyment and also because a lot of these oils share a lot of the same chemistry.

**[1:35:15]**

 If you look at the article that I gave you on Rose as opposed to Roses, you'll see a chart, and it's very interesting because what you're going to learn is that the rose oil is actually mostly made up of citronellol. There's a chromatograph chart, 38% citronellol. So that means that its presence is very high in terms of the chemistry in the oil. But what's intriguing is that if you look at the bottom of the chart there, you'll see beta-damascenone, and beta-damascenone was only discovered about 30 years ago actually and nobody knew what is the compound that's causing roses to smell like roses. They couldn't find it. Well, why couldn't they? Because compared to 38%, the beta-damascenone was only 0.1%. So that's a tiny, tiny fraction of the oil. What's curious about it is that the citronellol, if you look at that chart, you look over to the right-hand side. Citronellol, even though it has 38% presence in the oil, it only has 4% presence rated according to its odor unit. In other words, it only contributes 4% of the fragrance even though it's 38% of the oil. Now, citronellol is a very common ingredient found in lots of other oils, and it is the majority of rose oil, and yet it contributes only 4% of the fragrance but if you look down, beta-damascenone, it's only 0.1%. Not even 1%, 0.1%. And yet, it contributes 70% of the aroma. That means that beta-damascenone is an incredibly powerful compound in terms of aroma. Well, what do they do with that information? Immediately, they began synthesizing beta-damascenone, and that's where a lot of the industry has gone because rose oil is so expensive. Why? Because there's a whole process if you can just manufacture synthetic beta-damascenone at a fraction of the cost and put it into all kinds of products. Does it have the same therapeutic effect? That is open to interpretation and question actually. Some chemists will say it's the exact same molecule and therefore it must be exactly the same. Some people will say it has this effect on the pleasure centers and therefore, it must have therapeutic benefit, and other chemists will disagree. Other chemists will say, "You know what, we don't know enough about molecules yet to be able to see the difference between a molecule from a plant and a molecule that is synthetically manufactured that is exactly the same." That's a big discussion. Very interesting chemical discussion about the life force of plant. All right, so anybody calling in, Colleen?

Colleen: No one was calling in. There was one short little question on the webcast that came in again from [Participant]. I'm moving from a hot tropical island to a northern US state. Do I need to be concerned about the effects on, and I think she's asking her essential oils, if they end up freezing if I choose a long ocean trip via barge to ship or a six-week long journey via the UPS system?

David: Okay, well first of all, most likely, if they are properly sealed up and stored, they'll be okay no matter what. The concern would be is if they're sitting directly out in the sun for a long period of time, they could oxidize faster. There's less concern with oils freezing. Some aromatherapists actually store their oils in the freezer. I don't think that's particularly good unless you have a reason to store them for a very long time.

**[1:39:55]**

The particular question I would ask here is why do you say that it's going to take six weeks to mail these by the US post from Hawaii? Unless you have a gigantic laboratory full of hundreds of gallons of essential oil, you could probably put together your entire collection in a relatively secure, well-sealed box with lots of bubble wrap, and you can probably just ship it by UPS by third to fourth day and it would be fine. If it's sitting somewhere outside in the freezing weather, most likely it's no problem. There's actually more of a problem if it's going to be sitting outside in Arizona during the summer for a few days. So good question. I would just say not a big concern under these circumstances.

Colleen: Okay, I had [Participant]. She's also on the telephone and put her hand up. Go ahead please, [Participant], if you want to add to that.

Participant: Hi. Yeah, I was just trying to figure out the best way to ship them because I do have a lot and it is heavy and expensive, but I don't have vats full. But I'm glad you answered my question about freezing because I did not know whether freezing was okay or not. But I sort of realized that I can ship them flat rate for probably about $15 to $18 so I'll do that. Anybody else who has that concern, hopefully my question helped them too. Thank you, David.

David: No, no, you're most welcome and it is a good question. It is a question that we deal with periodically at the company. That is because we are in the business of shipping things all over the world. We get complaints. We had to stop shipping hydrosol for example during the winter because the post office would put the hydrosols in these little spray mister bottles. They put it out on somebody's front porch in Minnesota in January and the person would open up their box and the bottle would have broken because hydrosol expands when it freezes. So yes, good question. But under the circumstances, I would say either US Post Office, UPS or sea freight, any of those things are really going to be okay. Just make sure you have everything fully sealed, every bottle, totally sealed against leakage, well wrapped up in lots of bubble wrap because the concern is less about exposure to heat at this time of year, less even about freezing. That becomes more of a concern January, February and so forth. More of a concern about breakage of glass. That's the main thing. So just pack everything very, very securely, and I'm sure everything will arrive okay.

Participant: Wonderful. Thank you so much.

David: Yes, you're most welcome. I see that we have a couple of nice testimonials. Why don't we just go ahead and conclude with that. I'll just say thank you to everybody about a very, very nice testimonial here. I made a variation of the women's cycle formulation. Five drops rose, ten drops fennel, seven drops clary sage, seven drops bergamot, seven drops neroli, seven drops ylang-ylang, five drops roman chamomile, all mixed in four ounces of jojoba oil. Don't worry if you didn't catch it the first time. I'm going to post this on the files for the next module. Used as an abdominal massage and it was so soothing for both GI pains. And in parentheses, I suffer from food allergies and although I completely avoid those foods, I occasionally get contamination episodes and this oil really helped me a lot. Wonderful! It also helped tremendously with dysmenorrhea including the associated bearing down feeling. What sweet, intoxicating, relief! Now that's a very nice statement. Thank you. I've also been really enjoying the following blend in my diffuser to ground my Vata and cool my Pitta during the intensity of the season and of school. Yes, school definitely aggravates our Vata and Pitta. Five drops clary sage, five drops ylang-ylang, three drops palo santo, two drops vetiver, two drops Roman chamomile. This formulation reveals that you are grasping the fundamentals of blending in terms of top, middle, and base notes. It is very good that two drops of vetiver and two drops of Roman chamomile are there instead of being higher because it would overwhelm the fragrance. For those of you who didn't catch that, don't worry, it will be on the transcripts and I will post it again. Oh, and three drops of rosemary.

**[1:44:58]**

 Finally, my absolute favorite oils to diffuse during abhyanga, that's a nice warm oil massage, pranayama, our breathing exercises, asana, our yoga practice, and meditation, nice combination. Five drops agarwood attar. Good, thank you. I hope that it's our agarwood attar because now you know exactly where it came from and how high quality it really is, and five drops of rose absolute. Very nice. Very expensive. That's correct. So I tried to use smaller amounts and not diffuse them too frequently but oh my, so divine. Thank you. A very nice way to end our class today.

 So, Colleen, I'm going to turn it back to you and if you could remind us of the schedule. We do have Thanksgiving coming up so perhaps you could say a word about that. I will just go ahead and sign off. I will invite everybody to join the breakout groups as always. Read your monographs for your deepening practice. Make some blends. Write some testimonials. Try some things out. Use this material. That's the only way. This is not going to do much good if it's just intellectual, although I do try to be entertaining. But it's really going to help you if you actually smell the oils, mix them up, apply them to your body, put them in the bath, put them in the diffuser, use them safely as you know how to do. So with that, I will turn it back to you, Colleen, and thank you again for hosting the call as always. Thank you to everybody. Have a wonderful, peaceful, emotionally balanced period of time until we meet next. Don't worry about the external conditions of the world. Just breathe the fragrances of the botanical realm. Okay, I'll turn it back to you now, Colleen.

Colleen: How beautiful! Thank you so much, David. Thank you. We will see you in two weeks' time. Just to remind everyone, our next class then is going to be on Wednesday, November 30th. Take care. We will see you in two weeks' time.

**[1:47:17] End of Audio**

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