



Message Scent News

ANCIENT SECRETS FOR A MODERN AWAKENING

Deep Ecology & Green Economics with Young Living Essential Oils

by Ruby Gibson

Green economics is an approach in which the economy is considered to be a component of, and dependent upon, the natural world. Green economists all share a common view that economics and human social interaction rest within balance the natural world.

Deep ecology could be defined as those within the green movement who hold deep ecological views. The central spiritual tenet of deep ecology is that the human species is a part of the Earth and not separate from it. The notion is based on the idea that the more we expand the self to identify with "others" (people, animals, ecosystems), the more we realize ourselves.

As a global leader, Young Living is part of the green economic movement, providing unique solutions for cultivating a better natural lifestyle. Distributors are building a green economics community, supporting the health of the earth while building their businesses. Therefore, here are the precepts of building a business as a deep green ecologist:



The ecological crisis is doing what no other crisis in history has ever done - challenging us to a realization of a new humanity.

Jean Houston

THE GREEN ECONOMICS PRECEPT

1. Attune to a common intention.
2. Welcome diversity.
3. Know that only the whole can repair itself.
4. You are only a small part of a much larger process, like a nerve cell in a neural net. So learn trust.
5. Open to flows of information from the larger system.
6. Speak the truth of your experience of this world.
7. Believe no one who claims to have the final answer.
8. Work increasingly in teams or joint projects serving common intentions.
9. Be generous with your strengths and skills, they are not your private property.
10. Draw forth the strengths of others by your own acknowledgment of them.
11. You do not need to see the results of your work.
12. Putting forth great effort, let there also be serenity in all your doing; for you are held within the web of life, within flows of energy and intelligence far exceeding your own.



Compliments of Ruby Gibson

YL Member #168737

Howling at the Moon Productions
(303) 670-7300 (800) 332-3969
howlingatthemoon@earthlink.net
www.somaticarchaeology.com
youngliving.com/howlingmoonprod

In This Issue

Deep Ecology & Green Economics with YLEO
by Ruby Gibson

Naturally Clean & Green
by Linda Penkala, C.M.T.

Recycle Your YL Packaging
by Allyn Breech

Distributor Testimonials

New Breast Cancer Study

Premature Births
Linked to Pesticides

Gary Young's Pain Formula

Toxic Circles by Carl Janicek

The Miracle of Onycha
by David Stewart, PhD, DNM

Healing Despair with EO's
by Ruby Gibson

Healthy Summer Recipes

Aromatherapy Helps Cancer Patients

All information contained in Message Scent is intended for educational purposes only. It is not provided in order to diagnose, prescribe or treat any disease, illness or injured condition of the body, and the authors, publisher, printer and distributors accept no responsibility for such use. Anyone suffering from any disease, illness or injury should consult with their physician.

Published by Carl Janicek

Produced by Ruby Gibson

© 2007 Medicine Wheel Consultants, Inc.

1-800-332-3969

messagescent@earthlink.net

A wave of awareness and an undeniable paradigm shift is emerging. People are concerned more than ever about nurturing and respecting our earth, global warming, building green homes and recycling. There was a time when only the hippies from the 60's were concerned with "eco-friendly" products and the government's policies toward them. Now many of us are choosing personal health care and cleaning products that support, instead of detract, from our health.



These choices are reciprocally healthy as they don't damage the air, water, and environment balance when we use them; most especially, our revered and ailing Chesapeake Bay here in Maryland.

Backed by scientific testing and confirmation from 25 U.S. hospitals using them daily, (Sloan-Kettering Cancer Center and Beth Israel Complementary Care Center in N.Y.), therapeutic grade essential oils are by far nature's ultimate answer to the myriad of present day health challenges. Essential oils have strong antiviral affects, and even when diluted kill bacteria that antibiotics do not. They have been used for centuries as antiseptics, and are still used today in oral disinfectants. A mouth rinse with essential oils of thyme, peppermint, wintergreen, and eucalyptus is more effective in improving oral health than a fluoride based antiseptic, according to the 1999 Journal of Clinical Periodontology.

The history of modern antiseptics reveals that Dr. Joseph Lister, a Brit-

ish surgeon, was the first to disinfect surgical rooms with eucalyptus oil vapors to stop deaths from infection. His surgical antiseptic that reduced the death rate from 50% to less than 3% during major surgeries contained phenols and other compounds from common essential oils – thymol from thyme, eucalyptol from eucalyptus, methyl salicylate from wintergreen and menthol from peppermint.

Another historical essential oil testimonial is the Legend of the Four Thieves. When the bubonic plague struck Europe, over 25 million people were wiped out in five years. During this time four thieves (somehow resistant to infection) circulated among the dead and dying to loot and rob their homes. When finally apprehended, and by threat of death, they were forced to reveal the recipe that

If you want to see an endangered species, get up and look in the mirror.

John Young, former Apollo astronaut

kept them immunized. A copy is in the museum of Old Marseille and is the "four thieves vinegar" recipe, which consists of white wine vinegar, wormwood, meadowsweet, wild marjoram, 50 cloves, rosemary, horehound and camphor. After 15 days they would rub it on their hands, ears and temples when approaching the plague victims.

Dr. Diane Horne of Weber State University confirms the above historical references through her research as mentioned in the Journal of Essential Oil Research. She found that the longer the essential oil blend was diffused, the greater the reduction in microbes. The blend she used was clove, cinnamon, lemon, eucalyptus and rosemary, which killed over 99%

of Staphylococcus (Staph) bacteria in only 12 minutes of diffusion! As antibiotic-resistant Staph (MRSA) moves from hospitals to the general community, we can remain hopeful that essential oils in hand wipes, mouthwashes, toothpastes and household cleaning products are a safe and simple delivery system for promoting and sustaining our family's health.

There now is a clear link between childhood asthma and household cleaning products such as bleach, window cleaner, aerosols, carpet cleaner, chlorine, pesticides and insecticides. In this day and age of indoor allergies, when pet dander, mold, dust and cleaning chemicals routinely affect our health, our awareness of the causative effects will undoubtedly help us to change. I use Thieves and essential oils in my home as an oven cleaner, drain opener, floor and bathroom cleaner, and disinfectant everywhere imaginable. It is actually fun and exciting to work with aromatherapy products that empower my health, and leave my house smelling great.

In the office, essential oil spray cleans and disinfectants everything—door-knobs, desks, bathrooms, keyboard, floors, and anything that is touched including the phone and mouse. When traveling it is simple to have some Thieves wipes for hands, the hotel bathroom, TV remote, and to use as an air purifier.

Health affirming, environmentally sustainable choices for ourselves, our families, our work spaces, and for our glorious earth that we live on, will not only benefit us now, but will enhance life for many generations to come.

You must be the change you wish to see in the world.

Mohandas Gandhi

Recycle Your Young Living Packaging by Allyn Breech

I recycle everything I use as much as I can. Most of the YL product containers are plastic or glass, and are recyclable. (The ART lotion bottles seem to be the only ones not made of 1 or 2 plastic.) If you don't have a municipal recycling service available, find your local recycling center. My home trash service doesn't take cardboard boxes, so I save them and make a trip every month or so to the recycling center. I keep the packaging (the bubble wrap and the brown paper) in a large bag and what I don't reuse I take to my local packaging store. They also take the styrofoam popcorn and reuse it. Young Living doesn't use styrofoam. The environmentally friendly kind biodegrades quickly, but styrofoam can be reused forever. Don't throw it away! I would like to encourage everyone to stop using plastic bags at the grocery store. Buy cloth bags and keep them in your car and every time you go shopping bring them in with you. It will become a habit after a while. I reuse the plastic ones I already have or take them to a local pet store that reuses them. The more we get into recycling habits the less of a toxic footprint we leave on the earth.

Please shop at your local FARMER'S MARKET this summer.



Everyone lives downstream from someone else.
Anonymous Neighbor

NEW BREAST CANCER STUDY

New studies link 200 chemicals to breast cancer, the leading cause of death to American women in their late 30's to early 50's. Marla Cone writes in the Los Angeles Times:

Of the 200 breast carcinogens, "73 are present in consumer products or are food contaminants—1,4-dioxane in shampoos, for example, or acrylamide in French fries. Thirty-five are common air pollutants, 25 are in workplaces where at least 5,000 women are employed, and 10 are food additives, according to the reports. Only about 1,000 of the 80,000 chemicals registered for use in the United States have been tested on animals to see whether they induce cancerous tumors or mutate DNA. Such tests cost \$2 million each."

cleanse your body

Premature Births Linked to Pesticides

Premature births vary with the season, but there's nothing natural about it. Preterm birth rates peak when pesticides and nitrates measurements in surface water are highest, from April through July, and bottom out when nitrates and pesticides were lowest, in August and September, a new study found. A previous finding was that birth defects peak from April through July, the same months as pesticides and nitrates reach their maximum concentrations in surface water. The rate of premature birth in the United States has risen almost a third since 1981, according to work conducted by Paul Winchester, M.D., professor of clinical pediatrics at the Indiana University School of Medicine.

Weight Loss

Testimonial

I have been using essential oils for a year now. I fell in love with them. My best testimonial is that I drink grapefruit-oiled water everyday for weight loss; 7 drops in 8 cups of water. I used to wear size 10-12, now my size is 5-6! Let me inform you of my recipe. I put 7 drops of grapefruit oil in 2 litres of water and shake very well. One or two hours before every meal, I drink 2-3 cups of oiled water. All day I drink only this oiled water. In a month you may feel the results, but you may not see any weight change until 2 months have passed. Keep drinking it. Everybody has a different body. It will vary from person to person. Ayse



Plantar Warts Testimonial

I had plantar warts that came back in spades every time I had them removed. I tried freezing and cutting, and every single time they came back. When I learned that warts were caused by a virus, I chose to take Longevity oil in capsules orally and it worked. Within two weeks they were completely gone and my skin was pink and healthy. You couldn't even tell that they had ever been there! Kathie

Gary Young's Pain Formula Prior to & After Surgery

20 drops Valerian
20 drops Vetiver
10 drops Helichrysum
10 drops Idaho Balsam Fir
5 drops Clove
5 drops Peppermint



Toxic Circles by Carl Janicek

While reading one of my science periodicals the other day, I found a story that began and ended with the same concept that started our Toxic Circles articles years ago. It emphatically stated the painfully obvious in very clear terms: ***DON'T THROW ANYTHING AWAY! THERE IS NO AWAY!***

A recent newspaper article read, "Health care is a game without rules," and all the players are playing games competing for political influence, power, control and most of all money—trillions of dollars actually. In our great country, we have fragmented our health care into specialized business interest groups playing a speculative health care game that is not 'cost effective, efficient or fair.' These interest groups are playing a game, but not the same game—our government spends the most money but rarely pursues quality or value outcome issues in any depth thanks to the influence of the gamblers.

As a nation, we spend 16% of our gross domestic product on health care, yet we are ranked 37th in world health with an infant mortality rate twice the rates in Hong Kong, Japan and Sweden. Our medical costs are unnecessary, harmful to the user, or completely a waste, a solid 33% of the time. The reality is that if we don't agree as a nation on a clear vision for our health priorities we will continue to degenerate physically and financially. It is now apparent that we, the consumers, have to take control at whatever level is possible and become our own health advocates.

We can no longer throw away our power to be healthy and our culture can no longer live in denial about causes and costs even though there may not be political will or support for such "inconvenient truths."

A recently completed university study bears testimony to some revealing information: Obesity has long been linked to adult onset (type 2) diabetes but this study shows that obesity alone is not a singular cause. There is a co-factor which has been ignored by our modern politicized health care system. ***What is this dirty little secret?*** Diabetes in over-

weight population groups only appears when POP's (Persistent Organic Pollutants) such as DDT, PCB's, Agent Orange, and a host of other agricultural agents and pollutants are found in the patient's adipose tissue (fatty tissue). Many of these "oil soluble" toxic chemicals are still sold on the world market to developing countries that have no awareness of the truth about the dangers or legal systems to determine and assign product liability to the selling agents and producers.

People often ask me: ***Is organic growing and consuming important? Do we really need to have a whole house water filter? Can't we just "get by" with bottled water and cheap personal care products loaded with antibacterial, hormonally disruptive and carcinogenic chemical agents? Does it really matter if we get these toxins on our skin if we are not taking them much internally?***

The answer is emphatically YES it does! These exposures do matter a great deal over time, enough time that many pollutants are not held accountable for the damage done to our health, our economy or our future, until the bill comes due, often at the expense of the next generation.

What about our children? Phthalates and carcinogenic plastics are found in IV bags and tubing, cosmetics, toys and pacifiers, too. Disposable diapers are not in any sense actually disposable and are loaded with VOC's (volatile organic compounds) like toluene and ethylbenzene, which is linked to cancer and brain damage. With about 38,000 disposable diapers used each MINUTE in the U.S. alone, be thankful that only 5% of the world's population uses them. These "disposed" diapers are the third largest waste contributor to landfills.

You can see why organic growing methods as well as natural personal care products are a significant value as opposed to the mass market brainwashing we've become all too casual about.

Young Living as a company is based on the concept of stewardship—a very important ideal during a time when most business are marketing a "green image" while they donate millions to politicians

who rank as the bottom feeders of environmental consciousness.

Young Living is committed to education and product development providing solutions to our overexposure to environmental toxins. It also provides green economics in its business building that provides us with income while we learn ancient and contemporary ways to cleanse our bodies, minds, and spirits. Here are some of my recommendations:

5-DAY NUTRITIVE CLEANSE facilitates gentle and effective cleansing to improve overall health and well-being. Includes: Ningxia Red; Balance Complete; Digest + Cleanse. #3296 \$94.75

CLEANSING TRIO KIT™ contains products to begin improving your health through cleansing your system and eliminating waste by supporting normal liver function. Includes Essentialzyme, Comfortone, and ICP. #3115 \$70.00

Re-JUVA-nate KIT™ contains powerful supplements that promote cleansing and rejuvenation. Juva Power, Comfortone and Detoxzyme. Contains the Re-JUVA-nate Your Health booklet and audio CD by Gary Young. #3159 \$119.75

BALANCE COMPLETE™ is a super-food-based meal replacement and powerful nutritive energizer/cleanser, high in fiber and protein, the good fats, enzymes, vitamins, and minerals for a nutritionally dynamic meal. #3292 \$39.75

GLF™ is a blend of powerful oils including helichrysum, spearmint, and celery. #3340 \$95.00

JUVA CLEANSE™ provides support for the liver through a carefully formulated blend of therapeutic-grade essential oils. #3395 \$89.75

JUVATONE™ is a powerful herbal complex in tablets designed to promote healthy liver function. #3214 \$30.50

MULTIGREENS CAPSULES™ is a nutritious chlorophyll formula designed to boost vitality by working with the glandular, nervous, and circulatory systems. #3248 \$37.75

CHELEX™ tincture blends herbs noted for their effects on counteracting heavy metals and disarming free radicals. #3250 \$38.75

The Miracle of Onycha by David Stewart, PhD, DNM

Onycha is an oil mentioned in the Bible, Exodus 30:34, as an ingredient in the Holy Incense to be diffused in temples of worship. Onycha oil (*Styrax benzoin*) is also a powerful antiseptic and facilitator of rapid healing. It goes by several common names including Friar's Balm and Javanese Frankincense. It is extracted from the resin of a tree that grows in the Far East, specifically in Indonesia.

For more than 200 years, hospitals have used an alcohol solution of this oil as their primary antiseptic. Dissolved in ethyl alcohol, it is called Benzoin or Tincture of Benzoin. It is the smell of this tincture that used to give hospitals their peculiar "hospital smell."

Following World War II, hospitals started to employ other antiseptics derived from petroleum that were less expensive. They are now discovering that bacteria can become resistant to these synthetic antiseptics, but do not become resistant to Tincture of Benzoin. Hence, many of today's hospitals are returning to the natural antiseptic of Benzoin realizing it is more effective and does not contribute to the creation of resistant strains of virulent pathogens.

Resistant strains of bacteria are a major and growing problem in hospitals today resulting in thousands of deaths every year. Visitors to hospitals can pick up these pathogens, which can be fatal. Even the most powerful antibiotics, such as vancomycin and methicillin, do not kill these germs. The remedy is to be found in natural products such as essential oils.

Chemistry of Onycha Oil

The chemical composition of onycha oil is unique. It contains more organic acids than any other oil. These include benzoic and cinnamic acids. It also contains a compound named "vanillin aldehyde" which is a dominant compound in the beans of the vanilla plants of tropical South America (*Vanilla planifolia* and *Vanilla aro-*

matica). These are the source of the extract with the distinctive aroma and flavor of vanilla we love so much. Onycha oil is an absolute, extracted from a tree resin by solvents, not by distillation. It is darkly colored and very thick. It will not usually pour through the small opening in the dropper cap of most essential oil bottles.

Onycha as a Healing Oil

Oil of onycha is unparalleled in its therapeutic action on open wounds. Let me give you a couple of examples. A year or so ago, I was using a sharp knife and was not following the appropriate safety procedures nor common sense. The knife slipped and cut my left thumb down to the bone. It bled profusely. I first applied some frankincense to stop the bleeding, which it did within a few minutes. Then I packed some onycha oil, which is very viscous and thick, into the open wound. I did not use a bandage or bandaid or any other covering. I exposed the wound to sunlight a few times during the day and replenished the onycha oil in the wound several times. The cut began to show signs of healing right away. It did not form a scab. Instead, the wound came together and the two sides began to knit together. It never got infected nor did it get sore. Within a week, it was totally healed with virtually no scar.

Another more dramatic example is with a friend of mine. He was using a power saw when he accidentally let his thumb get into the whirling blade which gouged out a chunk of flesh from the pad of his left thumb. He went to the hospital emergency room where they applied some antibiotics and other allopathic potions and bandaged it up. A few days later I saw him in church with his bandaged thumb. I mentioned that I had an oil that might help, but he was not interested. "I'll let the doctors take care of it," he said. The next week at church, his thumb was still bandaged. When I asked him about it he said he had been back

to the doctors several times, but the wound was not healing and was festering and getting worse. Again, I mentioned that maybe an essential oil would help. He was still not interested, his faith in allopathy still strong and intact.

Later that week, his wife approached me and asked if there was an oil that might help her husband's thumb to heal, that was not getting any better and that the wound was still open, refusing to seal up and mend itself despite the fact they had applied all the medicines and done everything the doctors had prescribed. I told her about onycha oil. She said she would gladly buy a bottle if I had some. Fortunately, I did have a partial bottle, and sold it to her.

The next Sunday, he came to church with his wife. They were both smiling. "This stuff seems to work," he said. "My thumb is starting to heal. The wound is closed and it is not draining pus any more like it was." His wife went on to say that they had completely stopped using the prescription medications and were using only the oil. I told him to keep applying the onycha, which he did. Two weeks later he came to church with no bandage. "I can't believe how this thumb has healed up," he exclaimed. "Look," he said, "There is hardly any scar and the missing flesh gouged out of my thumb has grown back. I told my wife," he went on, "We need to get some more of that oil and keep it on hand."

At this time, the only way to get onycha oil is in the 12 Oils of Ancient Scripture Kit sold by Young Living, which has the 12 most significant oils found in the Bible. Onycha is not available for purchase by itself.

**12 Oils of Ancient Scripture
Product #3143
\$157.50**



Healing Despair with Essential Oils

by Ruby Gibson

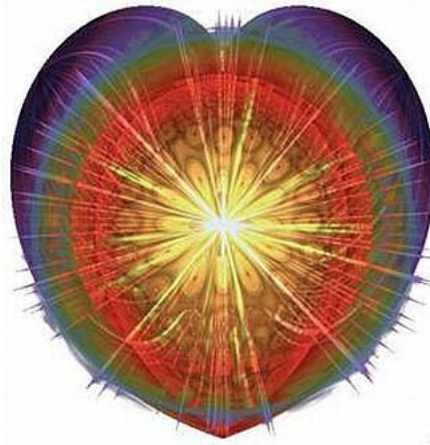
“Until now, every generation throughout history lived with the tacit certainty that other generations would follow.” The loss of that certainty “is the pivotal psychological reality of our time”, which results in anger, rage, guilt and despair beyond historical personal concern to the suffering of all life and the planet itself. This is what Joanna Macy identified as our response to the threat of global nuclear war in the 1960s.

According to Dr. Macy, as parts of a larger body we feel, at a semi-conscious level, acute pain. Pain serves as a warning signal, but we block it out because it hurts, is frightening and we do not understand it. Apathy means the refusal to experience pain. This is reflected in disbelief and denial and a double life, upbeat on the surface, but unacknowledged awareness of unnamed dangers below.

Macy gives the following reasons for our apathy:

- ✓ Fear of appearing Stupid
- ✓ Fear of Guilt (from being a part of society causing the problem)
- ✓ Fear of Causing Distress (burdening others with our worries)
- ✓ Fear of Provoking Disaster (superstition of naming the devil or self-fulfilling thoughts)
- ✓ Fear of Appearing Unpatriotic
- ✓ Fear of Sowing Panic
- ✓ Fear of Religious Doubt (trust God, he won't let this happen)
- ✓ Fear of appearing Too Emotional, Self-indulgent, Idealistic...
- ✓ Sense of Separate Existence (all our drives are ego-centred)
- ✓ Fear of feeling Powerless (not being in control, “nothing I can do about it”)

Some of the effects of this repression are: alienation, displacement activities like consumerism, destructive behaviour, political passivity, blocking out painful information, burnout, compassion fatigue and a sense of powerlessness.



To let ourselves feel anguish and disorientation as we open our awareness to global suffering is a part of our spiritual ripening. Mystics speak of the “dark night of the soul.” Brave enough to let go of accustomed assurances and allow old mental comforts and conformities to fall away, they stand naked to the unknown. They let processes which their minds could not encompass work through them. Out of darkness, the new is born.

Working with despair is not a solo venture; it is undertaken in the context of community. Alan Watts said, “You didn't come into this world. You came out of it, like a wave from the ocean. You are not a stranger here.”

If we see ourselves as part of the world, it becomes possible to see that such uncomfortable feelings may serve a valuable function. Just as it hurts when we put our finger over a flame, ‘pain for the world’ alerts us to the injuries of our world and can move us to respond. Allowing ourselves to feel for our world also opens us to a source of energy and aliveness, and a strength that comes from connection to something larger than our selves.

The following YL essential oils are helpful for responding to despair. They include: Harmony - apply on your arms and hands to remember the potential for compassionate synchronization with others; Idaho Balsam Fir - apply on the back of your neck to keep centered in your body and to keep your

thoughts positive; Joy - apply on your chest to lift depression and open your heart; Release - apply on the crown of your head to ease rebellion so that you can take proper action; Surrender - apply on your amygdala and brow to ease fear of movement or resistance to change; Peace & Calming - apply on your shoulders to lift the burden of the world; Purification - apply over your liver and stomach to help process anger and resentment; and Valor - apply on your feet to help develop deeper courage, stamina and tolerance for chaos.

A human being is part of the whole called by us universe... We experience ourselves, our thoughts and feelings as something separate from the rest. A kind of optical delusion of consciousness. This delusion is a kind of prison for us, restricting us to our personal desires and to affection for a few persons nearest to us. Our task must be to free ourselves from the prison by widening our circle of compassion to embrace all living creatures and the whole of nature in its beauty. The true value of a human being is determined by the measure and the sense in which they have obtained liberation from the self. We shall require a substantially new manner of thinking if humanity is to survive. - Albert Einstein

Young Living Essential Numbers

Automated Phone Ordering System (IVR)
1-888-880-1549

Live Order Entry Operators
1-800-371-2928 Mon-Fri 7am - 7 pm MST

Distributor Network Services
1-800-371-3515 Mon-Fri 7am - 7pm MST

Fax Numbers 1-866-203-5666 (US & Canada) 1-801-418-8800

Live Help Operators Mon- Fri 8am - 11pm
Saturday 10am to 5pm, MST
Sunday 3pm to 11pm, MST

Essential Science Publishing
www.essentialscience.net
1-800-336-6308

www.youngliving.org

Healthy Summer Recipes

Berry and Nut Bites by Chris Olson

6 drops YL lemon oil
4 drops YL orange oil
2 1/2 c. coconut flake
2/3 c. papaya juice
1 T. Ningxia Red Juice
2/3 c. dried fruit mix of pineapple, cranberry, mango
1/3 c. dried cherries
3 apricots
4 c. sunflower seeds/peanuts mixed in if you prefer
honey to taste

Begin with cutting in the essential oil into the flaked coconut in your food processor. Pull out 2/3 and set aside. Add 1/4 t. salt and 2 T. sugar to the remaining coconut and process. Put into a mixing bowl. Then add the juice to the fruit and let stand for one hour to absorb the juice and mix with the coconut. Process the seeds and nuts into a fine paste. Mix all together and form balls. If the mix is too dry to form, add more juice or honey to condense. Roll in the coconut mixture to the side. Refrigerate.

Ningxia Red Salad Dressing by Allyn Breech

1/4 cup Ningxia Red Juice
1/4 organic extra virgin olive oil
2-4 tbs Bragg's apple cider vinegar or a combo w/ fresh squeezed organic lemons
1 tsp Juva Spice
1/2 tsp organic all purpose seasoning (you can also use fresh chopped herbs and a little fresh garlic instead)
dash Real Salt
dash Bragg's Amino Acid
1 tsp. organic fruit juice sweetened raspberry preserves (or for a kick you can use raspberry chipotle sauce)

I usually serve this over mixed organic field greens with a handful of wolfberries, some sliced organic strawberries, and caramelized almonds. You can add sprouts, or feta cheese, or crumbled fried tempeh for additional protein.

Aromatherapy Helps Heal Cancer Patients

Like so many contemporary practices and beliefs, aromatherapy has ancient roots. The use of essential oils to affect mood and well-being can be found far back in Egyptian, Greek and Roman history. Its long-standing role in spirituality and healing, along with strong anecdotal and scientific support of its benefits, gives essential oils an important role as a complementary alternative medicine therapy.

Cherie Perez, RN, quality assurance specialist in the department of GU Medical Oncology at M.D. Anderson Cancer Center in Houston, is a strong proponent of aromatherapy, including as an adjunct for cancer treatment. She teaches monthly classes for patients on the topic. I recently asked Perez to tell me about how aromatherapy can be useful for people who are healthy, as well as those with chronic illnesses.

Used properly, Perez says essential oils can indirectly help bolster immune function in cancer patients, strengthening their ability to fight back against the disease by helping to ease pain, depression, sleeplessness and stress. The oils can also help relieve anxiety and improve memory, both frequent problems for people in cancer treatment. Furthermore, aromatherapy offers patients an opportunity to take time for themselves and enjoy a mental and emotional break from the world of medicines and doctors.

Essentials about Essential Oils

Essential oils have various scents—floral, minty, citrus and earthy—and Perez advises using the ones you like best for a specific treatment, since more than one oil may address the same problem. She explains that the limbic system, which the sense of smell triggers, is the emotional seat of the brain, and the reason people often respond strongly to certain scents—positively or negatively. Lavender, for example, might bring back warm memories of a trip to Provence, or sour thoughts about a dour relative who wore it as a fragrance.

All essential oils are highly concentrated distillations of plant parts, including the flowers, leaves, branches and roots. Because they are so potent (hundreds of times more concentrated than the culinary fresh or dried herb or herbal teas) they should be used under the supervision of a knowledgeable practitioner, such as a naturopathic physician, registered nurse, massage therapist, clinical herbalist or aromatherapist. Some of the most popular oils include rosemary, eucalyptus, lavender and chamomile. Essential oils can be inhaled, enjoyed in your bath

or massaged onto your skin. Add three drops of an essential oil to a half tablespoon of scentless organic vegetable oil (such as sunflower or safflower) or to an unscented body lotion free of mineral oil or parabens. People with sensitive skin should do a skin test before topical use. Thyme, for example, is irritating to some people, so it should be used with caution, whereas lavender is non-irritating to nearly everyone, says Perez. Citrus oils may cause skin sensitivity to sunlight, so avoid topical application if you are going to be in the sun.

Menu of Options

Here's a list of popular oils that address common problems, as well issues among people in treatment for cancer:

◆ **Lavender.** Great as a general relaxant, it treats migraines and relieves stress. It is excellent for insomnia resulting from cancer treatment. Also good for burns or rashes on skin from radiation.

◆ **Rosemary.** For muscle pain, low blood pressure (use with caution if you have high blood pressure) and cold feet and hands. Rosemary aids a loss of appetite and is good for hair follicle growth.

◆ **Spearmint.** Use to ease nausea and to help digestion. Helps relieve gas and other treatment-related digestive problems. Good tonic for the endocrine system.

◆ **Eucalyptus.** Rub on sore muscles. Eucalyptus helps joints, including arthritic ones, and may increase the absorption of certain cancer drugs that are applied topically, so use with caution and try a patch test first, avoiding application to the same area as the cancer drug.

◆ **Peppermint.** Perfect for nausea, inflammation, headaches, toothaches and muscle pain. A drop or two in a glass of water will ease stomach pain & cramping.

◆ **Frankincense.** Helps the mind to overcome despair and supports the immune system. Apply topically as an anti-tumoral, especially for breast cancer.

◆ **Grapefruit or Juniper.** Use in massage to encourage lymphatic drainage of toxins and waste. Grapefruit is one of Perez's favorites for cancer patients, as she believes it helps energize them and raise their spirits.

◆ **Lemongrass, Tea Tree and Orange.** Mix together into two cups of Epsom salts. Use five drops of each oil - a total of 15 drops - for a soothing bath (use one-half cup per bath).

Always consult with your doctor before using aromatherapy when being treated for cancer. Author unknown but appreciated, Message Scent Staff

101 Uses for Thieves - a YL antimicrobial blend of essential oils. (printed in installments)

1. Apply to cuts or open wounds to prevent infection and promote healing.
2. Mix with a tablespoon of water, gargle and swallow for a sore throat.
3. Apply undiluted directly to the skin of your upper chest and throat for bronchitis.
4. Put a drop on your thumb and apply to the roof of your mouth for a headache.
5. Put 10-12 drops in a capsule undiluted and swallow daily for longevity.
6. For acne, take internally and apply to the skin diluted with Young Living V6 oil.
7. Put directly on the soles of your feet to protect you from colds and flu.
8. Diffuse in your home to keep the germ count down.
9. Breathe in the vapors when you have lung congestion.
10. Use to clean pet cages, creating a healthier environment for them.
11. Add to your dishwasher for cleaner dishes.
12. Add to your laundry cycle for cleaner clothes.
13. Add to your mop water for cleaner floors.
14. Mix with water to make a spray to repel insects on your flowers and plants.
15. Use to dissolve the gummy adhesive on price labels.
16. Apply to bee and wasp stings to neutralize the toxin and relieve the pain.
17. Apply to gums to prevent and treat gum disease.
18. Apply orally to maintain healthy teeth and reduce cavities.
19. Apply to gums and teeth for pain relief from toothaches.
20. Diffuse in homes or businesses to combat mold problems.
21. Add to orange juice and drink to reduce phlegm and congestion.
22. Apply to broken bones or joints for pain relief and to hasten healing.
23. Put a drop in your cup of tea for flavor and to maintain health.
24. Put on the tip of your tongue to help you stop smoking.
25. Put on cold sores and cancer sores to make them disappear.



Thieves Essential Oil
#3423 \$29.50

Medicine Wheel Consultants, Inc.
306 S. Lookout Mtn. Rd., Suite B
Golden, CO 80401

Message Scent
News now avail-
able as paper copies
or as a tree-friendly
e-zine. Printed on
recycled paper!
Call 800-332-3969.