

THE MANUAL

OF

ESSENTIALS

FOR

AROMATIC

*NATURAL
SOLUTIONS*

By Adaniel Lepe-Camacho and Harley Roberts

*ESSENTIALS
FOR
AROMATIC
NATURAL
SOLUTIONS*

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The Power of Fragrance

An individual's sense of smell serves many functions. It can warn of danger, such as fire or bad food. It can bring pleasure - such as the aroma of fresh brewed coffee, of ocean air, or of a scent that brings back a pleasant memory. Fragrances can be introduced into our lives in their most natural form - like the smell of a rose or of a drive through the countryside. We are also exposed to many synthetic or man made smells. At the time of our birth we breathe in such synthetic smells as antibacterial solutions and, perhaps, after shave lotion, or perfume. Aromas are as much a part of our personal history as any other experience in our lives. Our positive or negative experiences associated with a particular aroma can have an unconscious impact upon both our emotions and our actions. A savvy salesman, aware of the emotional value of certain aromas, can use this knowledge to trigger a positive sales environment. For example, a realtor may burn a cinnamon candle in the kitchen before showing a house in order to stimulate the sentimental value of coming home on a holiday to the aroma a freshly baked apple pie. Fragrances can trigger opposite

reactions for different individuals. The smell of a cigar for one person could bring on an asthma attack, whereas for another person, this same smell could recall happy childhood memories of a loved one who smoked cigars.

. Some fragrances are used for their innate calming influence. There are some cultures who diffuse citrus aromas in their subways in order to reduce the crime rate. Aromas have the power to travel quickly through our body systems. Try this little experiment and you'll quickly experience this effect first hand. Rub garlic juice on the sole of a persons' feet and, within just a few minutes, that person has garlic breath!

What is Aromatherapy?

Our purpose is to explore the area of aromatherapy. Aromatherapy is the practice of using the aromatic essences of plant-based extracts to support the physical health and emotional well being of individuals.

Aromatherapy can be used in three ways:

1. Direct application to the skin.
2. Inhaling the aroma.
3. Ingesting.

What is an Essential Oil, (Aromatic Essence)?

Through the distillation of parts from aromatic plant's, (flowers, leaves, fruits, stems, bark, seeds, and roots), the vital energy of the plant is drawn into a concentrated volatile liquid and aromatic solution (essential oil). Application of essential oils helps to bring balance to a person's physical, emotional, and mental well being. One of the factors that affect the purity of oils is their chemical constituents. These constituents can be affected by a vast number of variables, including the part(s) of the plant from which the oil was produced, soil conditions, fertilizer (organic or chemical), geographic region, climate, altitude, harvest season and methods, and distillation process.

As we begin to understand the power of essential oils in the realm of personal, holistic health care, we comprehend the absolute necessity for obtaining the purest essential oils possible.

*** Essential Oil: Technically they are aromatic essences, however, they are called essential oils because of their lipid properties, or their ability to bind with fats.

What is a Base?

When produced, Essential Oils alone are very concentrated. Bases are used to dilute the EO's and act as a vehicle to use the properties of the Essential Oils. The base most

commonly used is *carrier oil*, but water, honey, and clay can also be used as a base. You will find a more detailed list of other EO bases on pages 5 and 6.

What is Carrier Oil?

Carrier oils are seed oils like almond, coconut, jojoba, grape seed, olive, and sunflower. Carrier oils do not mix with water because of their lipids properties. These oils are dense, thick, and concentrated. Each carrier oil has its' own unique properties. As a seed oil they are more dense than water and do not evaporate. Some carrier oils actually become solid at room temperature. Blending different seed oils together can enhance the benefits of their use. As lipids they make a perfect carrier for the aromatic essences used in all personal care products.

What is a Hydrosol?

Hydrosols are water solutions which are the end products of the distillation of the essential oils.

Historically and Folkloric Used of Aromatic Essences

Aromatic Essences Solutions are the oldest form of medicine and cosmetics known to civilization and were considered more valuable than gold. There are 188 references to essential oils in the Bible. Oils such as frankincense, myrrh, rosemary, hyssop and spikenard were used for anointing and healing the sick.

In Egypt, essential oils were used in the embalming process, and well-preserved oils were found in alabaster jars in Kings Tut's tomb. Egyptian temples were dedicated to the production and blending of the oils and recipes were recorded on the walls in hieroglyphics. There is even a sacred room in the temple of Isis on the island of Philae where a ritual called "Cleansing the Flesh and Blood of Evil Deities" was practiced. This form of emotional cleaning required three days of cleansing, using particular essential oils and oil baths.

Properties of the Aromatic Essences

Essential Oils have many properties that are beneficial to humans and to the environment:

1. Essential Oils are very aromatic with a wide range of fragrances. Plants use their fragrances to attract friendly insects and/or to repel harmful insects.
2. Essential oils are like the blood of the plant, which are, in fact, the vital force of the plant. They have wide volatile constituents. The EO's act as the plant's defense mechanism, or its immune system. Its constituents include enzymes, hormones, and vitamins. Essential oils are the regenerating, oxygenating, and immune defense properties of plants.
3. EO's act as messengers within the cell. Essential oils are lipid soluble and are capable of penetrating the highly protected cell walls, even if they have fat. Essential oils can affect every cell of the body within 20 minutes which are then metabolized like other nutrients.
4. They are the most effective transporters of nutrients. This is the secret of good nutrition.
5. They are the highest in energy frequency, antioxidants, antiseptic, and oxygenation properties.
6. Within seconds the essential oils stimulate your smell, taste, and emotions.
7. They have their own antimicrobial protection. (Microbial organisms cannot live in this environment.) *Evidence has shown that there are no known bacteria or virus that has developed any resistance to essential oils.*
8. Essential oils are very powerful antioxidants. Antioxidants create an unfriendly environment for free radicals. They prevent oxidation in the cells.
9. Their chemical composition is similar to human hormones; they work as a natural aphrodisiac.

10. Because of their energetic components they are 70 times more potent than herbs. It takes 21 minutes for the essential oils to penetrate the cells of the body, herbal formulas take about 5 to 10 hours to become absorb.
11. EO's remove heavy metals from the body.
12. When diffused into the air, they increase the oxygen, ozone, and negative ions, which have a positive effect upon the body as well as the environment, inhibiting bacteria and other associated odors.
13. They help maintain good oxygenation and nutrients in the cells of the body.

Energy Frequency

What is frequency, and how does it pertain to pure essential oils?

Frequency is a measurable rate of electrical energy that is constant between any two points. Everything has an electrical frequency, as measured in megahertz (MHZ).

Bruce Tainio of Tainio Technology in Cheney, Washington, developed new equipment to measure the bio-frequency of humans and foods. Tainio and Dr. D. Gary Young, a North American expert in the field of aromatherapy, used this bio-frequency monitor to determine the relationship between frequency and disease. Some of the results of their studies are as follows.

HUMANS

Human brain	72-90 MHZ
Human Body (daytime)	62-68 MHZ
Cold and Flue Symptoms	57-58 MHZ
Candida	55 MHZ
Epstein Barr	52 MHZ
Cancer	42 MHZ
Death Begins	25 MHZ

FOODS

Processed/canned food	0 MHZ
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Fresh produce	up to 15 MHZ
Dry herbs	12-22 MHZ
Fresh herbs	20-27 MHZ
Essential oils	52-320 MHZ

Another part of these same studies measured the frequency fluctuations within the human body as different substances were introduced. In one case, the frequency of each of two different individuals—the first a 26-year old male and the second a 24-year old male—were both measured at 66 MHZ. The first individual held a cup of coffee (without drinking any), and his frequency dropped to 58 MHZ in 3 seconds. He then removed the coffee and inhaled an aroma of essential oils. Within 21 seconds, his frequency had returned to 66 MHZ. The second individual took a sip of coffee, and his frequency dropped to 52 MHZ in the same 3 seconds. However, no essential oils were used during the recovery time, and it took three days for his frequency to return to the initial 66 MHZ.

Another interesting result of these studies was the influence that our thoughts have on our frequency, as well. Negative thoughts lowered the measured frequency by 12 MHZ, while positive thoughts raised the measured frequency by 10 MHZ. It was also found that prayer and meditation increased the measured frequency levels by 15 MHZ.

General Safety Precautions

- 1 Essential oils should never be applied directly onto the skin in their concentrated, undiluted form.
- 2 Do not take them internally, unless under the guidance of a health care provider.
- 3 Avoid contact with the eyes.
- 4 Keep out of the reach of children and pets.
- 5 Always keep bottles tightly capped; essential oils are very volatile.
- 6 During pregnancy avoid: *Basil, Black Pepper, Cinnamon, Clary Sage, Cypress, Fennel, Juniper berry, and Rosemary.*
- 6 With high blood pressure avoid: *Basil, Hyssop, Rosemary, Sage, and Thyme (all types).*

- 7 With Epilepsy avoid: *Basil, Fennel, Hyssop, Rosemary, and Sage.*
- 8 Homeopathy treatments are not compatible with the following: *Black Pepper, Eucalyptus (all types), Peppermint, Pine, and Spearmint.*
- 9
- 10 Citrus oils are photo-sensitive to ultraviolet sun light, which may cause skin pigmentation.
- 11 Essential oils are precious and very sensitive to heat and light. Proper care should be taken to store them in dark glass bottles and cool places.

Various Bases Used in Blending with Aromatic Essences

- Carrier oils come from fruit or vegetable seeds. See pages 8 and 9 for a more detailed explanation of their properties.
- Aromatic Hydrosol is the aromatic water resulting from the process of the plant base ex-traction of essential oils. One example is rosewater, which is steam that is distilled from many rose petals. Rosewater is used in a large number of preparations which soothe, soften and hydrate the skin.
- Witch hazel, a hydrosol from a shrub, is used as an astringent.
- Grapefruit seed extract is used as a preservative in creams and other body care

products.

- Purified water (preferably the reverse osmosis rather than the distilled water.)
- Airts using diffusers, sprays, and/or dispersal of them in a particular area.
- Sea salt, collected from a natural environment source, softens water and draws impurities from the skin.
- Algae, collected from a natural environment source.
- Organic cane sugar, processed naturally.
- Powdered soy milk, used in facials and exfoliants.
- Green, Pink or Bentonite Clay, used in facials and exfoliants.
- Refined Sand, from rivers and/or oceans.
- Bees wax, made by bees. Used as an emulsifier and barrier on the skin in creams, lotions, salves and lip balms.
- Jasmine wax, and/or Rice wax. Used in cosmetic creams like eye firming and anti-wrinkle.
- Raw Honey is used in facials.
- Organic molasses is used in facials and medicated creams.
- Apple cider vinegar. Herbal infused vinegars are used to protect and promote ph balance.
- Aloe Vera gel or juice. Clear gel from the Aloe plant leaf promotes healthy new skin cell growth. Excellent for irritated and burned skin.
- A wide variety of dry herbs, ranging from chamomile to kava kava.
- Glycerin used in tinctures, facials and lubricants.
- Wine with a drop of Aromatic Essences upgrades the flavor and the benefit of the drink.
- Paint for Art and/or Construction.
- All skin care products to upgrade them with specific properties and benefits.
- Medicated creams and ointments.
- All hair care products to upgrade and promote specific benefits.
- Shampoo for carpet.
- Grain Alcohol or vodka to make perfumes and colognes.

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Various Bases used in blending with aromatic essences, continued:

- Shea butter. Karite butter comes from an African seed. It is solid at room temperature, but lighter than cocoa butter, healing and softening for damaged or

mature skin and hair.

- Vitamin E Oil. Repairs damaged skin. Add a small amount to cosmetics to aid in preservation.
- Cocoa butter for creams
- Flaxseed meal for exfoliants
- Bee pollen for facials.
- Borax, a natural mined mineral called Sodium Borate, used as an emulsifier and softener.
- Baking Soda, a Sodium Bicarbonate, cleans and alkalines the skin. Used in the bath.

Seed Oils as Carriers in Aromatherapy Blending

- ❖ **Almond** - Sweet versatile oil is made from kernels of almonds and is good for most skin types. Rich in protein, glycosides, minerals, vitamins (A, B1, B2, B6, E). Recommended for itching, dryness, inflammation, burns, and thread veins.
- ❖ **Avocado** - Contains vitamins (A, B1, B2, Pantothenic acid, D, E), protein, lecithin, fatty acids (Omega), penetrates upper layers; all skin types: dry, eczema, improve elasticity; use as 10 % additive. It does not burn under 400°C.
- ❖ **Apricot** - This light, odorless oil is cold pressed from the apricot pit and used in facial blends.
- ❖ **Black currant** - High in GLA (gamma linoleic acid) is taken internally to reduce blood cholesterol level, coronary heart disease, hypertension and diabetes; and as an aid to PMS, multiple sclerosis and menopausal conditions. This is essential for cell membranes, defense mechanism, psychological & biochemical processes involved in cell regeneration.
- ❖ **Canola** - Contains vitamins, minerals, high GLA acids. Used for all skin types; odorless, penetrating, very stable.
- ❖ **Evening primrose** - Contains GLA, vitamins, and minerals. Use for: psoriasis, eczema, wounds; premature aging prevention; use as 10 % additive; internally aids menopause problems.
- ❖ **Flax seed** - Unrefined, high in EFA, very high in GLA; linolenic acid (Omega 3), oleic acid (Omega 9), vitamins, minerals.
- ❖ **Grape seed** - Contains vitamins, minerals, protein linoleic acid, cholesterol free. Its use is mostly common in cosmetics and creams, all skin types; odorless, penetrating.
- ❖ **Hemp seed** - Contains linoleic (57%), linolenic (19%), oleic (12%), GLA (1.7%), Penetrates the skin easily. It is recommended for skin problems, moisturizing, soothing to muscles; (internal anti-inflammatory).
- ❖ **Safflower** - Contains protein, minerals, vitamins, high linoleic acids. Uses: (Internally; bronchial asthma) all skin types; painful, inflamed joints, sprains, bruises.
- ❖ **Sea Buckthorn** - (CO² extract-total) up to 30% palmitoleic acid, carotinoids, alcohols, tocopherols, sterols. Uses: anti-wrinkle, skin softening, wound-healing (increases granulation).
- ❖ **Sesame** - Contains vitamin E, minerals, proteins, lecithin, amino acids. Uses: psoriasis, eczema, rheumatism, arthritis; tanning aid; all skin types, softening, use as 5% additive.
- ❖ **Soy bean** - Contains protein, minerals, vitamin E, lecithin (solvent

extracted). Uses: all skin types, softening.

- ❖ **Olive** - A heavier oil pressed from fresh olives, one of the most stable of oils, best used for herbal-infusions. Contains protein, vitamins, and minerals. Uses: soothing; nail/hair care, skin acne, bruises, sprains, insect bites, rheumatic conditions. It's good for about 6 months.

Seed oils used as carriers in aromatic blending, continued:

- ❖ **Sunflower** - Light oil containing high levels of vitamin E, vitamins A, B, D, minerals, lecithin, inulin, high in unsaturated fatty acids. Uses: prophylactic for all skin types; leg ulcers, skin diseases, bruises, diaper rash, cradle cap, (apply with cotton ball).
- ❖ **Wheat germ** - Contains protein, minerals, lecithin, vitamin E¹⁵, A & D. Uses: eczema, psoriasis, premature aging, and stretch marks.
- ❖ **Shea Butter** - Karite butter, comes from an African seed. It is solid at room temperature, but lighter than cocoa butter, healing and softening for damaged or mature skin and hair.
- ❖ **Cocoa butter** - Solid at room temperature, this extremely emollient butter is extracted from the cocoa bean and melts on contact with skin. Uses: lip balms, salves, crèmes. Used as 5 - 50% additive because it's wax. Used for stretch marks.
- ❖ **Coconut** - This rich emollient is prized for its protective properties. It is pressed from the coconut meat and used on the body and hair. This oil is solid at room temperature and melts when warm. Uses: dryness, itching, sensitive skin, tanning aid; refined best for wound healing & all skin types as base or 5-50% additive; or suppositories. Store in freezer.
- ❖ **Jojoba** - Actually a liquid wax that most resembles human sebum. The most stable of oils, used for dry, aged and damaged skin and hair. Contains a high level of protein and minerals; plant wax. Uses: eczema, psoriasis, hair care, all skin types; base or 10% additive. It lasts 10 years or more.

General Applications of Aromatherapy

The 3 principal ways to use essential oils are:

Topical:

- Rituals and Ceremonies
- Atomizer/ Spritzer
- Massage/Reflexology
- Ointments
- Hair care products
- Dry skin brush
- Exfoliation
- Foot bath
- Therapeutic blend
- Rain drop therapy
- Aphrodisiac lubricant
- Bath
- Deodorant- Natural odor protector
- Roll-on perfume
- After shave cologne
- Compress: hot or cold
 - Skin care products (Balms- 30% Wax; Creams- 10-15% winter, 20-30% summer; Lotions- 5-15%)

Inhalation:

- Direct inhalation
- Vapor facial diffuser
- Diffuser
- Disinfectant products for the home

- Painting your home
- Spray for ironing
- Natural insecticide
- Air freshener
- Spray perfume

Oral assimilation:

- Salad dressing(s)
- Dental and gum treatment
- Wine
- Honey
- Baking
- In drinking water
- Coffee
- Ice-cream
- Seasoning with dry herbs

Specific Applications of Essential Oils

- 1 The properties of essential oils are effective for approximately 10 hours, and it's recommended that they are applied twice a day.
- 2 Remember that essential oils are 100% pure and very powerful. The general rule is to dilute 10 to 30 drops of essential oil to each ounce of base.

Direct Application: Essential Oils can be applied directly on the area of concern using one to six drops. More oil is not necessarily better; one to three drops is usually adequate. Some oils may need to be diluted with a pure vegetable oil.

Diffusion: Put 10-30 drops of pure oil in a diffuser.

Bath: Add 10 drops of essential oils to your bath water, or you can use 1 or 2 drops of essential oil on a washcloth and rub the body while you take a bath. Or add three to six drops of oil to ½ oz. of a bath and shower gel base and add to the water while the tub is filling. The number of drops can be increased as you become accustomed to the oils.

Shampoo/Conditioner: Add 2 to 8 drops of your favorite essential oil to each ounce of your shampoo or conditioner.

Massage: Mix 10-20 drops of your favorite essential oil to each ounce of massage base oil and rub onto the skin.

Raindrop Therapy: This technique of dropping essential oils on the spine helps bring the body into balance, aligns the energy centers of the body, and releases them if blocked. The oils used in this therapy help to kill any viruses and bacteria that may be hibernating along the spine and will continue to work in the body for about 5 to 7 days after the treatment. The following oils are used: thyme, oregano, cypress, birch, basil, peppermint, and marjoram. Pure vegetable oil is used to help reduce the burning sensation produced by some of these oils. A moist, hot towel can also be applied along the length of the spine to help force the oils deeper into the skin. Placing a dry towel on top of the wet towel helps to contain the moist heat.

Inhalation: Inhale essential oils directly from the bottle, cotton swab or towel.

Atomizer: Add 10 to 15 drops of essential oil to one ounce of pure water in a spray bottle.

Perfume or Cologne: Wearing the oils as a perfume or cologne can provide not only a beautiful fragrance but also some wonderful emotional and physical support

Other Uses: Mud mask, salts, creams, ointments, compresses, seasonings, dressings, perfumes and disinfectants.

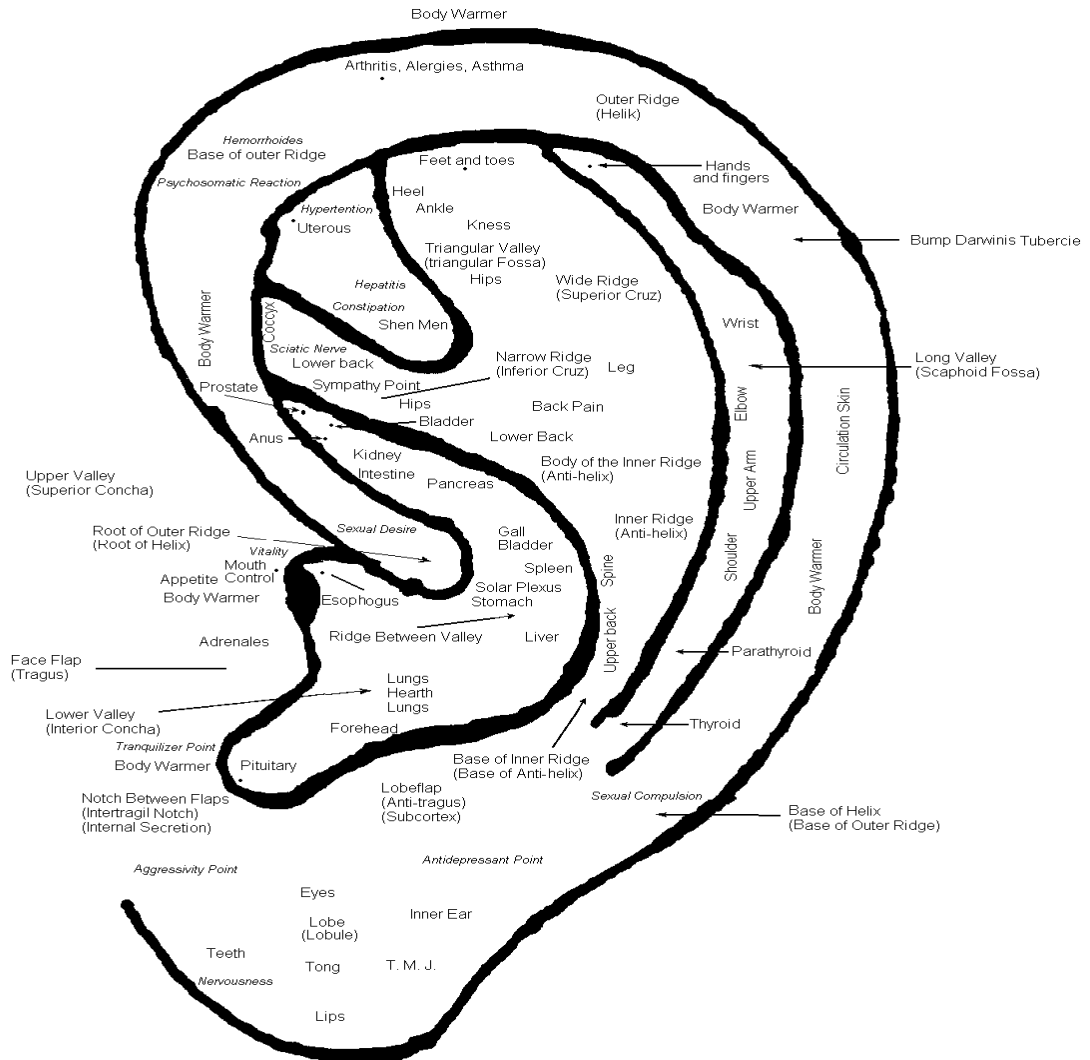
For blends use 5 to 10 drops of essential oil to each one ounce of base when being used by children, elderly, and on sensitive skin; use 20 to 30 drops of essential oils for one ounce of base for massage and therapeutic use. Use 40 to 60 drops of essential oils for one ounce of base to use as perfume with therapeutic properties.

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What is Reflexology? Reflexology is the practice of using precisely identified reflex pressure points with a specific touch technique applied to these points located on the body's extremities (hands, feet, and outer ears). They reflect back to organs, systems, and other areas of the body. Stimulating these reflex points with sequential routines can help the body relax. The use of Reflexology charts work as a map guide of the body in order to identify the specific reflex points to be stimulated. Encouraging the body to reach balance for a multitude of ailments, including emotional and/or physical concerns.

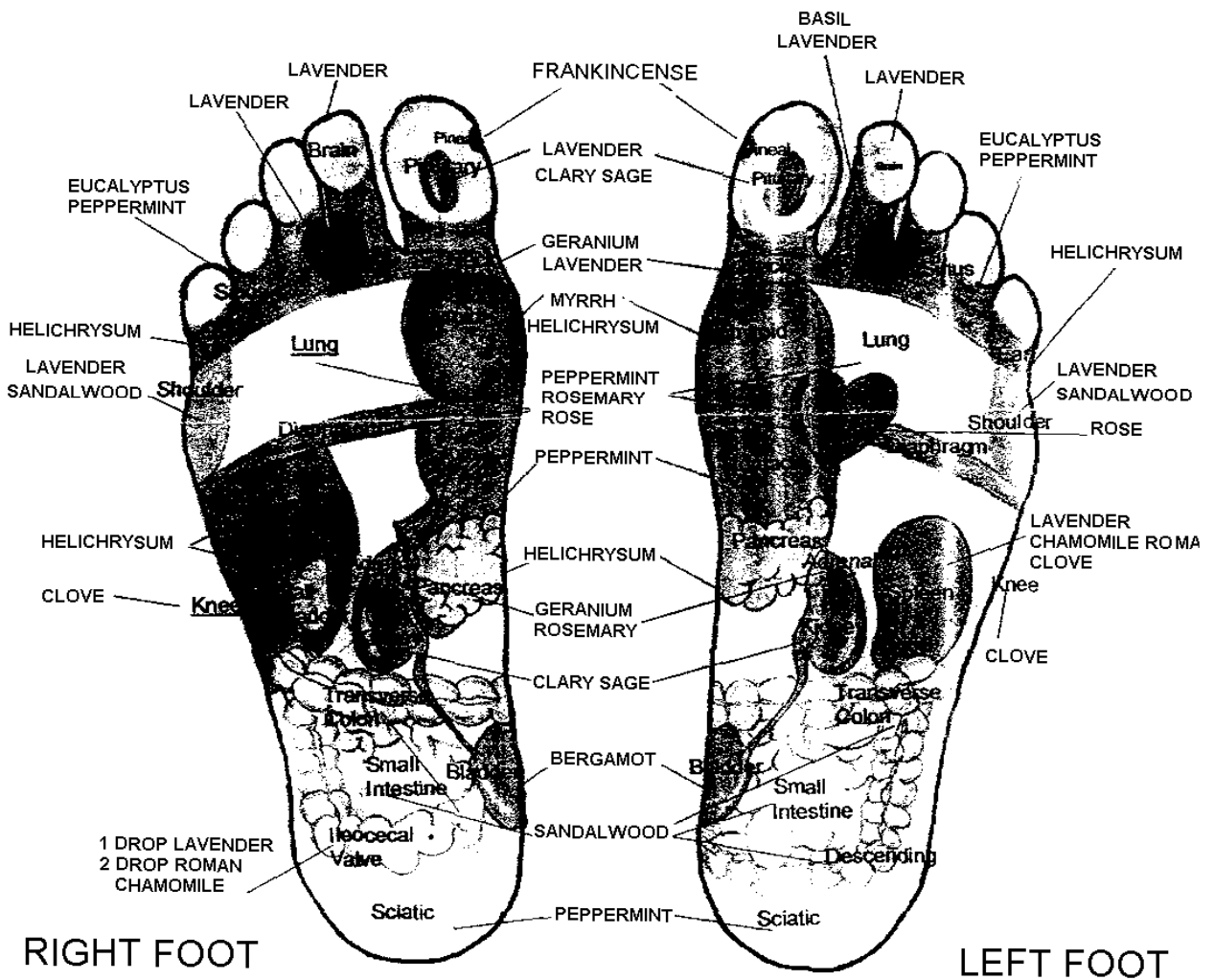
Auricular Therapy: Applying essential oils to the rim of the ear is known as *auricular therapy*. As with the feet, many internal organs have nerve endings in the ears. Try using different oils on the ears to help with clearing.

ANATOMICAL STRUCTURE OF THE OUTER EAR AND REFLEXOLOGY POINTS



Feet Massage. Your feet are the second fastest area of your body to absorb oils because of the large pores. Three to six drops per foot are adequate to experience a feeling of peace, relaxation, or energy.

REFLEXOLOGY CHART



BAY RUM TONER/AFTERSHAVE

2 cups fresh Bay leaves 1 Tbl whole clove 1 tsp. fresh grated Ginger
1 tsp. Allspice berries 2 cups Rum 2 cups water or Orange Blossom water

Cover with 2 cups Rum; shake daily for 2 weeks and strain. Add 2 cups distilled water or Orange Blossom water, and pour into a bottle.

SALT SCRUB

2 cups fine Sea Salt (can substitute sugar) 1 cup oil (Almond, Apricot, Jojoba)
20-30 drops of Essential oil of choice

Mix well; put into clean, dry wide mouth jar with non-metal lid.
Scoop out small amount, scrub entire body, rinse, not for use on the face (causes excessive drying).

BATH SALTS

2 cups Sea salt 1 cup Borax 1 cup Baking soda 1-cup Epsom salts 30-40
drops Essential oils

Combine dry ingredients in large glass or stainless steel bowl. Work essential oils in with wire whisk until lump-free. Use: ½-1 cup per bath. ¼ cup per foot bath.

DEODORANT (see aromatic balms)

4 oz. Distilled Witch Hazel
2 oz. 80 proof Vodka
½ tsp. Glycerine OR
2 oz. Distilled water _____
15 drops essential oils
15 drops essential oils

Mix well, pour into roll on or spray bottles or dab on with cotton ball. Shake before use.

HERBAL OILS

Grind dried herbs, put into a clean wide mouth jar, saturate with oil of choice leaving 1 inch above herbal matter. May sit on counter or in oven with pilot light. Stir every day for 2 weeks. Let oil drip into bowl through muslin cloth in a strainer for 1 day. Gather and squeeze out as much oil as possible, compost herbs. Pour into clean dry jar.

HAIR OIL

4 oz. Jojoba oil, may add Comfrey, Rosemary, Chamomile and rub into hair from roots to ends, let set overnight, wash next day. Great for nails too.

AROMATIC MIST

8 drops vegetable emulsifier (derived from coconut), or ½ tsp. Brandy.
4 oz. distilled water 10-15 drops essential oil

Combine all ingredients together in 4 oz. bottle with spray pump. Shake well before every use. This mist is great for scenting the entire body. For a room spray, double the essential oils.

Various Methods of Extraction

Steam Distillation

This process of extraction is accomplished by sending high-pressure steam from a boiler through pipes into a still, or by boiling water inside the still, which is converted into steam. In either case, steam goes through the container where the pieces of plant material are placed, which gently extracts the essence from the plant and carries the droplets of essence through a tube into a refrigerated condenser. Steam returns to liquid form due to the cold temperature and the essential oils and water separate, flowing both into different containers. The water obtained from this process is known as hydrolat or hydrosol.

Avicenna, an Arabian scholar and physician from the 11th century, has been accredited with the invention of the refrigeration coil of this process. To this day, this method of steam distillation is the one used for producing essential oils.

Expression

This is the method used by pressing the outer skin of citrus fruit to obtain citrus oils. Machines squeeze the peel of the fruit until the oil glands or globules burst, thus releasing the essence.

Citrus oils are very aggressive and irritating to the skin. *They should never be applied neat, directly onto the skin*, without being diluted in a base carrier. When applied to the skin of the face or other areas of the body that will be exposed to sunlight one should be advised that the sun's rays may cause skin pigmentation (brown spots). Safe of photosensitivity are those categorized as F.C.F. (furocoumarins free or bergapten free).

Solvent extraction

This method uses a solvent that covers the petals of delicate flowers such as: Rose, Jasmine, Neroli (orange blossoms), Violet, etc., to extract their aromatic molecules; once the solvent evaporates, the result is a **concrete**, which is then mixed with alcohol. The alcohol then evaporates and the waste is then filtered out. The result is an **absolute**. This process is complicated and expensive due to the fact that the odorific constituent or essence within the petals of these delicate flowers is not abundant.

The therapeutic properties of **absolutes** benefit the psychological aspects of the body, as well as the skin, which encourages cell regeneration. **Absolutes** are thick in consistency making them unsuitable to use with a diffuser since they clog the glass nebulizer.

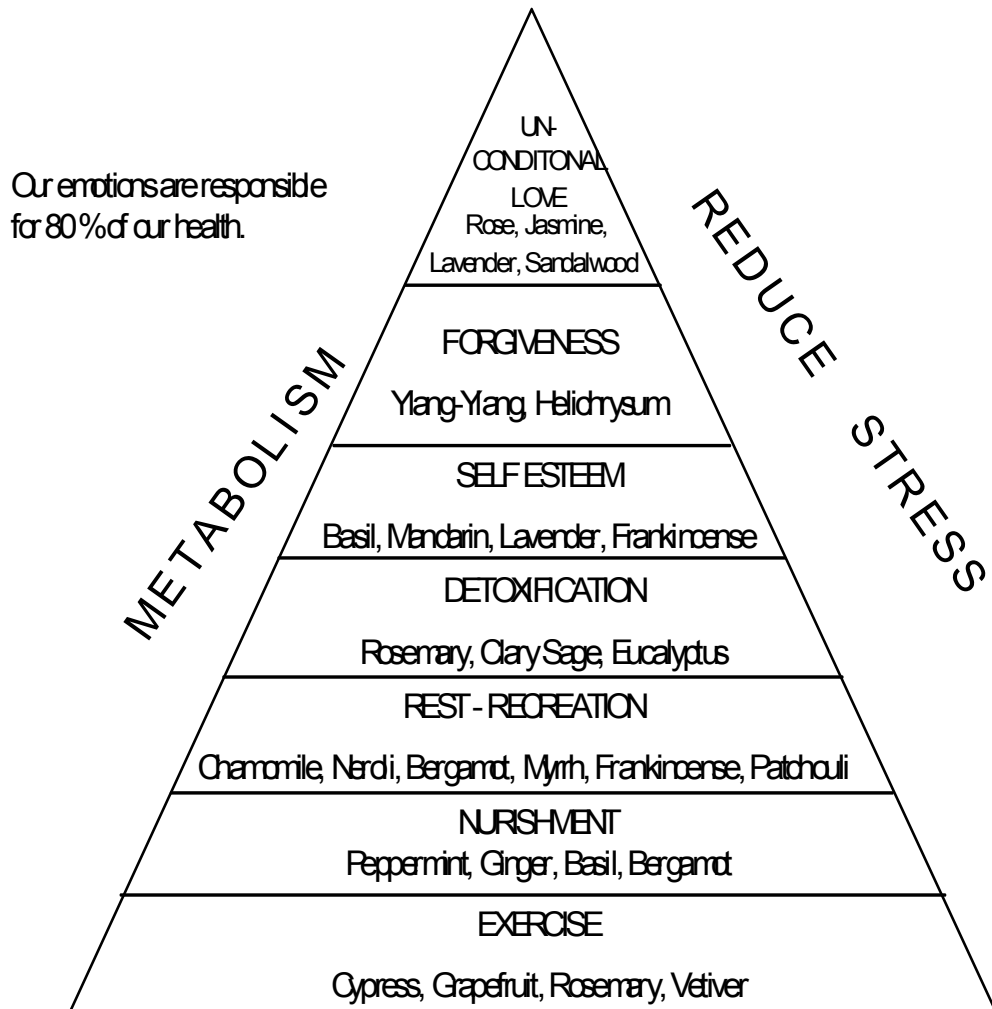
PRODUCING ORGANS / BODY SYSTEMS / EFFECTS / ESSENCIAL OIL / CITRUS OILS

P.O.	Body Systems	Effects		E.O. / Citrus oils
Leaves	Mind Immune Circulation Respiratory Endocrine	Energizing Revitalizing Stimulant Astringent Expectorant Tonic		Basil Petitgrain Peppermint Eucalyptus G/R/S Rosemary Tea Tree
Flowers	Dermatological Digestive Endocrine Muscular/Skeletal Nervous	Cytophylactic Calming Tonic Analgesic Sedating Euphoric Stimulant Expectorante		Clary Sage Marjoram Lavender Chamomile R/G Ylang-Ylang Geranium Basil Peppermint
Blossoms	Immune Respiratory			
	Dermatological Nervous Endocrine	Cytophylactic Comforting Balancing		Neroli Jasmine Rose
Fruits (Citrus)	Nervous Lymphatic Circulatory Digestive	Relaxing Depurative Detoxifying Stomachic	Sedative Diuretic Astringent Carminative	Mandarin Lemon Orange
(Berries)	Same as above	Rubefacient Depurative	Diuretic Carminative	Black pepper Juniper berry
Seeds	Circulatory Digestive/Intestinal Lymphatic	Stomachic Detoxifying Depurative	Hepatic Carminative	Fennel Coriander
Wood/ Trunk	Endocrine Dermatological Muscular/Skeletal Respiratory Mind	Tonic Cytophylactic Calming Mucolytic Inner strength	Analgesic Astringent Relaxing	Sandalwood
	Dermatological	Emollient	Cytophylactic	Frankincense

Resins/
Gums

Muscular/Skeletal	Analgesic	Relaxing	Benzoin
Nervous	Calming		
Respiratory	Mucolytic		
Digestive	Carminative	Stomachic	Vetiver
Circulatory	Relaxing	Rubefacient	Ginger Roots
Muscular/Skeletal	Calming		

EXCELLENT HEALTH



DOMI NO EFFECT

AROMATIC ESSENCES / THERAPEUTIC PROPERTIES	½ oz PRICE	1 oz PRICE
1. Basil- Sweet / Albahaca- Dulce* / <i>Ocimum basilicum</i> / India	5.30	8.20
Anxiety, balance adrenals, colds, depression, digestive, earache, energizing, gout, hair growth, herpes, insomnia, joint pain, mental fatigue, melancholy, memory, menstrual cramps, migraine, oily skin, nausea, paralysis, skin tonic, stimulant, sharpens the senses.		
2. Black Pepper / Pimienta Negra / <i>Piper nigrum</i> / India	6.60	9.95
Aids in diet (bums fat), arthritis, bruises, cold and flu, heartburn, laxative, mental stimulant, muscle aches, poor muscle tone, stiffness, stimulates liver and pancreas, temporary paralysis, toothache, tonic-(nervous system, glandular, cardio-vascular),..		
3. Birch-Sweet / Abedul-Dulce / <i>Betula lenta</i> / Canada	5.30	8.20
Analgesic, anti-ulcer, arteriosclerosis, balances blood pressure, chronic ailments, dandruff, detoxifying, diuretic, dull pain, fibromyalgia, gout, hair growth, headaches, liver tonic, tension and muscle relaxant, and pain reliever.		
4. Bergamot / Bergamota* / <i>Citrus bergamia</i> / Italy	10.70	17.00
Addictions, break the smoking habit, bronchitis, calms anger, catarrh, chicken pox, chronic fatigue, cold sores, eczema, emotional crisis, fear, fever, gallstones, herpes, hot flashes, irritated skin, kills insects, loss of appetite, PMS, regulate excessive oiliness of the skin or scalp, skin care, sore throat, tension, tones the heart, tonsillitis, uplifting, vaginal itching, varicose ulcers, and wounds.		
5. Camphor-White / Alcanfor-Blanco / <i>Cinnamomum camphora</i> / China	4.40	7.10
Acne, bacterial infections, bronchitis, constipation, cough, debility, diuretic, fainting, genital infections, heart failure, muscle tonic, nervous tension, pain killer for arthritis, shock, sprains, and spots, strengthener tonic to the central nervous system.		
6. Cardamom / <i>Elettaria cardomomum</i> / India	17.50	31.00
Aids in all pulmonary infections, anorexia, aphrodisiac, bronchitis, congestion, eases pregnancy or travel nausea, gas, heartburn, mental fatigue, PMS symptoms, warms the body. Avoid on hypersensitive or allergic skin.		
7. Carrot Seed / Zanahoria Seed / <i>Daucus carota</i> / France	14.40	24.50
Aids in muscle tension, acne, anxiety, bronchitis, eczema, immune stimulant, increases elasticity of skin, indigestion, regulates cardiovascular system, regulates menstrual cycle, revitalizing and toning, and stimulates lymphatic system. Avoid in pregnancy.		
8. Cedarwood Atlas / Madera de Cedro Atlas / <i>Cedrus atlantica</i> / Morocco	6.50	10.00
Acne, anger, arthritis pain, bronchitis, dries excess phlegm, fear, gonorrhea, hair loss, meditation, oily skin, urinary tract infections, regulates nervous system, respiratory infection, stimulates immune system, tonic for kidneys. Avoid in pregnancy		
9. Cedarwood / Madera de Cedro* / <i>Juniperus virginiana</i> / USA-VA	6.50	10.00
Acne, anger, arthritis, cellulite, dandruff, diuretic, flow of bile, greasy skin, grounding, hair growth, increases urination, insect repellent, kidneys, respiratory system, scars, sinusitis, stimulate sex drive, tension, and tonic for the glandular.		
10. Chamomile German Blue / Manzanilla Alemana Azul / <i>Matricaria chamomilla, m. recutita</i> / Egypt	28.40	46.25
Arthritis, excessive acne, colic, cuts, eczema, headaches, indigestion, liver regulation and regeneration, migraine, nervous tension, regulates periods, stressful conditions, teething pain, rheumatism, sensitive skin.		
11. Chamomile Wild / Manzanilla Silvestre / <i>Chamaemelum mixtum</i> / Morocco	25.50	43.90
Anger, burns & wounds, calluses, colitis sciatica, depression, diarrhea, disinfectant, dull aches, ease menstrual pain, gout, highlights in blonde hair, hypersensitivity, impatience, insomnia, irritability, learning problems, moodiness, oily or dry skin, panic, sedative, sprains, sunburn, teething & ulcer, reduces dryness, itching, redness in irritated and inflamed skin, and vertigo.		
12. Chamomile Roman* / <i>Manzanilla Romana / Chamaemelum nobile, anthemis nobilis</i> / USA-OR	25.60	44.00
Broken veins, calms the mind, cuts, chronic infections, dry itchy skin, puffiness, painful and difficult periods, eczema, helps irritable bowel, inflamed joints, intestinal parasites, mouth ulcer, muscle pain, sedative, soothes stomach. Avoid in early pregnancy.		
13. Cilantro / Cilantro / <i>Coriandrum sativum</i> / USA-OR	12.50	20.55
Anorexia, accumulation of toxins, arthritis, colic, debility, diarrhea, dyspepsia, estrogen stimulant, impotence, influenza, increases circulation, stimulates memory, migraine, muscle aches, nervous exhaustion, stretch marks, scars.		
14. Cinnamon-Leaf / Canela-Hoja / <i>Cinnamomum zeylanicum</i> / SriLanka	5.60	8.40
Anemia, antioxidant, coldness, digestive, exhaustion, encouraging, lice, odor inhibitor, painful menstruation, protection against contagious diseases, soar throat, sluggish digestion, tooth and gum care, uplifting, and weakness. Avoid in pregnancy.		
15. Citronella / Citronela / <i>Cymbopogon winterianus</i> / Indonesia	4.50	7.20
Arthritis, antirheumatic, antidepressant and fungicidal tonic, insect repellent, lice, strengthener tonic to central nervous system.		
16. Clary Sage / <i>Salvia "Clary"</i> / <i>Salvia sclarea</i> / USA-OR	12.10	20.30
Acne, aphrodisiac, asthma, colic, deep sleep, excessive sweating, fear of aging, fights infection, good for childbirth, hair growth, hang-over, hemorrhoids, hot flashes, kidneys, oil & dry skin, oily hair, panic, PMS, regenerates skin cells, scars, sore throat, ulcers, vivid dream, whooping cough, and wrinkles.		
17. Clove Bud /Clavo-Brote* / <i>Eugenia caryophyllata</i> / Madagascar	5.70	10.00
Acne, anti-infectious, arthritis, cuts, depression, general painkiller, herpes, hypoglycemia, immune stimulant, mental exhaustion, memory, nervousness, parasites, sadness, thyroid, tooth care, and urinary infections. Avoid on sensitive skin.		
18. Cypress / Ciprés / <i>Cupressus sempervirens</i> / France	9.10	15.90
Absent minded, anxiety, asthma, astringent & antiseptic for oily skin and acne, cellulite, circulation, cuts, dandruff, deodorant of feet, diarrhea, fluid retention, hemorrhoids, hot flashes, insect repellent, internal bleeding, liver disorders, lymphatic drainage, muscle cramp, obsession with sex, oily hair, ovarian cyst, perspiration, scars, tightens tissues, varicose veins, and wounds from bleeding.		

19. Eucalyptus* / Eucalipto / <i>Eucalyptus globules</i> / Australia		
Antifungal, anti-infectious, antiviral, asthma, chicken pox, chronic bronchitis, eases inflammation and infections (especially in E. coli) herpes, immune stimulant, insect bites, flu, lice, muscle aches, oxygenates skin, poor circulation, raises blood sugar in diabetes, sinusitis, swollen glands, throat infections, useful preventative. Avoid in epilepsy and high blood pressure.		
20. Eucalyptus / Eucalipto* / <i>Eucalyptus radiata</i> / Australia	6.60	11.10
Asthma, arthritis, blood cleansing, bronchitis, burns, cellulite, centering, circulation, coughs, diabetes, diuretic, expectorant for smokers, gonorrhea, grief, headache, hypoglycemia, increase intellectual capacity, insect repellent, loneliness, parasites, prevent asthma attacks, sciatica, stimulates the regeneration of lung tissue, sunburn, and swelling.		
21. Fennel Sweet / Hinojo Dulce* / <i>Foeniculum vulgare</i> / Italy	8.30	12.90
Abdominal pains and cramps, alcoholism, anti-inflammatory, asthma, digestive problems, enlarges breasts, flatulence, gout, hiccups, increases appetite, intestinal parasites, kidney stones, laxative, muscle relaxes, obesity, parasites, production of milk, skin elasticity, suppresses the appetite, toning influence on the liver, and vomiting. Avoid in pregnancy & epilepsy.		
22. Frankincense / Inciense* / <i>Boswellia serrata</i> / India	12.60	20.40
Anti-tumor, arthritis, bronchitis, clears excess mucus, fear, genital infections, hemorrhoids, hyperactivity, indecision, insecurity, laryngitis, meditation, moles, opens intuition, pimples, pleasant dream, concentration, reduces swollen lymph glands in the neck, respiratory, scars, skin conditions, stimulating to the immune system, tones the uterus, and wrinkles.		
23. Geranium / Geraneo* / <i>Pelargonium graveolens</i> / Reunion Island	12.50	22.30
Acute fear, anti-fungal, anxiety, astringent, balance adrenals, calming, antidepressant, diabetes, edema, hemorrhoids, improves communication, infertility, kidneys tonic and the uterus, lymphatic stimulant, memory, mood swings, overcome the fear of speaking, oral infections, PMS, ring worm, scar, strengthens liver, tightens tissue, varicose veins, and ovaries.		
24. Ginger / Jengibre / <i>Zingiber officinale</i> / China	5.70	9.90
Antioxidant, aphrodisiac, arthritic, bruises, communication, digestion, leg cramps and pain, eases menstrual, hangover, ignites passion and potency, laxative, loss of appetite, memory, menstrual cramps, motion sickness, muscular, poor circulation, rheumatic, sharpens the senses, stimulant but grounding, varicose veins, and warms the stomach.		
25. Grapefruit-Pink / Toronja-Rosa* / <i>Citrus paradise</i> / USA-CA	7.70	12.80
Acne, athlete's foot, blood circulation, cellulite, chills, cleansing, depressant, eating disorders, fat burner, fluid retention, fasting, gallbladder, hangover, humor, kidneys, pancreas, performance stress, stiffness, tones the skin and tonic for liver.		
26. Helichrysum / Siempre Viva* / <i>Helichrysum gymnocephalum</i> / Madagascar	29.10	48.50
Anger, antidepressant, asthma, bitterness, bruises, burns, colitis, creative processes, cuts, eczema, fevers, gastritis, hemorrhage, herpes, jealousy, meditation, parasites, restore hearing, rheumatism, reduces scarring, tiredness, and tones tissues.		
27. Hyssop / hisopo / <i>Hyssopus officinalis</i> / Russia	11.60	19.40
Aids in deep concentration, aids in eliminating bronchial mucus & irritation, anxiety, eases tightness of the chest, eczema, fatigue, flu, indigestion, and normalizes blood pressure, sore throat, tonic to digestion. Avoid in pregnancy.		
28. Jasmine / Jazmin / <i>J.sambac/h.abelmoschus/s.album</i> / India	81.00	143.00
Antidepressant, anti-inflammatory, aphrodisiac, catarrh, joint and muscle pain, emotional suffering, infertility, labor pains, laryngitis, muscle spasms, painful periods, self confidence, stretch marks, uterine disorders, uplifts moods. Avoid on hypersensitive skin.		
29. Juniper Berry / Enebro / <i>Juniperus communis</i> / India	9.60	16.70
Abscess, acne, apathy, arteriosclerosis, arthritis, cellulite, clears and stimulates the mind, dandruff, diabetes, digestive, eczema, fear, glandular, gout, intestinal ferment, kidney stones, protects against contagious disease, rheumatism, scars and stimulates the fluids in the body, strengthens the immune, and ulcers (external). Avoid in pregnancy a strong diuretic.		
30. Lavender / Lavanda* / <i>Lavandula officinalis</i> / France	10.30	17.00
Acne, addictions, antibiotic, analgesic, blood pressure, burnout, burns, calming, cuts, epilepsy, fibromyalgia, hair loss, insect bite, labor pain, muscle relaxant, nightmares, opens pores, palpitations, reduces scarring, sedative, sciatica, stretch marks, and vertigo.		
31. Lavender South African / Lavanda Africana Sur / <i>Lavendula Marie</i> / South Africa	10.95	17.50
Analgesic, antidepressant, antirheumatic, antiseptic, antiviral, bactericide, cicatrissant, deodorant, and as a diuretic. Ease the pain of a burn, prevent infection and promotes rapid healing. It can be used with massages oils to effectively relieve joint and muscle pain.		
32. Laurel-sweet bay / Laurel / <i>laurus nobilis</i> / Turkey	10.00	15.95
Antiseptic, aids, asthma, boils, chronic bronchitis, funguside, gangrene skin, general aches and pains, hair and scalp tonic to stimulate growth, immune stimulant, scabies, swollen glands, tonic to kidneys and reproductive system. Avoid in pregnancy.		
33. Lemon / Limón* / <i>Citrus limonum</i> / USA-CA	7.90	12.30
Acidity, antiseptic, brittle nails, body tonic, cellulite, cholesterol, dandruff, decongestant, decision-making, digestive, disinfectant, freckles, gout, heartburn, herpes, increases hair growth, loss of appetite, neutralizes acid, oily skin, optimism, purifies the drinking water, scars, stimulant to brain, stops bleeding, tender feet, tiredness, tonic-stimulant, warts, and wrinkles.		
34. Lemongrass / Te de Limón / <i>Cymbopogon citratus</i> / Guatemala	6.40	9.70
Acne, antibacterial, antifungal, antiseptic, antiviral, athlete's foot, awake, blackheads, calming, colic, cold sores, digestive, fevers, gas, increases milk production, insect repellent, lice, open pores, parasites, scabies, and tones muscle.		
35. Lime / Lima / <i>Citrus aurantifolia</i> / Mexico	6.90	10.60
Antiseptic, apathy, cold congestion, deodorant, depression, excellent for environmental diffusions disinfects air, liver pains, muscle spasms, nervousness, restorative, stomach cramps, useful in alcoholism, and tonic-stimulant. Caution: sensitive skin		
36. Mandarin-Red / Mandarina-Roja / <i>Citrus reticulata</i> / Italy	7.70	12.60
Aids edema, digestive, difficulty breathing, good for over active mind, insomnia, good for pregnancy and small children, hiccups, muscle spasms, prevents stretch marks, restlessness, skin toner, tonic for the stomach, and liver.		
37. Marjoram / Mejorana / <i>Thymus mastschina</i> / Spain	9.90	15.50
Antisexual, antimicrobial, antibacterial, anger, anxiety, arthritis, bronchitis, bruises, bloating, confusion, constipation, colds, fear, fungicidal, irritation of the genitals, highly sensitive individuals, gas, grief, headaches, insomnia, impatience, migraines, soothes turbulent emotions, nervous debility, normalize blood pressure, parasites, P.M.S., relieve muscular stiffness, snoring, stress.		
38. Melissa / Melisa / <i>Melissa officinalis</i> / USA-OR	100.50	175.65
Antidepressant, acne, calms, colic, chronic coughs, colds (with headache), fungal infections, gallbladder support insect bites, menstrual pain, migraine, strengthen & slows heart, stimulates the liver, stomach cramps, uplifting, vomiting. Avoid in pregnancy.		
39. Myrrh / Mirra / <i>Commiphora myrrha</i> / Ethiopia	21.60	36.80
Arthritis, astringent, athlete's foot, bedsores, chest infections, cracking, chapped or mature skin, cuts, diarrhea, eczema, meditation, fear, fungicidal properties, strengthens gums, balance the thyroid, loss of appetite, lungs, mouth infections, purifier, rejuvenates/revitalizes aged skin, ringworm, scars, skin treatments, sores, ulcers (mouth, skin), and wounds.		
40. Neroli / Azahares / <i>Citrus aurantium</i> / Egypt	75.60	124.25
Anxiety, balances the intestinal floral, cell rejuvenating, heals scars, colic, cramps, depression, diarrhea, dizziness, grief, hysteria, insomnia, muscle tone, nervous stomach, palpitations, P.M.S., shock, stretch marks, tension, tonic to the heart, and tuberculosis.		

41. Niaouli / <i>Melaleuca viridiflora</i> / Madagascar	6.50	9.95
Adrenal stimulant, arthritis, for sluggish liver and pancreas problems, herpes, impotence, intestinal parasites, malaria, respiratory infections, serious skin diseases, slow digestion, stimulates muscle tone, viral hepatitis. Avoid in pregnancy.		
42. Nutmeg / Nuez Moscada / <i>Myristica fragrans</i> / India	8.50	13.20
Alleviate muscle pain, bronchitis, decreases bad breath, calming, digestive, eases muscle pain, hair tonic, gallstones, gout, increases appetite, poor circulation, parasites, purifier, stimulates heart circulation, stimulant to the brain, and tenseness.		
43. Orange-Sweet / Naranja-dulce / <i>Citrus sinensis</i> / USA-FL	5.50	7.70
Acne, anxiety, astringent, assimilation of new ideas, burnout, bronchitis, calming to the heart, cellulite, constipation, depression, digestive, diuretic, emotional balance, energizes, enhances creativity, fear, gums and mouth ulcers, insomnia, kidney stones, lymphatic drainage, mental clarity, obsession, palpitations, harmonious interaction with others, stress, sedative, and trust.		
44. Oregano / Orégano / <i>Thymus capitatus</i> / Hungary	14.20	23.20
Arthritis, asthma, bronchitis, calming, candida, improves deafness, facial tics, lice, migraines, nervous stomach disorders, period pain, revives the senses, muscle tension, stimulates liver and spleen, and warts. Avoid in pregnancy.		
45. Palmarosa / Palmarosa / <i>Cymbopogon martini</i> / India	9.30	14.60
Acne, anorexia, antifungal, antiseptic, antiviral, bronchitis, cellular stimulant, eczema, general skin disturbances, hydrating, stimulate digestion, revitalizes, regenerates skin cells, scars, skin treatment for dry or aged skin, tonic for uterus, and wrinkles.		
46. Patchouli / Patchouli* / <i>Pogostemon cablin</i> / Indonesia	12.00	20.70
Aged skin, apathy, aphrodisiac, athlete's foot, cellulite, confusion, dandruff, depression, dry skin, eczema, indecision, insect repellent, moods of indifference, open pores, reduces body odor, scars, sedative, skin care, sunburn, and wrinkles.		
47. Petitgrain / Citrico Hojas / <i>Citrus aurantium</i> / Paraguay	5.50	8.80
Acne, antiseptic, cell and tissue regeneration, dry skin, eases breathing, eases joint inflammation, excessive perspiration, gas, gives mental clarity, nervous exhaustion, insomnia, mental fatigue, painful digestion, toning, useful in chronic hepatitis		
48. Peppermint / Menta* / <i>Mentha pulegium</i> / USA-WA	9.20	14.10
Bad breath, concentration, constipation, diarrhea, gastric ulcers, headache, heart burn, hot flashes, indigestion, itching, low energy, mental fatigue, migraine, menstrual discomfort, palpitations, parasites, sinus pain, sciatica, swollen skin, varicose veins, and vitality.		
49. Pine Scotch / Pino Scotch / <i>Pinus sylvestris</i> / Bulgaria	10.85	17.20
Adrenal glands, arthritis, asthma, bronchitis, calming, deodorizer, fatigue, flu, foremost remedy for all respiratory ills, germicidal, gout, guilt, impotence, kidney and bladder tonic, muscle relaxant, nervous exhaustion, night time nasal congestion, pneumonia, prostatitis, purifier, reduces excessive perspiration, seborrhea, sinusitis, and worry.		
50. Rose / Rosa* / <i>Rosa damascena</i> / Bulgaria	142.50	278.30
One of the most emotionally balancing, Aphrodisiac of pure love, cholesterol, confidence, constipation, excellent for babies, general skin care, grief, hangover, inspires joy, increase sperm count, regulates the female reproductive system, resentment, shyness, spiritual uplifting, superior cleansing tonic for the liver, tones the uterus, urinary infections, and wrinkles.		
51. Rosemary / Romero* / <i>Rosmarinus officinalis</i> / Spain	11.90	18.30
For people who have partially lost their sense of smell, speech, sight, taste, or touch, acne, bed-wetting, brings out red highlights in brunettes, calming, dandruff, diuretic, gout, cholesterol, cirrhosis, cold hands and feet, diabetes, digestive ills, hair rejuvenator, itching, migraine, memory, muscle tonic, palpitations, paralysis, and regulates ovarian function.		
52. Rosewood / Palo de Rosa / <i>Aniba roseodora</i> / Brazil	7.50	13.30
Acne, antidepressant, candida, clears the head, evokes a feeling of well-being, excellent deodorant, diminish scars, headaches, meditation, moodiness, muscle tonic, regenerates skin cells, relaxes nerves, skin care, soar throat and wrinkles.		
53. Sandalwood / Sándalo* / <i>Santalum album</i> / Indonesia	21.80	41.60
Anxiety, bladder infection, diuretic eczema, insomnia, gastritis, meditation, nervousness, persistent bronchitis, prostatitis, regenerates tissue, scars, skin care, especially males aphrodisiac, venereal disease and wrinkles.		
54. Tea Tree / Te de Arbol* / <i>Melaleuca alternifolia</i> / Australia	6.60	10.90
Acne, anti-bacteria, anti-fungal, anti-viruses, antiseptic, athlete's foot, bruises, builds emotional strength, candida, colds, dandruff, deodorants, ear infections, flu, herpes and shingles due to stress, infectious ailments, insect repellent, itching, lice, mouth ulcers, nail infections, rashes insect and spider bites, ring worm, vaginitis, vigor, and yeast infections.		
55. Thyme-Red / Tomillo-Rojo / <i>Thymus vulgaris</i> / Spain	11.20	19.95
Arthritis, athlete's foot, bad breath, body odor, bronchitis, cellulite, coughs, debility, diabetes, earaches, eczema, flu, fatigue, insect bites, stimulates the immune system and spleen, obesity, parasites and intestinal viruses, scars, sinusitis, stamina, stimulates the kidneys and liver, stomach viruses, stress, thick-heavy discharge, tonsillitis, uplifting for depression, and vaginitis.		
56. Vanilla / Vainilla / <i>Vanilla planifolia</i> / Madagascar		
Calms emotions, induces menstruation, nervous sedative, warms memories. Avoid in pregnancy.		
57. Vetiver / Vetiver / <i>Vetivera zizanioides</i> / Haiti	8.90	14.80
The oil of tranquility, acne, addictive behavior, anorexia, aphrodisiac, excessively dry skin, fear, grief, insomnia, immune stimulant, muscle aches and pains, patience, nervous exhaustion, repression, sagging skin tissues, stress, stretch marks, over, P.M.S.		
58. Ylang Ylang / Flor de Flores* / <i>Cananga odorata</i> / Madagascar	12.30	20.15
Anti-infectious properties, aphrodisiacal powers, calming, counteragent for anxiety, anger or hysterical states, hair growth, insomnia, lowers blood pressure, mental focus, nervousness, negative emotions, PMS, rhythmic breathing, skin balancer, skin disorders which contains puss, moisturizing and rejuvenating to the skin, split ends and scalp stimulant, and uterine tonic.		

HOW TO APPLY AND USE THE ESSENTIAL OILS

Diffusion. Put 10-30 drops of pure oil in a diffuser.

Bath. Add 10 drops of essential oils to the water of the bathtub or you can use 1 or 2 drops of essential oil on a washcloth and rub the body while you take a bath.

Shampoo/Conditioner. Add 4 to 12 drops of your favorite essential oil to each ounce of your shampoo or conditioner.

Massage. Mix 10-20 drops of your favorite essential oil to each ounce of massage base oil and rub onto the skin.

Inhalation. Inhale essential oils directly from the bottle, cotton or towel.

Atomizer. Add 10 to 15 drops of essential oil to one ounce of pure water in a spray bottle.

Other Uses: Mud mask, salts, creams, ointments, compresses, seasonings, dressings, perfumes and disinfectants.

➤ The properties of essential oils are effective for approximately 10 hours, and it's recommended that they are applied twice a day.

➤ Remember that essential oils are 100% pure and very powerful. The general rule is to dilute 10 to 30 drops of essential oil to each ounce of base.

Smell is a potent wizard that transports us across thousands of miles and all the years we have lived.

Helen Keller

Essential Oil Questionnaire by Jay Vanden Heuvel

1. BERGAMOT—compulsive and/or obsessive behavior, lack of self-confidence, tension, depression, anxiety.

- Are you compulsive, or do you have impulses to do things obsessively?
- Do you lack confidence in yourself?
- Do you expect failure?
- Do you feel inferior, or do you feel that others are more capable and qualified than you are?

2. CHAMOMILE, ROMAN—darkness, tension, stress, anger, insomnia, hyperactivity, learning problems, moodiness, daydreaming, impatience.

- Do you frequently burst into tears or react in a highly emotional way to life's situations?
- Do you feel a lot of tension or congestion in your stomach or solar plexus, as though feelings are stored there?
- Do you believe that you need to have more serenity in life?
- Do you fluctuate between one emotional mood and another?
- Do you lack stamina?

3. CINNAMON—tension, lack of inner self, lethargy, negative energy

- Do you anger easily?
- Are daily activities sometimes confusing?
- Are you easily irritated?

4. CLARY SAGE—aging (fear of), immaturity, drawing wisdom from experience, finding purpose, ill fated or undeserved feeling, change or transitions.

- Do you need to develop more objectivity and perspective about recent life events that trouble or perplex you?
- Does your life seem more accidental than purposeful, making it hard to have much insight into, or acceptance of, the people and events surrounding you?
- Are you in an elder phase of life, wanting to gather wisdom and reflect on the meaning of your experience?
- Do you have concern about aging?

5. CLOVE BUD—memory, “seeing” clearly, nervousness.

- Do you have difficulty with short-term memory?
- Do you feel out of touch with your intuition?
- Do you feel your emotions cloud your perception?
- Do you have a sense of detachment from the world?

6. EUCALYPTUS—constraint, loneliness, trouble accepting life.

- Do you feel like you are being choked?
- Do you feel like you have something to say but are not saying it or expressing it?
- Do you have trouble accepting life as it is?
- Do you feel separate, resulting in a reduction of energy?

7. FRANKINCENSE—fear, uncertainty, poor concentration, insecurity, lack of self-confidence, anxiety, hyperventilation, hyperactivity.

- Do you suffer from unknown fears?
- Do you feel unsafe and insecure?
- Do you find it difficult to concentrate?

- Do you feel like the world is crashing in on you?
- Could you benefit from an infusion of faith?

8. GERANIUM—overexcitement, anxiety, mood swings, nervous tension, weakness, PMS, depression, letting go of past hurts.

- Do you hold grudges or let go of past hurts?
- Do you come on strong or seem overbearing to others, even though you are just trying to convey confidence?
- Do you feel overly tense, or anxious?
- Do you suffer from mood swings?

9. GRAPEFRUIT, PINK—mood swings, a sense of drowning in life, inner child issues.

- Do you have many plans or intentions that never seem to materialize?
- Do you brood, think about or reflect, rather than plan and execute?
- Do you feel sluggish?
- Have you had a difficult childhood?

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10. HELICHRYSUM—shock, pain, trauma. Similar to Distress Remedy Homeopathic #8975-1. Great for the nerves. Very healing on all levels. Can be used for drug detox. Helps remove stubborn emotions of jealousy, anger, and bitterness.

- Helichrysum oil is used for any crisis or emergency.

11. JASMINE—impotence, grief, heartbreak, anger, depression (postnatal too), finding life's purpose.

- Do you replace your daily life with fantasy?
- Do you need constant motivation to complete a task?
- Do you wish you had a better sense of well-being?

12. LAVENDER—Emotional blocks, stress, for sensitive people, argumentative individuals, finding the higher self, meditation. Universal oil that relaxes and stimulates.

- Would you describe yourself as strung out, nervous or hyperactive?
- Do you have difficulty sleeping or are you restless?
- Do you have difficulty when praying or meditating?
- Do you suffer from a chattering mind with no clear, calm, concise thoughts?
- Is your life out of balance?

13. LEMON—Issues of self, tiredness, lethargic, anxiety, feelings of impurity. Universal emotional balancer.

- Do your relationships seem toxic?
- Are you tense, or do you have unresolved conflict?
- Do you have a lack of inner life?
- Do you describe yourself as being “out of it”?
- Do you tend to feel that everything is unclean?

14. MANDARIN—Sadness, stress.

- Do you suffer from everyday fears?
- Are you overworked?
- Do many people comment that you don't seem happy?

15. MARJORAM—Heavy sighing, loneliness, rejection, insomnia, grief, tension, inappropriate sexual behavior/desire.

- Do you need a sense of comfort?
- Are you having difficulty getting over losing someone in any way?
- Are you sensitive or impatient?
- Do you feel melancholy?

16. MYRRH—Hyperactivity, stress, lack of inspiration.

- Do you have trouble exercising patience?
- Is there a tendency to self-destruct?
- Do simple things irritate you?
- Do you suffer from a loss of stability?

17. NEROLI—Depression, anxiety, tension (upset for no reason), low libido, fear, lack of self-confidence, sexual problems.

- Do you have trouble making decisions?
- Do you anger easily?

- Do you often think, “What’s the use”?
- Do you have general anxiety or fears?

18. OREGANO, WILD—Pain, issues of self-esteem. Gives synergy to other oils for use in blends.

- Do you have trouble looking into a mirror and honestly saying “(Your name), I love you?”
- Do you have difficulty seeing yourself as a unique individual?
- Do you feel your life is painful?

19. PATCHOULI—Anxiety, stress, trapped emotional energy

- Do you always need to be right?
- Do you have difficulty with decisions?
- Do you suffer from apathy or indifference?

20. PEPPERMINT—Insomnia, laziness, lethargy, sluggishness, mental cloudiness, apathy, low energy, poor concentration. Good for students, helps with digestion of the body and the mind.

- Do you lack energy or stimulation?
- Do you find it hard to get motivated?
- Do you find it hard to get through the day?
- Do you have trouble being creative?

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21. PINE—Pity, guilt, blame, exhaustion, self-criticism

- Is it hard to find direction?
- Do you have harsh expectations of yourself?
- Is it hard to let go of past mistakes or failures?

22. ROSE, BULGARIA—Shame, depression, grief, irritability, shyness. Inspires joy, love, confidence, love of self, inspiration, renewal (heaven on earth), and independence.

- Is your heart heavy or sad?
- Do you lack comfort?
- Do you need to develop greater courage to confront rather than retreat?

23. ROSEMARY—Confusion, exhaustion, bitterness, nightmares. Inspires wisdom and truth, peace, meditation, creativity.

- Is there a side of you that needs more attention or understanding?
- Do you tell white lies, or are you living a lie?
- Do you have trouble accepting your spiritual side, or do you question it?
- Do you see the world as pieces and parts rather than a meaningful whole?
- Are you forgetful, or are your extremities cold?

24. SANDALWOOD—Hyperactivity, negative programming. Enhances meditation and prayer.

- Does life seem overly chaotic?
- Do you have trouble organizing your life?
- Do you suffer from a cluttered mind where daily activities and worries are constantly tangled?

25. TEA TREE—Builds emotional strength.

- Do you often deny your own needs?
- Do you care more about everyone else instead of spending time on yourself?

26. THYME—Issues of time and trying to beat the clock. Speeds healing of issues. Builds strength, courage, longevity and concentration.

- Do you spend time trying to understand the meaning of life?
- Do you feel like there is not enough time in your life to do everything you want to do?
- Do you feel that it’s not fair that we age?

27. YLANG YLANG—Hyperventilation, shock, stress, anxiety, nervousness, anger, bitterness, depression, lack of interest, jealousy.

- Do you wear a mask of cheerfulness while you feel different on the inside?
- Do you judge before you act and are you even aware of it?
- Do you ever have difficulty really “hearing” what others are saying?
- Do you have difficulty with imperfection?
- Do life’s unfolding events often irritate you?

Dealing with our negative emotions helps bring about a positive healthy balance. Emotions are what keep us connected, interactive, lively and dynamic. None of us want to be emotionally dead. Emotions that are balanced make us unique. They make us human. The optimum balance of positive emotional qualities helps bring about powerful mental, spiritual and physical health. We need to find this in ourselves and in then we will be more holistically balance and in tune with the word around us.

One or more of any of these oils can be selected for emotional support. After you have gained an understanding of emotional balance with essential oils, try not to exceed more than four or five at a time.

Making Aromatic Remedies

FIRE CIDER

Place 1 cup each of the following fresh herbs, grated: Ginger, Garlic, Horseradish root, white Onion, ¼ cup dried Cayenne Chili peppers into a large wide mouth jar with non-metal lid. Cover with Apple Cider Vinegar with one inch over the top of the herb level. Let soak for 1 month, Shake regularly. Option: This jar may be buried in the Earth for 1 lunar cycle. Strain and add ½ cup Honey. Mix well. Bottle. Take one tsp. daily as a stimulating immune and circulation tonic.

BURN CARE

3 parts Aloe Vera Gel 1 part St. John's Wort Extract 1 part Lavender *E.O.*
Mix together, put into squeeze bottle, store in refrigerator, Great for ALL burns.

HERBAL TINCTURES

When using fresh herbs use 1 part herb to 2 parts liquid. When using dried herbs use 1 part herb to 5 part liquid.

ALCOHOL EXTRACTS

Place herbs in a clean, wide mouth jar. Pour an appropriate amount of liquid over the herbs. Cover, shake daily for 2 weeks. Strain. Put into clean jar, let sit overnight, pour off clear extract, and strain cloudy liquid through coffee filter. Bottle and label. Alcohol can be Brandy, Port, 190 proof grain alcohol or wine. Tincture needs at least 12% alcohol to extract and preserve.

GLYCERITES

A non-alcoholic extraction made with vegetable glycerine, from a coconut source, is sweet

and syrupy. Place herbs in jar, pour liquid over herbs. The liquid part should be 50% distilled water. Cover. Shake daily for 2 weeks, strain.

VINEGAR

Use Wine, Apple Cider or Balsamic Vinegar.

Place herbs in jar, over the vinegar. Shake daily for 2 weeks, strain.

WATER INFUSIONS

For Cold Tea-Place herbs in a wide mouth jar with water. Place in refrigerator overnight.

For Hot Tea-Infusion - This is made from the aerial parts of the plant: flower, leaf, stem
Hot water is poured over herbs and steeped for 5 minutes. 1 tsp herb/cup water.

Decoction - This is made with roots, barks, berries. Place herbs and water into pot, bring to a boil, let simmer 5 minutes, remove from heat, cover, let sit for 1 hour or more.

Sun Tea - Place dried or fresh herbs in large jar with water, let sit in sun all day.

HERBAL OIL

Grind dried herbs, put in clean wide mouth jar. Saturate with oil of choice, 1 inch above herbal matter. Can sit on counter or be placed in oven with pilot light. Stir every day for 2 weeks. Let oil drip into bowl through muslin cloth for 1 day. Gather and squeeze out as much oil as possible, compost herbs. Pour into clean, dry jar.

Quick method - Place herbs in pot, cover with oil, approximately 1 part herb to 2 parts oil. Set at low heat, stir often, for 2-3 hours. Cool. Strain. Place in clean, dry jar.

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“Aromatic International Cuisine”

High Antioxidant French Toast

4 Slices Sprouted Multigrain Bread 2 Eggs Beaten Dash of Cinnamon Powder
Dash of Nutmeg Organic Yogurt High Antioxidant Berry & Nut Mix Maple
Syrup Grape Seed Spray Oil Fresh Blueberries

Directions: Mix eggs with Cinnamon and Nutmeg powder. Preheat the pan, lightly spray pan with oil. Dip and coat the bread into the batter. Place bread on pan and lightly brown both sides. Serve bread topped with a layer of yogurt, fresh Blueberries, Berries and nut mix. Drizzle with syrup.

Soy Pad Thai

1 Package of Thai Style Pasta Thai Style Firm Tofu Jalapeno or Thai Chile as Desired

1 cup chopped Cilantro 1 cup Bean Sprouts 1 pkg Oriental mix
Vegetables

½ cup Crushed Peanuts 1 cup of Green Onions ¼ cup of fresh chopped Basil

3 drops of Basil Essential Oil Braggs Amino Acids-Soy Sauce Grape Seed Oil

Directions: Prepare pasta as instructed on box. In pan sauté all vegetables and tofu with a splash of Braggs Amino Acids- Soy Sauce. Combine pasta with vegetables, essential oil and tofu. Top with peanuts, a splash of Grape Seed Oil and cilantro.

Rose Water Wine

Add 5 to 10 drops of Rose Water in to your favorite glass of wine.

Spicy Miso Soup

1 pkg of Miso Soup 1 pkg of firm Tofu ½ cup of Green Onions
1 cup chopped Broccoli 2 diced Jalapenos 3 stalks of diced Celery
½ cup Cilantro 2 cups sliced Mushrooms 32 oz Vegetable Broth
Grape Seed Oil 1 Lemon 3 drops of Basil Essential Oil
Braggs Amino Acids-Soy Sauce

Directions: Saute all vegetables and Tofu with a splash of Soy Sauce and Grape Seed Oil, then add broth, Essential oil and Miso soup package and let simmer. When serving squeeze lemon to taste.

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Portabella Mushroom Pasta

1 pkg of your favorite pasta 2 big sliced Portabella Mushrooms ¼ cup Grapeseed Oil
5 chopped Garlic 1 jar Marinara Sauce Soy Sauce (Braggs Liquid Aminos)
3 drops of Rosemary Essential Oil 5 Basil leaves

Directions: Prepare pasta as instructed on box. Sauté the garlic and mushrooms in the grape seed oil and soy sauce. Combine pasta, sauce and essential oil. Top with mushroom mixture and basil leaves.

Magical Salad

1 medium bag of Organic Salad Greens 1 sliced Avocado ½ Purple Onion thinly sliced
1 cup Bean Sprouts 2 sliced Roma Tomatoes 2 Mandarins 1 Sliced Cucumbers
¼ cup Grape Seed Oil ½ cup raw mix seeds and nuts ¼ cup Raisins or Cranberries
2-4 Tbsp Soy Sauce (Braggs Liquid Aminos) Dash of Chipotle powder
2 Tbsp Apple Cider Vinegar

Directions: Toss all ingredients and serve it to complement any main dish.

“Aromatic Vegetarian Mexican Cuisine”

Merienda:

Caliente Aztec Cacao

2 tablespoons of Cocoa powder 6oz Almond Milk 1 tablespoon of Rose Water
Cayenne Pepper

Directions: Stir the Cocoa power in to the hot Almond Milk and the Rose Water with a dusting portion of Cayenne Pepper at your own risk.

Picante Corn Bread

1 box of Corn Bread Mix 8 oz Fresh Salsa 3 oz Grape Seed Oil
4 to 6 oz Almond Milk
1 to 2 drops of Basil Essential Oil

Directions: mix all the ingredients in baking pan. Bake at 350 degrees F for 35 minutes or until cooked through.

Almuerzo:

Rica Carne Asada Green Taco

16oz of TVP (Textured Vegetable Protein) 2 to 3oz of Grape Seed oil Roman Lettuces
Leaves
Dash of Chipotle Powder Seasoning Salt , Dry Oregano, Garlic Powder,
Black Pepper, and Brags Amino Acids-Soy Sauce at your taste.

Directions: Place the TVP on a medium heat pan for couple of minutes. When TVP turn light brown add the grape seed oil and the seasoning ingredients mix everything for couple of minutes and serve it on top of the Roman Lettuce Leave as a green taco tortilla. You can add beans, guacamole and or salsa on top of your taco.

Fresco Guacamole

2 Avocados Sprinkle of Chipotle Power 3 tablespoons of Grape Seed
Oil 2 oz plain Yogurt 3 tablespoons of chopped
cilantro 1 tablespoon of apple cider vinegar 2 chopped
Roma Tomato 3 chopped Green Anions Sprinkle of Dried Oregano
Sprinkle of Dried Dill 2 drops of Lemon Essential Oil 2 cups of
fresh Green Mix Salad Dash of Chipotle Powder

Directions: Combine all the ingredients and mix them well using wooden or ceramic utensils because metal tends to turn avocados black.

Comida:

Chiplotle Dip Oil

6 oz of Grape Seed Oil 1 head of Garlic diced 1 oz of Soy Sauce
(Braggs Amino Acids)

Dash of Chipotle Powder

Directions: Mix all ingredients and served it to complement any main dish.

Flaming Cerveza

12 oz of your Favorite Beer
Dash of Chipotle Powder
Amino Acids)

1-2 Olives
Celery Stick

1 Lemon or Key Lime
Splash of Soy Sauce (Braggs

Directions: Pour your favorite beer into a chilled glass. Add the olives and celery stick and sprinkle Chipotle Powder into the glass. Add a splash of Braggs Amino Acids and Squeezed lemon or lime.

Nachos Salud

Flaxseed chips Fresh Guacamole Fresh salsa Plain Yogurt Mix Salad
Greens
Boiled Beans Yogurt Cheese Grape Seed Oil Sautéed Tofu and
portabella Mushroom

Directions: In a pan place a layer of chips and Yogurt Cheese in the oven for a few minutes. Remove from oven and layer with beans, Mix Salad Greens, Sautéed Tofu and portabella Mushroom. Top with the Guacamole, salsa, plain Yogurt, and a sprinkle of Grape Seed Oil.

Mojito

For each glass take 3-4 sprigs of Mint, grind with sugar until pulpy in a mortar and pestle. Add 2 sliced limes to mortar. Beat together. Take a glass and place a small drop of mint oil on your finger and wipe finger on inside of glass. Pour in lime/mint mixture. Rinse mortar out with rum, add rum to glass with soda water and ice. Enjoy!

Buen Provecho and Salud!

RECOMMENDED RESTAURANTS

VISALIA: El Tarasco Restaurant and Seafood , 2636 S. Mooney Blvd Visalia, CA 93277, (559)732-8226

FRESNO: Vegetarian New Star, 1134 E. Champlain Drive Suite 108, (559) 434-6363.
Fajita Fiesta, 1850 S. Van Ness Ave. (559)498-6015.

Senses World Cuisine, 1110 N. Van Ness Ave. (559)445-1957

SAN LUIS OBISPO: Big Sky Café, 1121 Broad St. (805)545-5401.
The Natural Café, (805)546-9200.

THOUGHT OUT CALIFORNIA: www.thenaturalcafe.com, www.elephantbar.com,
www.bjsrestaurant.com, www.cafegratitude.com

Tangerine Food Bar, Fresh Seasonal Food To Go, 1707 Solano Ave. Berkeley, CA 94707,
PH (510)558-9898, www.tangerinefoodbar.com

One World Vegetarian Cuisine, 178 Glendora Ave. West Covina, CA 91790,
PH (626)917-2727, www.oneworldveggie.com

Ambala Dhaba, Homestyle Indian Food, 1781 Westwood Blvd Los Angeles, CA 90024,
PH (310)966-1772 and 17631 Pioneer Blvd Artesia, CA 90701, PH (562)402-7990
www.ambaladhaba.com, ambaladhaba@msn.com

Good Earth Natural & Organic Foods, 1966 Sir Francis Drake Blvd, Fairfax, CA 94930,
PH (415)454-0123, www.GoodEarthNaturalFoods.net

Tacubaya La Taqueria De Dona Tomas, 1788 Fourth St. Berkeley, Ca 94710,
(510)525-5160

Pizza Antica, Multiple Locations in Northern CA, www.pizzaantica.com

Esalen Institute, 55000 Highway One, Big Sur, CA 93920-9596, <http://www.esalen.org>
PH (831)667-3000, Esalen Institute is an educational center devoted to exploring and realizing human potential through experience, education and research. Esalen serves a wide variety of food. Whenever meat is served, a vegetarian and vegan option are available. Much of Esalen's produce is organically grown on their farm and picked fresh just hours before mealtime.

ACTION PLAN FOR EXCELLENT HEALTH WITH MORE NATURAL HABITS

1. * **Exercise 20 to 45 minutes every day**, walking and jumping on the trampoline are the best forms of exercise. Exercise **reduces** skeletal muscle tension, dependence on alcohol, drugs, insomnia, depression, cholesterol levels, and blood pressure; **improves** digestion and utilization of food, elimination (from skin, lungs, and bowels), blood sugar regulation, self-esteem, more rapid metabolism; **enhances** oxygenation of the blood and brain, and appetite suppression in many cases. Exercise **reduces** the risk of **diabetes by 25%, heart attack 38%, gall bladder diseases 40%, hip fracture in elderly women 45%, colon cancer 54%, stroke in elderly men 60%, and mortality in elderly 67%**.
2. Drink **8 to 10 glasses of pure water daily**. The best water in the market with the pH balance of 7.5 is **Fiji** Natural Artesian Water. According to your weight you need to drink ___ oz. or ___ 16 oz. bottles of water every day. Use glass bottles or polycarbonate bottles. Never freeze water in regular plastic bottles or leave regular water bottles in hot temperatures, such as in vehicles or in direct sunlight. Plastic expands and contaminates water. Drinking 1 liter of water at the onset moment of a headache can alleviate 8 out of 9 headaches. People who live in humid climates and drink plenty of water have **less predominant wrinkles**. Our planet is 70% water, like nature, we too are 70% water; our brain is 94% water. We are walking water! What we drink today can walk and talk tomorrow! So why not drink pure water!. H₂O adds oxygen to the body.
3. * First thing in the morning, **drink 1 to 3 cups of water before brushing your teeth**, you may add a few drops of colloidal silver, and have breakfast an hour later. Colloidal silver enhances immune system.
4. * Practice **Oxygenation** every day, breathing deeply for 4 seconds and hold it for 21 seconds, then exhale for 8 seconds, do this process for 21 consecutives times, 3 times a day. **Increases memory**.
5. Be sure to have breakfast within 2 hours after you wake up. The first food of the day is one of the body's most important fuels. It helps you stay energized during the day. Don't take liquids or appetizers during the first 2 hours after any food during the day because this interferes with the gastric juices of the digestion process, unbalancing your pH.
6. Drink 2 to 8 ounces of Aloe Vera juice. Take once or twice daily as is, or mix with your favorite juice. Common uses: **Overall health**: Help support a healthy immune system, as well

as many other natural body functions. Great as part of a daily healthy maintenance regimen. Also, great to take in conjunction with daily vitamin and herbal supplementation; **Gastrointestinal System:** Helps promote healthy digestion, also helps restore the colon and promote regularity; **Muscle and Joint Support:** Helps support normal muscles, tissue and joint functions; **Oral Hygiene:** Helps maintain healthy gums, mouth and throat, just sip, gargle and swallow.

7. * Consume 2 to 4 Tbsp of **raw vegetable oil** with meals 2 to 3 times a day as dressing or in your juices (extra virgin olive oil, grape seed oil, sunflower oil or flaxseed oil). Or take 6 capsules of Omega 3 Hi EPA or Flax seed, a day; or eat an avocado every other day. This habit keeps **cholesterol balance, moisted skin and flexible joints**.
8. * Take friendly bacteria (flora force) after each meal.
9. * Consume digestive enzymes with meals. They help you digest carbohydrates, fats and proteins. If you have trouble digesting corn, papaya or watermelon take an additional tablet of digestive enzyme with each meal.
10. If you are in a program to lose weight be sure to consume a total of calories according to your weight multiplied by 10; for example if your weight is 155 lb multiplied by 10 the total is 1550 calories, and those must be consumed daily.

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11. * **Consume** proper nutritious **foods 3 to 5 times a day**, make sure they are fresh, local, and organic; the following foods have been selected from **The Zone Diet** which its main focus is to **nurture the gland**: alfalfa sprouts, almonds, **apple**, apricots, artichokes, asparagus, **avocado**, barley, basil, beef tenderloin (well-trimmed) black beans, blackberries, blueberries, **broccoli**, brussel sprouts, cabbage, canola oil, carrot, cashews, cauliflower, celery, cherries, chicken breast (skinless), chickpeas, **chili peppers**, cinnamon, cod, cottage cheese (low-fat), crabmeat, cucumber, curry, eggplant, fennel, **garlic**, ginger, grapefruit, grapes, green beans, kale, kidney beans, kiwi, **lemons**, lentils, lettuce, macadamia nuts, mushrooms, mustard greens, navy beans, nectarines, **oats** (slow-cooked), okra, **olive oil, onions**, oranges, parsley, peaches, peanuts, pear, plums, protein powder, radishes, raspberries, red bell pepper, salmon, salsa, sardines, scallops, sesame seeds, shrimp, soybeans (boiled), soybean hamburger crumbled, soybean imitation meat products, soy cheese, soy milk, spinach, **strawberries**, tangerines, tofu, **tomatoes**, trout, tuna, turkey breast (skinless), red wine, yellow squash, yogurt, zucchini. Have **70%** of your daily meals in **raw forms**. People who regularly eat one carrot a day, reduce the risk of strokes by more than 68 %.
12. * The Top antioxidant foods with the highest ORAC (Oxygen Radical Absorbance Capacity) units are: **Mangosteen fruit (thai-go) 79,000, Dark chocolate 13,120**, prunes 5,770, raisins 2,830, blueberries 2,400, blackberries 2,036, strawberries 1,540, spinach 1,260, raspberries 1,220, brussels sprouts 980, plums 949, alfalfa sprouts 930, broccoli florets 890, oranges 750, grapes (red) 739, red bell pepper 710, cherries 670, onion 450, and corn 400.
13. **Energetic Breakfast.** Soak and refrigerate overnight **multi grain cereal** with almond milk or soy milk. Add as many different dried fruits, nuts, bee pollen, and honey and eat it for breakfast the next day in regular basis
14. When reading **nutritional fact labels** when shopping; **5 % is low** and **15% or more is high**. For example if the sodium is 25%, the product has high sodium content and ideally should be around 5 %. Another example is if the fiber amount is 5% the product has low fiber content and ideally should be greater than 15%; because the higher fiber percent the more beneficial it is to the gastro-intestinal tract. If the item listed is good for your health you want a higher percentage and if it is not good for your health you want to see the percentage low.

15. Make the habit to consume **Natural Yogurt with fruits and honey** de 4 to 8 oz. by the mornings. This **improves the digestion**.
16. **Avoid** foods completely that are processed or composed from **cold meats** for example: the sausages, ham smoked, bacon, pepperoni, etc.
17. Integrate the Zone Diet (**30% Carbohydrates, 30% Fats and 40% Proteins**) to your nutritional regime.
18. Foods to **avoid** according to your **blood type**:

Type O: Wheat gluten and corn (interferes with insulin efficiency and slows metabolic rate); lentils (inhibit proper nutrient metabolism); cabbage, Brussels sprouts and cauliflower (inhibit thyroid hormone), mustard green (inhibit thyroid production), and coffee.

Type A: Meat (poorly digested, stored as fat, and increases digestive toxins); dairy (inhibit nutrient metabolism); kidney and lima beans (interfere with digestive enzymes and slow metabolic rate); and wheat (inhibits insulin efficiency).

Type B: Corn (inhibits insulin efficiency, hampers metabolic rate, and causes hypoglycemia); lentil (inhibit proper nutrient uptake, hamper metabolic efficiency, and cause hypoglycemia); peanuts (hamper metabolic efficiency, causes hypoglycemia, and inhibit liver function); wheat (slows the digestive and metabolic processes, causes food to be stored as fat, not burned as energy, and inhibits insulin efficiency); and chicken.

Type AB: Red meat (poorly digested, stored as fat, and toxifies intestinal tract); kidney and lima beans (inhibit insulin efficiency, cause hypoglycemia, and slow metabolic rate); seeds (cause hypoglycemia); corn (inhibit insulin efficiency); buckwheat (causes hypoglycemia); and wheat (decreases metabolism, inefficient use of calories, and inhibits insulin efficiency).

19. Foods **favorable** according to your **blood type**:

Type O: Animal protein; red meat, spinach and broccoli (aids efficient metabolism); fish, Kelp seafood and iodized salt (contains iodine and increases thyroid hormone production); Liver (B-vitamin source and aids efficient metabolism); vegetables; and fruit.

Type A: Vegetable oil (aid efficient digestion and prevent fluid retention); soy food (aid efficient digestion and metabolize quickly); vegetables (aid efficient metabolism and increase intestinal mobility); fresh pineapple (increases calorie utilization and increases intestinal mobility), tofu, seafood, grains beans, and fruit.

Type B: Balanced omnivore diet; dairy; meat, grains beans, legumes, vegetables, fruit, greens eggs, venison and liver (aid efficient metabolism); and Licorice Tea (counters hypoglycemia).

Type AB: Mixed diet in moderation; animal protein, and tofu (promotes metabolic efficiency); dairy and kelp (improves insulin production); beans; greens vegetables (improve metabolic efficiency); fruit; and fresh pineapple (aids digestion and stimulates intestinal mobility).
20. * **Detoxify** every 3 to 6 months, especially in the middle of the months of March, June, September and December or at least twice a year with **CleanStart, Liquid's Cleanse** or **TiaoHe Cleanse**. Use **Bowel Detox** in a regular basis if you have constipation.
21. Use cayenne pepper in as much meals as possible.
22. It is important to do a parasite cleansing yearly. The program **Para-Cleanse** is for 10 days which you can begin after any detoxification you do in a year.
23. If this is your first program of detoxification you will probably have “**the curative crisis**” as

it has been called. Sometimes some uncomfortable symptoms appear which are signals of that the herbal treatment is fulfilling its objective of detoxification. Possibly the curative crisis is more pronounced in the more affected organs, this stage of the process has a 2 to 3 day duration. During this time drink more water than you normally consume and keep continuous movement.

24. If you are taking **prescribed medications** take herbs and vitamins after one or two hours of taking your medication.
25. Read the book “**The Miracles of fasting**”, practice a mono-diet or fast a few times a month.
26. Open a capsule of **Probiotic** directly sprinkle in to your mouth before going to bed. This will improve your bad breath and any gum problems.
27. * **Avoid** consuming any **lactose products**; instead, consume almond milk, soy milk, and soy cheese or almond cheese.
28. When you eat pastas, cereals and whole grain bread, make sure the consistency is heavy. **Stay away from refined flour**, especially all the instants soups that are high in sodium. Rye bread, sprouted bread and 7 grain are the best choices.
29. **Avoid instant coffee, soda** and any type of **gaseous drinks**. Try to drink natural fruit water such as Jamaica, lemon or pineapple. Drink green tea.
30. * **Used natural honey, molasses, maple syrup, or natural sugar** to give a sweeter flavor to your drinks. If you are diabetic use the herb stevia. **Avoid refine sugar** because it increases diseases and accelerates the process of aging.
31. **Use 100% natural sea salt** or “Braggs” soy sauce with only 5% of sodium to season. **Avoid refined salt.**
32. Use separate **cutting boards** to cut vegetables, fruit, meats, or cheese. **Replace them every 6 months.**
33. When cooking **use spray oils**. Avoid any fried foods, toasted grains (snacks). **Avoid using Teflon pots and microwaves** when heating any foods or liquids and most of all do not pre-heat any baby formulas. The nutritional values that are retained in meals that are **micro waved are 3-26%, at boiling 34%, in pressure pots 53%, and steamed 90%**
34. Drink **red apple peels tea** in the morning, every day for a month. Boil 16 oz. of water, add the organic red apple peel, and immediately turn off the fire leaving the tea to brew for 20 min. **To improve digestion.**

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35. Drink **white potato peel tea** in the morning, every day for a month. Boil 16 oz. of water, add the white potato peel, immediately turn off the fire leaving the tea to brew for 20 min. **to improve the circulatory system and helps to lose weight.**
36. Drink **string bean tea** in the morning, every day for a month. Boil 16 oz. of water, add 10 raw string beans, and immediately turn off the fire leaving the tea to brew for 20 min. **to improve the urinary system.**
37. Squeeze a **lemon** in 8 oz. of water $\frac{1}{2}$ an hour before breakfast for a month. **Reduces excess nasal mucus.**
38. **Drink tea daily** from chamomile, mint, orange blossoms, lemon, basil, valerian, Or your favorite one.
39. Chew 15 to 25 **raw seeds of sunflower** without salt 3 to 5 times daily. **Help to cut down on smoking.**
40. Chew about 20 **watermelon seeds** every three days for one month. **Improves circulation.**

41. Put one Tblsp. of **apple vinegar** and one Tblsp. of **honey** in 8 oz. **water** 3 to 5 times daily before each meal. Helps improve **digestion, reduces fat and joints inflammation.**
42. After each bowel movement use a **moist wipe** (baby wipes) to cleanse the area.
43. **For personal care**, be sure to use: **deodorants** that are aluminum free, **dye hair** with henna base dyes, herbals and natural **toothpastes**, liquid glycerin **soaps**, biodegradable liquid **laundry soaps**. Avoid **acrylic nails** and **enamels**, and never use **fabric softener** or **bleaches** when washing and drying.
44. Use **perfumes** that are natural or contain natural ingredients, Such as or **Geranium, Jasmine, Rose** or **Ylang-Ylang** for women and **Cedarwood, Sandalwood, Vetiver** or **Patchouli** for men.
45. Avoid commercial products to clean the home that are compounds of toxic chemistries. Use **apple vinegar** diluted with water, and adds few drops of **lemon oil** as a **multi-cleaner**.
46. Bathe the feet for 20 minutes in a container with water, ½ cup of **sea salt**, some **blend of essential oils** and use water as hot as you can tolerate.
47. Take **baths** with **sea salts** every 3 days with **essential oils** for 30 minutes.
48. **A common question** asked is “**How long does it take to heal?**” For each year of the health challenge it takes one month on a natural health program and can take longer because of the quality of blood, adequate circulation and proper rest.
49. Avoid **negative thoughts** since they **cause over acidity**.
50. Stop junk mail by sending a letter to: **Stop the mail**, P. O. BOX 9008, Farmingdale, NY, 11735-9008
or call 1-888-5 OPT-OUT.
51. Take time to **listen to instrumental** or subliminal music during the day and when sleeping.
52. Listen CD’s with **Music for thinking, concentration, learning, productivity and/or to relax**. Call Advanced brain Technologies at (801) 622-5676 Fax (801) 627-4505 e-mail: info@advancedbrain.com Web site: www.advancedbrain.com
53. **Stay in touch with nature**; visit the coast or mountains breathe fresh, pure air, or grow a garden. The natural landscapes are one of the best forms of relaxation for the mind and body. **Take time to enjoy the sunset.**
54. Expose yourself to the **sun** at least one hour a day preferably **before noon and/or after the 4:00 p.m.**
55. **Sleep** in a sleeping bag and **eat a banana** daily to **prevent cramps**.
60. Drink 8 oz of water with 15 drops of **Hydrosol** (waters of flowers) 2 to 3 times daily, **for emotional balance**.
61. At least once a month **receive a massage for relaxation** on your feet or the entire body. The **benefits** that massage offers are: **it stimulates immune system, it fortifies the body, it replaces vital energy and it improves your dreams.**

Adaniel Lepe-Camacho is a Certified Natural Health Professional (C.N.H.P.) and an Herb Specialist. He is an instructor and consultant providing Natural Solutions with Holistic Nutrition, Aromatherapy, Reflexology, and other natural techniques. Adaniel has also created a line of natural skin care products.

Glossary

Absolute – a solvent extract of fragrant materials from botanicals, producing alcohol-soluble liquid or semi-liquid oil. Common solvents include, among others, alcohol and hexane, which are then removed.

Attar (Otto) – Used to describe the steam distillation of rose petals “Rose Otto”. Also an Indian term for the material obtained from the co-distillation of Rose and Sandalwood.

Cold Pressed, cp – a pressing process of extraction for citrus and fixed oils with minimized heat and deterioration. Usually under 120 degree Fahrenheit.

Concrete – a solvent extraction, typically hexane, of a botanical which yields, after removal of the solvent by vacuum distillation, a semi-solid wax.

Essence Oil – volatile oils, typically fragrant, which are extracted from botanicals using steam distillation. Essential oils are normally liquid, but in some cases, such as Anise, may be solid, depending on the temperature. For commercial purposes expressed oils such as orange are identified as essential oils, while technically, they are not.

Extraction – a process of removing botanical components from a raw material through the uses of distillation and/or solvents. The solvent portion containing the extracted material is filtered and the solvent removed. The extract will contain non-volatile as well as volatile components. Oleoresins, resinoids, concretes, and absolutes are all produced by extraction.

Fixed Oils – non-volatile oils derived from plant materials, commonly referred to as *vegetable oils*.

Hydrosol – Otherwise know as floral water or distillate water, the by-product of steam distillation.

Refined – a material that has been processed to remove impurities from the natural, crude botanical.

Tincture – an alcoholic extraction with the solvent left in as a dilutant.

Unrefined – the crude, natural, or virgin first pressing of a botanical.

Wheat Germ Oil – natural oil obtained from the embryo of the wheat kernel separated in milling. Natural source of vitamin A, D, and E.

