Aromatherapy has become a very popular and commercialized word, but what is really meant by the term “aromatherapy?”

Authentic Aromatherapy is a comprehensive health care modality that utilizes therapeutic plant extracts called “essential oils” to evoke the body’s own intrinsic healing power. Essential oils support the body in achieving what it does naturally -- seeking homeostasis, balance, and optimal health. This is a vastly different concept than the current commercial idea of “recreational” aromatherapy comprised of scented candles, bubble bath, perfume oils, fragrance plug-ins, etc.

Surprisingly, aromatherapy is not chiefly about aroma, but rather the processes that occur in the body after its application. Using extracts of aromatic medicinal plants called “essential oils,” aromatherapy facilitates the body’s own healing power at the cellular level, allowing the body’s systems to balance, repair, and restore health.

Historically, the therapeutic nature and protective qualities of plants have been highly revered. Every ancient culture has used aromatic plants for health, healing, prayer, beauty, and purification. The use of aromatics is well documented in Egyptian hieroglyphs as well as in ancient Eastern medical texts from China and India, and steam distillation of aromatic botanicals was perfected in Persia. During the 1800s when tuberculosis took millions of European lives, the people working in the herb and flower fields were not succumbing to the disease. It was hypothesized that the medicinal qualities of the plants protected them, and this in fact is what led to the first scientific studies on the antimicrobial effects of essential oils.

Modern science continues to validate what the ancients have known all along. Research has established that essential oils are highly unique substances and that they may address some of the unmet challenges of today’s health care. Scientific studies confirm that aromatherapy oils may calm, energize, balance, rejuvenate, repair, and purify the mind and body. Essential oils may help reduce pain and inflammation, ease stress, boost the immune system, act as quick intervention for colds and flu, combat mold and airborne germs, and neutralize toxins.
Not only that—studies confirm that essential oils actually discriminate between normal and abnormal cells (such as cancer cells). In-vitro tests have demonstrated the ability of essential oils to target and destroy cancer cells while remaining nontoxic to normal cells (the healthy cells continued to reproduce and grow as normal). What does this mean? It means that essential oils are a lethal weapon for abnormal cells and pathogens, but harmless (and actually beneficial) to normal cells and tissues.

We should be shouting this kind of news from the rooftops! Aromatherapy offers fantastic options for our health care!

We have just recently recognized the true value of aromatherapy here in the states, and its use is growing rapidly. Dr. Andrew Weil, the “king” of integrative medicine, says aromatherapy is “the most exciting of all the complementary health care modalities.” But in Europe and Australia, aromatherapy has been accepted as part of customary health care for decades, both preventive and curative. There, essential oils are used not only to maintain health but also to correct serious medical problems. Aromatherapy protocols have even turned around diseases and saved lives when all other conventional medical practices failed!

One French medical doctor currently uses essential oils to dissolve plaque build-up in the arteries in lieu of harsh pharmaceutical drugs or surgical intervention. One of my clients decided to try this approach. Within only three months of using a daily topical solution of specific essential oils, ultrasound showed that the 80% blockage of her carotid artery was reduced to a 50% blockage! Needless to say, my client wishes to continue with the aromatherapy and is looking forward to even greater benefit in the future.

There are several application methods in which essential oils may be used in aromatherapy. The three basic models are: the German model which promotes inhalation, the English model which uses topical applications of diluted essential oils, and the French model which employs these two plus internal methods. Depending on your personal needs and objectives, these three methods may be combined and used together. All approaches are practical and straightforward, but guidance from a clinically trained aromatherapist is required for internal methods of use.

There are a myriad of ways to take charge of your own health with the holistic system of aromatherapy. Unfortunately, however, many of the essential oils widely sold today are not appropriate for health care. Many are not derived from medicinal plants at all, but are artificial substances synthesized in a laboratory without healing properties. Even “natural”
and “genuine” essential oils are commonly adulterated. Therefore, I suggest you step into the
down of aromatherapy by first educating yourself. Read, take classes, and, for specific needs,
work with a professional aromatherapist. Books I have enjoyed include The Complete Guide
to Aromatherapy by Salvatore Battaglia and Aromatherapy for Dummies by Kathi Keville. I
also recommend looking for classes and seminars in your area or, if you are adventurous and
have the time, you can travel to take aromatherapy classes. Correspondence courses are also
available.

However, working with a professional aromatherapist is the fast track to learning and reaping the rewards of
essential oils. A professional can teach you which oils are genuine and what choices suit your individual
needs most appropriately. A clinical aromatherapist can also identify contraindications and provide
accurate safety guidelines for best use and benefit. Not only can you learn to address common or chronic
complaints that you may already be treating at home, you may also learn methods to provide additional support for serious illnesses.
Aromatherapy protocols with essential oils can be a very powerful adjunct to conventional
medical treatments.

Now is the perfect time to become more open and aware of our health care options, including
our mental health and wellbeing. Let’s admit it, Western allopathic medicine does not hold
all of the solutions to our health and happiness. Medical mistakes are responsible for
thousands of deaths in this country annually.* Prescription drugs as well as over-the-counter
drugs are riddled with side effects which can cause organ damage and/or claim lives even
when used as directed. It’s actually unfair and unrealistic to expect our doctors to have all of the
answers. We must take a greater role in our own welfare, educate ourselves, and utilize of a
combination of therapies for best effect.

So consider this -- after 6,000 years of proven use, aromatherapy may be more viable and
valuable than ever as we face challenges without many affirmative, all-around allopathic
answers. Aromatherapy addresses a multitude of issues within a completely natural, drug-
free, holistic context. And when used as directed, there are no negative side effects.

I feel aromatherapy is the key to a fulfilling future. It’s versatility is unlike anything else! It
may affect your skin, your hair, muscles, joints, digestion, circulation, respiratory system,
nervous system, your emotional state, concentration, and more. No other modality influences
body, mind, and spirit as completely as aromatherapy. No other therapeutic practice effects
us so profoundly on every level of our humanity. For deep transformation and healing,
aromatherapy holds a unique place in the field of medicine and integrative health care.
I want you to be as bright, healthy, and happy as you can be, try aromatherapy! It’s easy, economical, effective, as well as powerful, practical, and pleasurable. It’s the only “medicine” I know of that’s fragrant and fun!

I invite you to contact me with your questions and comments regarding aromatherapy. Contact me through my private email address or phone number given below. I look forward to meeting and getting acquainted together!

With best aromatic wishes for your highest health,
Denise Wickell, LMT, CA, RA

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To order medical grade essential oils, including Kunzea and Fragonia, to learn more about aromatherapy, or for a list of seminars and classes, see the website www.primabody.com.

To order Young Living Essential Oils, go to www.youngliving.org/primabody.

More to read: http://www.leadingcauseofdeathprescriptiondrugs.com/

Information in this article is educational and not intended to substitute for medical consultation or to diagnose, treat, cure, or prevent disease. Anyone suffering from illness or injury should consult a health care professional for diagnosis.

Denise Wickell is owner and founder of Prima Body, LLC, and has enjoyed offering massage and other holistic health services since 1995. Denise is a Certified Aromatherapist with clinical training by the accredited American College of Healthcare Sciences and Registered Aromatherapist through the Aromatherapy Registration Council. She is an approved Continuing Education Instructor & Provider by the Florida Department of Health-Board of Massage as well as the NCBTMB, a national massage therapy organization. Denise’s passion lies in offering aromatherapy consultations, essential oil products, public presentations, “aroma socials,” and educational classes & seminars.

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