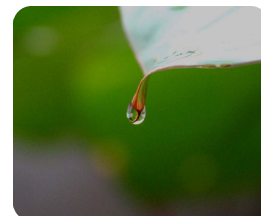


Essential Oils

Then & Now Newsletter

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SIMPLY COMPLEX

Have you ever noticed how the immense and the minuscule of nature work synergistically to create the beautiful world we live in? And how harmoniously complex are all the functions of all the parts of our bodies from the largest organs to the microscopic elements of a tiny cell. If one part is missing, life does not function as well and perhaps dies. Volumes have been written about these things. Volumes also could be written about essential oils - their behavior and characteristics due to the synergistic main and trace ingredients and their work in nature and in the human body. For example, it's not the main constituents but the minor and trace components that gives grapefruit its ability to dissolve fat, reduce cellulite and decrease weight. In fact, it takes an infinitesimal 0.0000001% of sulfur to give grapefruit its distinctive aroma. One part per billion ! That's equivalent to 5 drops in an Olympic-sized pool.

One of the things trace elements do is "quench" compounds, which on their own could be toxic. In the pyramids of the Pharaohs and in Egyptian temples hieroglyphics illustrate the extracting and blending of the essential oils for medicines, rituals, and perfumes. These medicines were reported effective cures for over 80 diseases. On the heads of Egyptians portrayed in hieroglyphics are cones which contained animal fat or wax scented with fragrant oils and myrrh. As the fat melted in the heat, it had the fragrance the Egyptians prized, and myrrh, which kept the biting insects away and protected their skin from burning. Myrrh is one of the oils whose trace elements quench the action, in this case, of furanoids (or furans). If unquenched, furans act as a 5-sided prism or magnifying glass which when exposed to sunlight or a tanning booth can cause severe sunburn, dermal discoloration, and/or other skin disorders. Many citrus oils have furans and are phototoxic when applied to exposed skin. (No problem in a drink.) Myrrh contains at least 10 furans, more than any other oil, yet because of the minor or trace constituents the burning effect of the furans is quenched.

We wrote before that the British perspective of aromatherapy excludes several oils because of testing constituents of oils on animals. Now you can understand why testing a part of oil gives a false deduction of the oil's effects. An essential oil should be considered as a whole. So also if a company distills "organic-grown" herbs yet extracts them at the wrong time or at too high a temperature, in a speeded up process or with chemicals to quicken the process, these "essential oils" will lack the trace elements, rendering the oils ineffective or even harmful.

The chemical formulas of pharmaceuticals originate from "the effective" part of plants. There is no quenching. There are side effects. These are chemical reproductions. God deliberately and lovingly designed these living trace elements for our well-being. Has anyone really improved on God's wisdom, motives or creations? I think not.

Simply yours,

Joanna