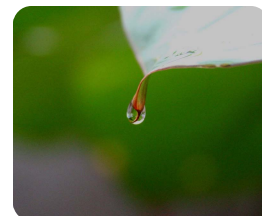


Essential Oils Then & Now Newsletter

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SAFEGUARD

During the Dark Ages many plagues swept Europe. In 15th century England a small band of thieves robbed the dead and dying plague victims of their money, jewelry and anything else of value that could be found. Although the plague was highly contagious, not one of this morbid band of thieves ever contracted it. Finally, they were caught and brought to the King. The King, eager to protect himself and the Royal Family, demanded to know how the thieves had avoided contracting the plague.

The thieves were members of the same family -- a family from a long lineage of apothecaries. Because of their intimate knowledge of the healing arts, passed down generation-to-generation, they were familiar with a combination of specific plant oils that when rubbed over the human body, would protect people from contracting many diseases. For a lighter sentence, the thieves divulged the specific plant oils used and the formula for extracting them from the plants. With that vital information the King was able to protect himself and his family from the plague. The recipe for the "thieves' oils" can still be found in the Royal English Archives to this day.

Many perfumers and tanners in 17th century England were able to escape the Black Plague. The perfume makers -- and the tanners who traditionally scented their handmade leather gloves with perfumes before selling them -- were apparently protected by the antimicrobial properties of the plant oils in the perfumes they were constantly exposed to in their daily work. In fact, virtually the entire town of Bucklersbury, England was spared from the plague even while the residents of other towns in close proximity were dying in droves. It was no fluke. This fortunate town was the center of the European lavender trade. The essential oil of lavender is widely used in making perfume. More importantly, the oil of lavender has long been known to have powerful disease-fighting properties. Recent scientific and medical research has proven that the essential oil of lavender has immune-stimulating and antimicrobial properties that rival and even surpass many modern antiseptic chemicals and antibiotic drugs.

Dr. Jean Valnet, M.D., one of the world's foremost authorities on the therapeutic uses of essential oils, points out that although the powerful medicinal value of essential oils is only now being rediscovered by modern medical science, it has actually been known for centuries. Ancient cultures considered essential oils more valuable than gold. Dr. Valnet states,

"In recent years, both doctors and the public have rediscovered the medical value of essential plant oils, but the idea of using their properties to maintain or regain health goes back to antiquity. The Romans had gotten their knowledge of essential oils from the Greeks, who in turn had received it from the Egyptians. Hippocrates, for example, tackled the plague epidemic in Athens by fumigating the whole city with aromatic essences of plant oils. Later in the 19th century, it is known that perfumery workers showed an almost complete immunity during cholera outbreaks."

Regain/maintain with a relaxing, soul-comforting "Raindrop"

Joanna