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Quote

The man of wisdom is
never of two minds;
the man of benevolence
never worries;
the man of courage is
never afraid.

Confucius

Life was reasonably simple in
Confucius' day. I wonder what his
advise would be if he was around
today?

Find out what you're missing!

For those of you who
haven't yet checked us out
on **Facebook**, here are
some great reasons to:

1. We often post
advance notice of
sales and specials
2. We share
aromatherapy ideas,
news and articles of
interest
3. We share discussions
on aromatherapy.

Some of the topics in
June 2011 were:

- Making Hydrosols
- Aromatherapy
Benefits Autonomic

Green Valley Aromatherapy

October 2011

Greetings!

It's hard to believe that it is
September and I am writing
October's newsletter. The weather
here on Vancouver Island is
beautiful and sunny, better than it
was in the summer. We have been
camping most of the time; it has
been great to sit around our
campfire in the dark, listening to
the ocean and watching the cruise ships sailing by.



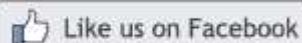
We have had lots of visitors this month; some that we
do not see too often and others that have moved away
from the valley. It is wonderful to catch up! Adults do not
change too much, but children if you haven't seen them
for a few years seem to have turned into adults over
night. I have sent a few friends home with essential oils
for teenagers dealing with troubled skin, mood swings,
emotional issues, or all of them!

Now we have to prepare for the old routine. Kids have
gone back to school. We have packed them a healthy
lunch and put essential oils in their sports bags. Now we
have to start putting the garden to bed for the winter
and planning for Halloween. Before we know it, it will be
Christmas again! I have started planning my Christmas
gifts. Everyone is getting a healthy gift basket (with
homemade soaps, creams, bubble bath, shampoo etc) or
a house cleaning basket. We have a wonderful recipe
book, "[the Naturally Clean Home](#)" by Karyn Siegel-
Maier, which is full of great recipes and which makes it a
treat to clean house.

Some one asked me on the phone which essential oil
was closest to my heart, and I couldn't think of one. I
have access to so many wonderful oils and I like them all
for different reasons. In retrospect I realize I should have
said LAVENDER!!!!!! The best value for money, wonderful
aroma, has healing properties for the mental, physical and
emotional issues that are experienced by men women and
children and the aroma is liked by all ages and sexes. I
have had some wonderful results over the years and
unasked for testimonials from customers who are excited
by the results.

Nervous System -
Taiwan Research

- Killing Mold Naturally
- Soap in the Kitchen
- Sell your Home with Aromatherapy
- Lavender Days Festival
- Aromatherapy Scented Children's Books
- and...coupons!



At the beginning of this century the people who have allergies with the fragrance in products tried to ban Lavender and all pure essential oils in cosmetics. I sympathize with people who are allergic to fragrances as there is fragrance in cleaning products, body products and in food. They really cannot get away from it. I had an incident at our local theatre when a lady beside me asked me to move as she was allergic to my fragrance. I explained I never use shop bought perfume just natural essential oil, but she flapped her program at me all through the performance. People are so afraid of having a reaction, but I have never heard of anyone with a 'fragrance' allergy having a reaction with essential oils. I would be interested to hear what your experience with this has been. Most people do not have allergic reactions to flowers and plants in their gardens. However, if you cannot smell the roses without an allergic reaction then you will not tolerate Rose essential oil.

Aromatically yours,

Barb

Essential Oil Profiles

[Orange \(sweet\)](#)

Orange essential oil (*Citrus senensis*) is a cheerful, uplifting oil. It is great for SAD syndrome or gray sky blues. Seniors benefit from this oil being diffused, as it is mildly sedative, uplifting, tonic, antidepressant and a lymph stimulator. Children are open to using Orange as the smell is fresh, light and familiar.



[Terminator](#)

Terminator Essential Oil Blend contains Camphor, Cinnamon, Lavender, Nutmeg, Rosemary and Sage. Terminator is great back to school blend. Diffuse it in your home to combat the viruses that are around at this time of year. You can add it to a tissue and put in back packs, sports bags and coat pockets.

Until October 31st, 2011, Orange Essential Oil and Terminator Blend are on sale for 15% off!

New Product

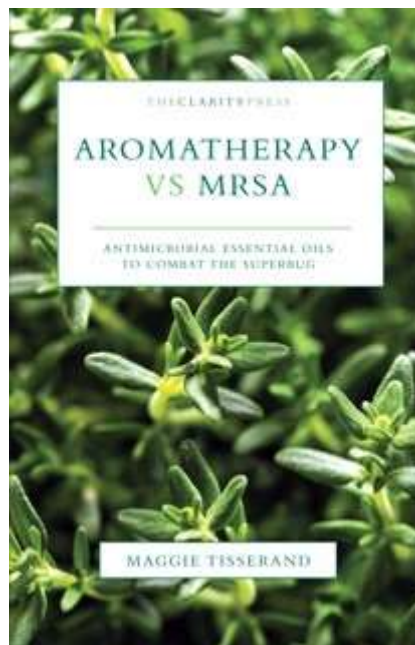
We are excited to be able to offer you a new book by Maggie Tisserand called ['Aromatherapy vs MRSA: antimicrobial oils to combat the superbug'](#).

This book is unique in that it is the latest scientific information, but is easy to understand. Maggie Tisserand has dedicated the book to all MRSA sufferers. She joined a MRSA support group and was horrified at the amount of suffering coming from this common bacterium (*Staph aureus*). Maggie has successfully been using essential oils for many decades to combat infectious diseases and spent 7 years doing research for this book.

Inside the book there are case studies that are quite scary; healthy people including children have gone to their hospital with a broken wrist, for example, and ended up being very sick with MRSA.

Part one of the book deals with MRSA and talks about the evolution of the superbug as well as case studies in humans and animals from around the world. In Part two Maggie goes on to talk about some of the oils that have antimicrobial properties and delves into the scientific research that has been going on involving these oils. Part three is full of Appendices on different topics such as, Reasons for Resistance, Wound Care and an Appendix on what to do before going to the hospital.

There is quite a lot of information packed into this book and it is quite exciting to see all this scientific research gathered together in a format that is accessible to everyone. A must read for anyone who is interested in Aromatherapy and Healthcare.



Did you know?

There has been some talk that the way essential oils are distilled has an impact on their quality. I contacted our friend Robert Tisserand, who tells me most essential oils are distilled green, meaning as soon as they are harvested, not left to dry. This captures the fresh essential oil and is most cost effective.

Just a note to let you know that our office will be closed for the Canadian Thanksgiving Holiday on October 10th, 2011. Business will resume as normal on October 11th.

Happy Thanksgiving Everyone!

