I have tried to group these emails into categories - see file 2 for more. This document is long as it consists of many emails. Look at the age of some of these emails and note that much of the wrong information that I have criticized in aromatherapy is still rampant. Some of these emails may be in other articles so please excuse any repetition.

For the benefit of younger readers, please note that prior to the introduction of the blog sites, most communications were via trade newsgroups. The groups in these emails are not always identified but they are mainly from: aromatherapy-at-idma.com (No longer available). groups.yahoo.com/group/ATFE

groups.yahoo.com/group/oils herbs etc.

Amy,

waste of effort, time and money.

went on to have healthy babies!"

results let me know."

Subject: reply to Amy on research

Research issues

In reply to your question "do I consider medical professionals good enough to do some kinds of research". The answer is it all depends on who is giving them guidance on the

Sunday, July 26, 1998 To: aromatherapy-at-idma.com

effects and side effects of essential oils. If they get bad guidance (common), then the work they do can be of little value. We have already had a spate of papers published by nurses on aromatherapy. When these papers have been scrutinized by real experts they

Such bad work published by members of the medical profession actually harms aromatherapy. This is because the skeptics in the medical establishment will use evidence of no effect or valueless research to dismiss the whole therapy as being valueless, which of course it is not. The only sound way forward with the medical profession is to try and educate them into realizing that aromatherapy has an awful lot to offer. However, also admitting that it is

have been proven to be packed with so many gross errors that the work has been a

packed with hype, incorrect and dangerous information which they should be aware of and be vigilant for. I have been helping some nurses in Scotland in treating severe ulcers and infected cellulitis for some years now. We have had some wonderful results, but I don't go

shouting from the rooftops "I have all these wonderful research results" unlike some people. The reason is yes we do have some fantastic results, but the numbers treated most certainly does not give anything like enough statistical data to make presumptions that the treatments should be universally available. As far as I am concerned, I am just happy when an old lady with dreadfully painful leg ulcers, heals as the result of my help. Forget the glory, that is **not** what makes me tick, unlike many of our most well known

aromatherapy characters. Martin July 28, 1998 To Aromatherapy@idma.com

re your friend doing research:

Reply to response from Jade Shutes I agree he may well be doing good research, I have no idea on that. As you say, I was generalising there is nothing wrong with that. The fact is that over several years I have had numerous calls and letters from University students wanting to study anti microbial

effects on oils that have already been studied ad nauseum. Of course there are shining stars in research, I never for a moment suggested anything else. As to "research of no relevance to aromatherapy". By that I mean projects such as perhaps where capsules of an essential oil are taken internally and results are proven. I suppose here we could think of the internal use of peppermint oil in enterically coated capsules to treat colitis. This may be interesting data on the effectiveness of peppermint. However, the problem then comes when aromatherapy authors and teachers suddenly

I agree with you on pregnancy, in needing to review the idiotic lists of contraindicated oils put out by the authors, most schools and the trade organisations. However, I will always disagree with you, on your wanting to use oils where adequate information is not available as to their safety for use on the skin or not. This is particularly relevant in pregnancy because the skin can become highly vulnerable to potential sensitisers in late pregnancy. But you ARE implying that this trial, list or whatever you want to call it of 25 women was

evidence of safety by this statement: "however, isn't it interesting that all these women

corrupt this into: "if you massage someone with peppermint oil it can treat colitis". I can think of numerous other examples, but will make that the subject of a later article.

We don't need full case histories to compile statistics and to glean ideas on treatments found to be helpful, but it would be invaluable in trying to get our trade respected, if there were **some** kind of reporting of results to a central source. "Are you not a God of sorts????" I do not have anything approaching the status attributed to the writers of the aromatherapy novels, and many well known teachers, neither would I want it.

In regards to your latest posting, I have nothing at all against things like intuitive blending for clients, indeed in my classes I encourage students to do that. However, that is only using those oils which are proven to be safe and at known safe levels of use. As to "differing opinions within aromatherapy", then one must examine the origin of those 'opinions'. This idea of different opinions is most frequently used to cover up lack of fundamental knowledge. It is also often used to cover the fact that leading figures never had any idea about what they were teaching in the old days, and people just don't want

to admit that their heros teachings are fundamentally flawed. (see later postings).

Hey Jade, we have been through this before, I have in the past practised as both a

"Hey, when you starting working with clients and blending for specific needs and see the

herbalist and masseur using essential oils. My help, advice and professional consultancy to other people such as nurses and companies is ongoing, so I think I have a fair amount of the 'experience' that you seem to think is more important than anything. However

'experience' is useless if not backed by basic knowledge and understanding. Sounds to me like your source in the UK is not so reliable, particularly in that untrue rumour on peppermint. There are quite a number of well known individuals in the UK who simply can't take it that Martin and Mike Van Moppes are starting to blow their covers so I suppose a few targeted rumours are only to be expected.

I do hope that that by the time I am finished on this group, that even you will realise who may have been pulling the wool over your eyes. The days of the liars cheats and con artists in aromatherapy are numbered. Martin _____

A copy of a new (unpublished) report on the toxicology of methyl eugenol (ex Basil oil) has just fallen into my hands. The report is 37 pages long and a wonderful study on the adverse effects of this chemical. The conclusion is the same as has been previously reported which is that there is not a significant risk to our health from the consumption

This massive report is based on the fear that this single chemical is carcinogenic as animal tests indicated it might be. Nowhere in this report (and others) is there any

mention that Basil **herb** used in food might be 'anti carcinogenic'. As an example, the chemical b-thujone in sage is very toxic, yet whole sage in animal tests has been proven to extend the life of rats. A good example of hazards (or benefits) based on a single

There are thousands of herbs which have been screened for anti cancer activities held on a data base in the USA. It seems none of these narrow minded scientists have got the

Date March 2002 To aromatherapy-at-idma.com

chemical occurring in a herb being highly inaccurate.

Title: Chemists wasting our money

of basil as a spice in foodstuffs.

This is what I mean by my title:

brains to cross check with that data base to find out if the whole herb has any anticarcinogenic activity. Instead they waste millions chasing the properties of a single chemical from that herb. Also, as I have often said before, they tend to use a lab grade impure chemical which in itself throws results. In recent years many Government health promotion agencies have started to push the idea that if we eat lots of fresh fruit and vegetables we will be much healthier. Many scientists also acknowledge that these foods contain chemicals which are anti

chemicals we rarely see mentioned that the whole herb may have completely the

carcinogenic chemicals. No mention of the hundreds of other chemicals in the smoke and any potential balancing effects! While I do not think it sensible to be constantly exposed to high concentrations of any smoke, I do not believe there is evidence that

Internationally hundreds of millions are wasted on junk science, often simply to support academics in their cloistered ivory towers. This is a disgrace because so many

So when you see reports such as the two I mention above, please sit back and think about it and ask a few questions. Our legislators are being led by their noses by these ignorant scientists and we pay by having further restrictions placed on what we can use

and how. Fine if based on sound science, but much of it is in reality trash.

carcinogenic, anti oxidants, etc. Yet, in their reports on experiments on isolated

The latest I hear is that a report in New Scientist is saying that incense contains

opposite actions to the single chemical they are investigating.

incense smoke used in moderation could trigger cancer.

as those Liz Tams pointed you to.

my own database on oils for a variety of reasons.

same thing if rubbed onto someone's skin in aromatherapy".

Here are just a few factors to examine:

convincing set of results for their degree.

considered 'natural medicine'.

laboratory chemicals supplier?

their courses.

Martin Watt

from those.

that area.

useful investigations could be made using that wasted money.

Martin Watt May 2004 to: ATFE or Oils-Herbs? Re academic studies on plant extracts

Just a few words of caution for those not familiar with evaluating scientific studies such

When reading such papers it is critically important to *not take at face value* what they

conclusions of academic interest only. Here I have thousands of copies of studies which on first glance look convincing, but upon closer examination I have not included them in

It is very common for aromatherapy authors and teachers to confuse this. A good trial on a herbal extract used internally, suddenly gets turned into "this essential oil does the

You will often find tests where hexane or chloroform is used to extract the oil from a plant. In such a case any results may not be applicable to the distilled oil. With the cooking process of distillation new chemicals are produced and other important ones are

say. Time and time again I have come across major errors that make the authors

1) Has the trial been done using an essential oil or another type of plant extract?

destroyed. Therefore you cannot assume one type of extract will give similar results to another. 2) Is the essential oil used in testing the real thing? It is common to see in scientific studies that the oil has either been supplied by a laboratory reagent company, by purchase in a local market, or from a trial distillation from plants grown in the local botanic garden. In all these circumstances the results may not have any connection with the use of a commercially produced essential oil. 3) Has the researcher had the oil they are using analyzed?

Frequently not and therefore they have no idea on what they are using. Do not forget that such tests are often done by undergraduates whose main interest is getting a

4) Have the tests been conducted on cell cultures and then assumptions made of

6) Has the chemical used in the tests been extracted from the oil, or is it from a

To get purified synthetic chemicals is possible, but they are very costly indeed and

The above are just a few of the things I have to be on the look out for when adding scientific studies to my database. At least I try my hardest to get it right while others just throw together irrelevant studies to bulk out what they publish or give to students on

therefore most labs use the cheaper grades with all their impurities.

who they thought knew their subject but did not.

Q. How do you determine what oils will do?

your work or have a company funding you.

already done all that work like myself.

essential oils although they are not so hot on therapeutics.

1. Properly controlled clinical trials.

Several answers to this.

mislead legislators over the toxicity of herbs and other so called "toxins".

activity within a living body? This has become common and is particularly so where anti viral actions are being tested. This type of testing is why the scientific community often

5) Has the research been conducted just using individual chemicals that occur in an oil? Again increasingly common and sometimes is valid, but not always because it leaves out of the picture the other 300 plus chemicals occurring in the whole oil. Such research can be a useful guide to the efficacy of an oil, but it flies in the face of what ought to be

That one is very common indeed. Lab. grade chemicals are often impure and any results drawn using them are most unreliable when compared to the natural extracted chemical.

Do not be fooled that a paper has been "peer reviewed". That system is only as good as the "peers" doing the reviews, often such people do not have the first clue about the trades involved with essential oils. I have seen several articles in nursing journals that were not worth the paper they were printed on because the publishers chose reviewers

Date Dec 2004 To ATFE or Oils-Herbs Title trials methods Jennifer asked valid questions which I will do my best to reply to:

2. You spend months and months gathering decent information from a huge range of medical and scientific publications. Far from easy if you don't know where to start, or do not have access to a National library. Also not possible unless you can sell the results of

3. You invest thousands of Dollars buying therapeutics and pharmacopoeia books dating back to the 1700s during which time span essential oils were widely used by the medical profession. Many well documented uses can be established for the more common oils

4. You can spend several thousands dollars subscribing to big international databases on

5. You spend 4 years of full time training in the medical and botanical sciences which helps equip you with the knowledge to be able differentiate between different types of plant extracts. In particular it helps give you a rough idea on if a given therapeutic action is likely to be due to the herb or its oil or sometimes both. 6. You try and form an opinion on the psychological/emotional attributes of essential oils based on experience, reports from other therapists and research on olfaction. I hasten to add though that this area is notoriously unreliable and fickle. You can even use aromatherapy books to assist in that process because most psychological effects are open to individual variation. For example, most people will relax when being massaged

with lavender oil, but a small proportion hate it, so there are no hard and fast rules on

Your alternative is to buy that information ready assembled from someone who has

"isn't this how we get some of the "traditional uses" is by experiences of individuals?"

Yes, but with herbal medicine that process has taken **tens of thousands of years** and has treated millions of people. Even then therapeutic and toxicological ideas can be wrong. So one then relies on modern scientific investigations to help sort the gems of traditional information from the garbage. With aromatherapy that process is only around 30 years old with nothing like sufficient documentation to draw the kind of conclusions most aromatherapy authors/teachers have drawn. Also, they do not have

the training to even begin such a massive task. In aromatherapy the only genuine "traditional uses" are those drawn from the past uses of essential oils mainly by the medical profession. Anecdotal evidence in aromatherapy is only worth anything if it is properly collated and examined for possible flaws. Not one aromatherapy organization has ever attempted to do this in any concerted manner. If they did, we might by now have had some really valuable information to hand over to researchers to investigate.

"This remark would be true assuming that most therapists did little or no homework of

Most aromatherapists are not educated in **how** to undertake such a task. Most gather their information from the numerous books written by people who did not know of the true historical uses for essential oils; had no contacts with oil producers; analysts; safety specialists, etc. They simply did not know their trade before putting pen to paper and so

"I am curious about why this is the case with internal use but not the other uses which

Internal use of essential oils is use as a 'medicinal substance'. External use in massage brings into play a whole different array of metabolic and mind processes. For example, you could take a dreadful smelling oil internally and get its medicinal effects via the

gastro intestinal system. If that same horrible oil were applied in massage you would get none of those effects and may even be made to feel worse, I suppose garlic oil would be a good example. I would say who would want to be massaged with that crap but I know

that is why so much of the material in these books conflicts or is plain wrong.

their own to verify the information that is being presented to them".

are commonly used to administer aromatherapy?"

some therapists do use it externally.

to several conclusions:

traditionally for such purposes.

Scientific reports on this plant:

suspect this occurs with Echinacea.

Re its immune stimulating effect:

you have got it in its finest freshest form.

skin problems).

right now.

Martin

Martin

re Blue Tansy

uses they can think of.

could make people unwell.

Aug 1998 To: aromatherapyATidma.com

may be good for as each batch is dramatically different.

suppliers then started selling it as Roman chamomile.

Date: Tue, 09 May 2000 To: aromatherapy-at-idma.com

so many clamoring to find the next 'new oil'.

Subject: Ravensara2 & reply to Tony

Reply to Tony about novel oils.

these trees are hardly mentioned.

resulting oils?

most cases they are not.

not use.

Martin Watt, UK

Re Ron Guba's reply

untrue information.

identified".

humans are of any value.

Re Ormensis mixta:

I hope this clarifies some really very complex issues a little. Martin Date Feb 2005 To Oils-Herbs Re **Echinacea**. This happens to be the herb I chose to write a thesis on when I studied herbal medicine full time between 1983-87. That research included contacts with Steven Foster in the

USA who grew many varieties; contacts with scientists doing the early studies, as well as

After two years of growing and researching I gave up writing my thesis because I came

1. No one had got a real clue on the different varieties because these plants hybridize

The fresh root juice is a wonderful anesthetic, but that property declines fast with any kind of processing. With one plant out of the many I grew, if you took just a tiny piece of root and put it on your tongue, your mouth was anesthetized within seconds - ideal for a visit to the dentist! In my opinion, fresh Echinacea is superb for helping heal damaged skin and certainly the best we have for reducing the pain from skin damage. It's effects

I have not seen any scientific investigations of that anesthetic effect of fresh echinacea. Yet, it is mainly that aspect which is the true traditional use of the plant. The Native Americans rubbed the juice on their skin so they could stand higher temperatures in their sweat lodges. Yes they also used it to treat wounds, but rarely are single herbs used

Beware, most of those reports are based on research on cell cultures rather than on humans. The results from human trials have been about as erratic as the botanical identification. Some show good effects, some show no effects. Reports based on cell cultures are in my opinion next to useless because they fail to take account of the human digestive tract and how that changes the nature of what you put into it. Other herbs such as ginseng are known to change their chemistry when you chew it and I strongly

In the late 80s this herb was being widely used by herbalists in the UK to treat all kinds of problems. However, several reckoned it had no effect whatsoever on colds and flu, myself included. I think it may have a place in helping the body to recover after your immune system has done the clean up job, but I am very skeptical that it prevents you getting the virus. It may improve immune function slightly if you take it for a few days when the viruses are around, but aromatherapy will also do that just on fragrance alone.

Don't get me wrong, I am not saying Echinacea does not work. Indeed I chose the plant

applies to many other herbal preparations pushed by the health food trade. Grow it in your garden and enjoy it as a beautiful plant, then if you need some for a medicinal need

Footnote 2015: Since this was written, further work has been done on the antiviral

activity of Echinacea. From that it seems that to be effective it may have to be taken for over a month. Therefore I think the jury is still out over its effects on virus replication in

to study because I love everything about it. You people need to beware of everything put out by the health food trade to sell products. Also, try where possible to find out how far back the claims made about a herb really go. In the case of

Echinacea the true traditional uses are nothing remotely like the modern ones.

2. Due to this hybridization, the chemicals the plants produce are erratic to say the least.

naturally. Nowadays with genetic typing they may have a better idea though.

Therefore, I just did not know what the heck I was studying!

given as internal medication, I remain unconvinced.

studying whatever old records there were of Native American uses. Steven kindly

supplied me with several botanically authenticated samples which I grew.

the body and my doubts remain. Martin Watt Back to top Safety: Skin safety, toxicity and internal use. 1. Untested oils. Aug 1998 To: aromatherapy-at-idma.com To Marge: Sorry, on Tansy I made a mistake, (typing too late at night). The high beta thujone T. vulgaris-type has been tested on the skin and no dermal problems occurred. The problem is that the chemical composition of tansy oils (and the plants) is so highly variable. Unless one has an accurate GLC on each batch of oil you do not know if

you are using a potentially extremely toxic oil or not. Some varieties of tansy are low in beta thujone, and are therefore not 'toxic', but with a dramatically different composition

My point really is this, why do aromatherapists have this urge to use essential oils that are highly unreliable, and on which there is virtually no sound therapeutic information. Seems very unprofessional and even unethical to me, when we have well tried and tested

essential oil that has not been subjected to formal medical dermatological trials on humans. i.e. niaouli oil, ravensara, valerian, spikenard and of course the chemotypes only used within aromatherapy. If I say "do not use", I am talking about skin application in any form such as massage-baths-skin care products. I am not usually talking about the use of the same oil as an atmospheric fragrance. Usually this does not cause skin reactions (although very rare cases are on record of the over-use of diffusers causing

I have nothing against exploiting 'new' natural materials. However, the first and most important principle in medicine is 'first do no harm'. If people insist on experimenting with 'unknown-untested materials, let them do it on themselves and not on other people. If as the result of aromatherapists using these materials without proper education we suddenly get a spate of adverse reactions, all that will happen is unyielding legislation that will do nothing but harm the therapy. In the USA you are getting mighty close to this

I do not agree that this urge to use 'untested' essential oils has got anything to do with therapists trying to help their clients overcome health or emotional problems. No, the prime driving force is to make money and try and gain prestige. "Look at this

wonderful new oil I have found-only I have got it-only I know how to use it". Just look at the hype over Manuka which in a months time I will be doing a major post on. A couple of scientists publish some interesting looking information on a potential new oil, and without a second thought on 'is it safe' aromatherapy suppliers are straight on the

bandwagon creating a market for themselves by dredging up any inaccurate and obscure

Blue tansy has never been tested on the skin. If it is the type with high levels of beta thujone then it is extraordinarily toxic. Possibly even inhalation of the vapors of this oil

Another problem is some so called 'blue tansy' oil is said to come from Morocco. I have seen its chemical profile, and it looks very much like the oil contains a lot of weeds from wild gathering. Therefore you do not know what the heck you are getting, or what it

Moroccan chamomile has never been tested, it has no validated therapeutic uses, it was not even used as an essential oil by the traditional healers of Morocco. I have a compilation of the traditional medicinal plants of Morocco and this plant is only given a single passing entry for traditional use as a herb. There is one reason and one reason only that this oil was introduced to aromatherapy. That reason is that about 10 years

ago it was a quarter or less the price of genuine Roman chamomile. Certain

I think it is madness to use an essential oil on which there is no sound therapeutic data, when we have both Roman and German chamomile on which there is tons of sound data and both of which have been extremely well tested for adverse effects. Yet another

example of an oil which is used in aromatherapy because it was introduced in the past by unscrupulous people in order to make a fast buck. Sadly this is an ongoing process, with

When I practiced as a herbalist I would not dream of using a herb that had no history of traditional use. The only exception to that would be if modern investigations had proved

example of that is Ravensara oil; apart from a second hand reference to the Madagascan Pharmacopoeia, my references to traditional uses of herbs in Madagascar only make a passing reference to the use of **leaf infusions**. The traditional uses of herbs in that country have been extensively and intensively studied by many ethno botanists, yet

I believe the days of experimenting on clients with botanical remedies should be long gone. Our predecessors had no choice and found out by trial and error. Now we do have

a choice and it really is not necessary; we have more than enough tried and tested

an 'unknown' plant to be effective as well as safe. It is interesting that when one investigates the traditional use of some of the novel oils in aromatherapy, we find the natives peoples in the country of origin never used the essential oil. An excellent

you are then dealing with an oil with totally unknown effects on the skin.

oils that will (within reason) achieve the desired effects efficiently and safely.

In reply to your question on what do I mean by 'untested'. What I mean is any

remedies to cope with most conditions. With this constant push towards using novel oils in aromatherapy you ARE experimenting on your unknowing clients. Personally I can see no advantage in any of the newer oils compared to the existing well documented ones that have in some cases been used over several hundred years. I would be perfectly happy to accept the use of new oils, or rediscovered ones provided they are properly tested. What tends to happen though is a scientist produces a paper about in-vitro experiments and then aromatherapists start demanding the oil without a second thought as to if it is safe.

What winds me up is that such testing is really not that expensive, and yet producers round the world just keep churning these oils out. The onus should be on the producer of any product to ensure it is safe for use, it should not be on aromatherapy practitioners

to report adverse effects, that's shutting the stable door after the horse has bolted. That does not mean a reporting system would be very useful because it would, but lets get priorities right. Oil producers should prove safety, if they are in poor areas of the world then their government should pay for it, or in some cases overseas aid projects. For example, the French overseas development agency provides experts to help with horticultural developments in Madagascar, but do they pay for safety testing of the

Suggesting some of these oils are safe based purely on their chemical profile is

irresponsible. There is no way that anyone would allow such a cavalier approach in pharmaceuticals or even regular cosmetics, why should aromatherapy be any different?

I would agree with Tony that many of our common natural oils are highly variable, take for example geranium and eucalyptus globulus type oils. These vary a lot in chemical profile depending on country of origin and on clones grown. However, these different oils have been used around the world for a considerable amount of time and in hundreds of millions of products. Therefore it can be reasonably said we do know the safety of the different types. I would be happier if I knew these novel oils were widely used by the perfume and cosmetics trades where the actual products were properly tested, but in

Now on the other hand lets look at for example manuka oil. Variable depending on its source. Not widely used Internationally in cosmetic products, therefore little practical

I would remind some people that years ago I started giving warnings about the dangers of using Tea tree oil neat as the aromatherapy books suggested. Then the oil had only been tested up to 1%. Now years later, what do we get; a steady trickle

of reports of sensitization effects mainly caused by the use of the older oxidized oil. These aromatherapy authors simply did not know if the advice they were giving was accurate as it was based on the use of the oil on their handful of clients. In the same way the advocates of these newer essential oils do not know. If I do not know, I do

Although I am no longer a member of this group, I hope you will allow me to comment

explained many times on this group so I wonder why Ron insists on promoting such

Ron says: "There are a number of essential oils that have not been 'formally' tested in this way, yet have been used more or less extensively for years without problem".

Again covered in the past in great depth on this newsgroup, but for the new comers (which I am guessing Ron is trying to get at): There is NO systematic reporting system for adverse skin reactions in aromatherapy. Therefore to use "practitioner experience" as a monitor of safety is nothing short of a sick joke. With oils that have not undergone

Ron says: "Most, if not all compounds responsible for skin sensitisation have been

This is simply **not true**. I have hundreds of research papers on skin reactions and it is common to see a researcher say "this is the chemical BELIEVED to be responsible for the reaction". In other words they are not certain. That is why only tests on a whole oil on

testing and little exposure to human skin. It may well be safe but who knows?

The supporters of these novel oils just will not acknowledge these facts: The cosmetics and perfumery trade do have feedback mechanisms whereby adverse effects to their products may become known. This can be as the result of companies directly reporting to RIFM or IFRA, but equally important are reports from dermatology clinics around the world. If a problem crops up with a particular material it can be picked up in the dermatological publications. This system may not be perfect, but it is better than nothing which is what the aromatherapy trade has. With aromatherapy use of oils we can't rely on so many cases ending up with dermatologists, this is because total numbers exposed are way lower than to normal cosmetic products. I know that aromatherapists have had to drop out of the trade due to becoming sensitized to oils because some have asked my advice, but I do not know how many in total although I suspect quiet a number. Rarely do these cases end up in medical clinics because once

Ron said: "Martin is refering to formal testing on paid human volunteers under the auspices of IFRA for use of essential oils, aromachemicals, etc. for use in mass-marketed consumer fragrances". This is NOT correct. Anyone who has Plant Aromatics will see there are hundreds of references unrelated to the IFRA data. Most of those references are drawn from world wide reports from dermatologists to both whole oils and aroma chemicals. This has been

formal safety evaluation no one knows if they are safe.

on Ron Guba's message as it contains incorrect information.

Date around July 2003 To: aromatherapy-at-idma.com

they stop working in the trade their problems may disappear.

I have seen several analysis of this oil. No one has a clue on what the main chemicals are or do. There is no safety data on the main component so how it is possible to vaguely guess this oil is safe beats me. This oil has never been used in Moroccan traditional medicine and even the plant is only mentioned in passing in one report. The only reason this oil was introduced to aromatherapy was because 20 odd years ago it was dirt cheap. Then certain suppliers started to sell it as "roman chamomile" to make a

fast buck. That was reinforced by certain French con artists who invented wonderful medicinal properties as they did with several other unknown oils. Those 'inventions' were

Finally: To use any essential oil with unknown safety on the skin after 15 years of storage is about as crazy as you can get. If that oil contains even tiny traces of certain common chemicals in essential oils it will have degraded into known skin sensitizing compounds. I would not want it on my conscience to give out such misleading advice,

then copied by 90% of aromatherapy courses and novel writers.

be certain if someone has got a sensitization reaction or simply irritation. Only a dermatologist can tell that for sure. So I put no credibility at all in vague reports on newsgroups giving any idea on safety. Butch said: "I fall back on my comments that if we wait for formal testing then the number of EO we can use will be cut drastically". is known. In addition, most if not all the therapeutic uses claimed for these novel untested oils can be met from among those oils which have been formally tested. Martin earlier: "Instead, AT suppliers operate on a bandwagon effect selling anything that there seems to be a demand for".

I dispute that statement. In Plant Aromatics I have listed well over 150 oils where safety Butch: You are too general .. be more specific. Are you talking about ME? Continued.

Butch said: "There is a large community out and about .. I'm on over 30 lists". Agreed, but there is no co-ordination mechanism and no checking to see if these reports are real. The vast majority of newsgroup members do not know how to spot a sensitization reaction. Most AT courses still do not teach this subject in (2004), therefore how can therapists or Joe public possibly know if there is a real problem or not and what the nature of the problem is? Even with what I know on this subject I cannot

but then many figures in aromatherapy do not care if they cause harm to other people. Martin Watt Date Jan 2004 To oils-herbs Re testing

Not specifically, I am talking about 99.5% of aromatherapy oil suppliers. This trade is not pushed by the *need* for new therapeutic oils, it is pushed by the suppliers wanting to *sell* 'new' oils as if they are magic bullets. I have sitting on my table 20 samples of novel oils from Australia. With the exception of lemon tea tree, none of those oils have anything to offer that our existing oils don't, indeed some smell dreadful. We do not need them so why are they produced? For nothing other than commercial reasons, often from Government sponsored projects to increase exports. In other words, the oils are produced first and then the market for them among aromatherapists in particular is invented. Butch said: "I am going to stick with my comments that there is a big difference in saying something is UNSAFE and saying something has not been tested".

I agree, and I never say untested extracts are unsafe. What I say is we do not know and until we have at least some idea, why use them when we have hundreds of known

oils that can do whatever is claimed for most of the untested oils. Please people remember my comments are only to do with skin safety, I have no

problem with novel oils being used in diffusers, candles and suchlike as that is less risky.

I hope people on this list don't get confused by these conflicts of opinion, there will always be differing opinions on this subject particularly where sales are involved. The first person in aromatherapy to investigate adverse skin reactions in depth was myself

and I started that nearly 15 years ago. I have far more detailed information than I can publish. It is the result of all those years of study and data collection that leads me to my conclusions in regards the safe use of plant extracts.

When I can find the time, and feel well enough, I intend writing a series of exposes of the claims made for them. Now available in the compiled articles file. Martin Back to top

certain claims for various essential oils, where the claims originate and compare that with Date March 2005 To ATFE or Oils-Herbs

Jenn I was not meaning to get at you on this matter, my comments apply to anyone

selling and using products with **unknown safety** and that applies to most AT oil suppliers. http://citrusandallied.com/products/viewMSDSSheet.php?ProductNo=150612

This is a standard MSD. It does not include *any referenced safety data* on toxicity or skin effects. Unreferenced information is pretty useless information. Please take note of

the 'get-out cover your ass' clauses as the end. http://www.floridachemical.com/datasheets/foldedorangeoil.html#safety Comments exactly as above. Such standard MSDs are of limited value for aromatherapy or any other skin application purposes. I am not so concerned about the photosensitizing capacity of folded citrus oils, but more

so about their potential sensitizing properties. I believe the coumarin waxes are removed with the processing although that data is not indicated in the safety sheets. However, the concentration process will inevitably concentrate other chemicals in the oil which might cause ordinary sensitization reactions. The fact is no one knows because it has not been formally tested for skin safety. As to the use of these concentrates in food: You have to appreciate that manufactures only use these folded oils as flavors in parts per million. Bitter orange oil has a

maximum reported volume of use as 428 parts per million as a flavor, the 5 x oil would therefore be way lower. This is like cinnamon bark oil, not a big problem with tiny amounts in food, but on the skin - no way! I doubt that a drop of this orange concentrate in a bath occasionally would cause any problems, but I certainly would not recommend it for use in any cosmetic type applications at anything above the amount used in foods. It is regular use that can cause the problems. I have a simple policy: If any oil has not been formally tested for skin safety then do not use it on the skin in any form. An application by a company in the UK to use

Melissa oil in a cream was rejected by the safety assessor on the grounds that there was

no published safety data. I agree 100% with that attitude.

Martin 2. Skin reactions. Friday, July 31, 1998 To: aromatherapy-at-idma.com Subject: re Jades Shutes message on adverse reactions Many of the points Jade makes are perfectly valid. However issues such as diet,

emotional state of the sufferer, etc. are of little relevance to the subject of sensitization. They are of course relevant to an individuals state of health and possible sensitivity to certain chemicals. However, what initiates sensitization is a reaction to a given chemical or rarely a group of chemicals. With the worse sensitizing agents such as verbena oil, it can and does happen to people in normal health and under controlled conditions. The common dermatological tests do not take account of possible adulterants because this is generally not necessary. Either a person reacts to a chemical such as linalool or they don't. Those people that react to this chemical will react to any essential oil

containing it, whether there are other contaminants, natural or synthetic present in the oils they react to. These reactions are extremely well documented. My general experience, is that those people who kick against this question of adverse reactions to essential oils, do so because they just do not have the knowledge on the subject that they should have. Frequently they have had the wool pulled over their eyes by certain convincing con artist essential oils salespeople who will sell anyone anything they can to make a fast buck, or they think that the authors of the popular aromatherapy novels must know what they are talking about. Sorry to disappoint you, but not so.

In the UK only a few years ago, we had 2 or 3 aromatherapy companies offering therapists terribly toxic chenopodium oil. It had been illegal to sell this to anyone other than a registered doctor or pharmacist since 1968. Yet, now the well known owner (in aromatherapy) of one of one of those companies claims he "provides consultancy services on legal issues!! I raise this off topic subject, just as an illustration of lack of knowledge or lack of caring on health and safety. I know the history of this trade and the individuals in it, very well indeed. I will never forgive or forget those people who have promoted and sold known hazardous materials just to make money or gain glory. Funny, I thought aromatherapy was supposed to help

solve health problems, not cause more harm than good! I have a long memory, and like the elephant, don't forget things many would rather you don't know about. To those people calling for forgiveness and 'lets all work nicely together' all I can say is; ever

heard of the fundamental principle in medicine 'First do no harm'.

Re postings on cinnamon bark, leaf and eugenol.

Martin

July 2002 To: which group is lost

chemistry as is increasingly common.

substance/s are causing the problem.

percent (I think if my maths are right)!

minimize the potential risk?

suspect allergens.

product.

others.

with known allergy?

what is conjecture on these materials. Here are the original comments along with my own: "The North American Contact Dermatitis Group: For the 1989-1990 years. The top 4 allergens and results are as follows: cinnamic alcohol 5% = positive in 47 people or 7.6% of total, eugenol 4% = positive in 33 people". I do not dispute these results, however, a few things need consideration when these results are extrapolated to the use of essential oils in aromatherapy: All the reports below are in the RIFM monographs. Although a rumor is being propagated

that RIFM results are not always accurate, I would just like to remind people that their trials were on real humans, not scientific guesses made by extrapolating results based on

1. Iso eugenol (clove-ylang-tuberose) in tests on humans was not a sensitiser at 8% 2. Methyl isoeugenol (60 plus oils) in tests on humans was not a sensitiser at 8%.

4. Eugenol (cinnamon-clove-bay-ylang and many others) was not a sensitiser at 8%.

So the above along with tests of whole oils containing eugenol's would indicate a low potential to cause sensitization in most people. That is provided that levels of use are kept low and infrequent. Personally I would be happy to have a massage with a couple of drops of cinnamon leaf oil (that's all you need). On the other hand, no way would I use

Q. Do I assume these results are different because they are performed on humans with no known allergy problem and 'normal' skin, and Jo's references are for tests on people

3. Methyl eugenol (basil-ylang-rose-etc.) was not a sensitiser at 8%.

a bath product or soap with that level on a regular basis.

then the appropriate selection of oils will/should take place?

I noticed there are some slightly misleading statements in regards to what is known and

Yes, that is correct. There are two main types of testing: 1. Is to establish safety levels and is usually done on people with 'normal' skin. 2. Tests done in clinics to ascertain if someone may be sensitized to something. The first type of test is done to ascertain if a substance is safe to use in products and at what level of use. Of course this has to be based on averages as a percentage of the population will always react to any given substance. This type of testing is done on behalf of cosmetics and toiletries companies, usually by independent test clinics.

The second kind of test is always done after someone has developed a skin problem and sought medical help. They are referred to a specialist clinic to try and find out what

Q is it fair to say that with proper consultation and for the main application methods, frequency and dilution used in therapy within the UK that Cin. Leaf should not pose a problem re sensitization and this has been confirmed by whole oil tests at 10%.

Consultation should after all determine if someone has a known fragrance allergy and

Absolutely; adequate consultation on an individuals fragrance allergies should be a key part of any aromatherapy treatment. I am not saying it is OK to use cinnamon leaf oil at 10%, it is simply that this is a maximum level at which no signs of sensitization occurred in people with normal skin. As I say above, if only a drop or two are used you bring the safety factors up tremendously because 2 drops in 20 ml of fixed oil is only around a half

understanding this is crucial because they should not use any oils containing **the chemicals that the individual is sensitized to**. However, that does not mean that those same oils containing a weak sensitizing chemical will **cause** sensitization in most people. As I say in my publications, the people most likely to get problems with sensitization are the therapists themselves, not the clients. So for a therapist to regularly massage using suspect sensitizing oils is unwise for their own health.

"any EO containing any of the notorious sensitizers presents potential problems when

There is some truth in this, but it requires clarification when related to essential oils. While I would agree that not using essential oils containing certain chemicals is a wise thing on people with known problems. You cannot then extrapolate that to meaning that any essential oil containing a given sensitizing chemical is likely to have a sensitizing action on the majority of people. Regrettably it is exactly this kind of thinking that is pushing the legislators into drawing up new laws based on the most appallingly flawed

chemistry. Footnote 2015. That is exactly what has happened in the EU.

In theory if an individual is already sensitized to a chemical which also occurs in an essential oil, then the fact the oil is 'whole' will make little difference, they may react. This is similar to peanut allergy, in that once sensitized, only tiny amounts are needed to trigger a reaction. In such cases then you are playing safe by avoiding oils containing the

Q Is it probable that the whole oil will act differently on a person inclined towards topical allergies, but it is just safer for the aromatherapist to avoid them in this instance and

used in any amount on the skin of people inclined toward topical allergies".

It is critically important to look into the issues of volume used and frequency rather than just say (as is common) "don't use anything with eugenol because it is a sensitizer".

Most of the people being tested for fragrance allergies have acquired that condition from commercial cosmetic products, usually from long term use. For aromatherapists

of this oil in massage, bathing, etc. is a sensitizer on most people. Test results on humans that I have seen do not indicate any problem with the whole oil. **Footnote 2015**. The European safety advisers have now classified eugenol as a "sensitizer "and warning labels must go on products containing it. "the fact that there may be a multiplication or modification of effects rather than a simple addition does not mean that the individual aroma chemicals lose their separate actions. They will always do, or try to do, what they are capable of doing". This is again misleading. The individual molecules in essential oils can run to many hundreds. The so-called 'synergistic' effects are those that we have observed from the

use of the whole oil, and generally that is all aromatherapists should be concerned about.

Water is made of hydrogen and oxygen. Put a match to either of these gases and they will ignite violently. Combine the two together in the appropriate blend (H20) and you

This example is simplistic, but is an illustration that you cannot say that because a given chemical with known actions is present in a complex blend, that the individual chemicals actions will still have any effect at all. With essential oils you get completely unknown interactions between hundreds of molecules; ultimate effects also depend on how the substance is being used and above all volumes of the chemical/s present in the final

d-limonene and eugenol are well recognized as chemicals that can modify the actions of

In my opinion it is ridiculous to extrapolate effects based on the knowledge that one chemical does this that or the other. In aromatherapy it is common to be told that essential oils contain maybe around 50 chemicals-yes the manufactured ones might! However, anyone that can get into a science reference library and look at food trade GLCs of say orange oil, will find trace chemicals in that rather simple oil come out to around 5 pages long. Some of those chemicals in parts per million are the most potent ones. So to assume that a given chemical will have a given effect simply because it is present in reasonable amounts is ludicrous. What about the more powerful ones in trace amounts?

Let me give an example about how the statement above is wrong.

get water, something used to put fire out.

In the case of cinnamon **leaf** oil I know of no evidence suggesting that the occasional use

to see: "believed to be x-y-z chemical responsible for a sensitizing reaction". The real experts in this matter rarely come down and say "yes it is such and such chemical". With allergens in essential oils, the exact causative chemicals (or more often complexes), are far from all being known about. Q Do dermatologist as a whole (UK/Europe and USA etc) believe single chemical or whole oil testing is the most reliable indicator? I really do not know the answer on this. The main reason is as explained above, there are big differences between clinics doing safety assessment testing and those working to help people with cosmetics sensitization. Usually if you go to a dermatology clinic for skin testing they will use the materials in their test kits. In the case of fragrance

chemicals these will almost always be synthetic. On the other hand if they think you are allergic to cats you will be tested with a preparation made from cats hair and skin. So there is unreliability built into their testing regime. Sometimes cross reaction testing is done, for example people allergic to peru balsam will react to many other

Allergic reactions and proving what is the root cause is a notoriously inexact science. There are so many variables in human genetics and the materials used. All I am trying to say is that those who practice natural medicine or use natural products should take primary notice of what is known about the whole botanical extract. The chemistry can be useful, but should always be secondary to known effects of the whole extracts. I don't trust most synthetic chemists as far as I can throw them. They are the ones who developed all the environmentally polluting chemicals which they swore blind were safe. They have a very narrow simplistic view of plant chemistry, and don't ever forget the subject of phytochemistry is a science in its own right and I do not know of any fragrance

chemicals and I guess for that they will use peru balsam extract.

chemists trained in that subject.

Re essential oil sensitization

A few points on the previous posts:

had known for 30 years!

Feb. 2002 aromatherapy-at-idma.com

should not be used for skin application purposes by anyone.

as to dictionary definitions of what the word means.

agents in the benzoin resin/s.

As used by aromatherapists benzoin it is not a 'natural' material.

just from RIFM who advise their members not to use crude benzoin.

any faith in that method of ascertaining what's in the bottle.

Martin Watt

Re Benzoin

with the increasing use of aromatherapy related products.

Martin Watt, UK.

March 2004 To: ATFE

Finally I would like to say that from my studies of dermatological literature it is common

drop out. Even if there was say a 2% reaction rate some might consider that low, but the cosmetics trade could never get away with such a high figure. Percentages must be pulled back to real numbers. 2% equals 20 people in every thousand or 200 in a small town of 10,000 people. A ridiculously high rate and I have seen reports of far higher figures than this. Please never ever accept as facts anyone who starts telling you about what the French do. The doctors there who use aromatherapy have historically flown in the face of all accepted safety data on essential oils. The Dr often referred to in France used to advocate the use of cinnamon bark oil rectally. When challenged to discuss his use of neat and dangerous oil by a friend of mine at a conference he declined. Most of them

work in private practice with no State body monitoring their results and failures. A pharmacist there who runs a course with an essential oil supplier, sent a document to a friend of mine saying that "there was no problem with using Verbena oil on the skin", yet the source of that oil was someone I know who told me they had to ensure the workers who filled the stills were well covered up because of the severe reactions it caused. It was from France that all the best safety data on the adverse reactions to Verbena oil came from causing it to be banned by the IFRA So French *aromatherapy* safety experience, forget it, they were ignorant of what their own fragrance industry

Those on this group must beware of therapists and untrained lay people who just parrot unevaluated nonsense they have gleaned from badly trained teachers or the popular AT novel writers. Get the facts, not the fairy tails that have the potential to harm people.

As I promised Tony Burfield, I am putting forward reasons why I consider this material

As I explained the other day, all liquid benzoin is the resin dissolved in a variety of

synthetic solvents. In some cases this leaves the therapist in a vulnerable legal position, although that will of course depend on their individual insurance policies. However, the use of synthetic materials is contrary to the declared principles of aromatherapy as well

The use of petrochemical solvents is likely to increase skin absorption of the sensitizing

Various kinds of benzoin preparations are well recognized skin sensitizers and this is not

I acknowledge that some benzoin resins seem to be allergen free, but the problem is an aromatherapist has not got a clue what is actually in the bottle. All they can do is rely on what their supplier tells them; frequently aromatherapy suppliers in turn rely on what their suppliers tell them, and on through the chain. I know this trade too well to have

In addition to the RIFM member recommendations we have dozens of other reports from

around the world on what a bad sensitizers benzoin is. Here are just a few:

the diet. I am not against its use in a heated oil diffuser in small amounts.

references. Lets look at what benzoin is used for.

for sensitization to occur.

use it in a diffuser if you must.

well or probably better?

aromatherapy-at-idma.com

Benzoin my final reply

synthetic reconstruction's in a high boiling solvent."

exceed a level of 0.6% in consumer products".

Tue, 18 Aug 1998 To: aromatherapy-at-idma.com

Well what more can I say, I rest my case?

all traces of any nuts allergens anyway.

June 2004 To Natural perfume group

not accept that and you have got it wrong".

doubtless they will crack the problems.

these advisers.

Nov. 2004 To ATFE or Oils-Herbs

symptoms and treatments available:

exposed to the substances.

haystack.

Sensitisation and toxicity.

Martin Watt

Re sensitizers list from the EEC

A bit of my history on this issue:

Subject: Re nut allergies.

Martin.

Martin Watt

Martin Watt, UK

better.

Now lets leave aside the sensitization issue even though I have dozens of other

Trawling through my aromatherapy novels I find the commonest theme is the use of benzoin for damaged skin. Yet such a condition that dramatically increases the chance

Why use benzoin when there are clinically proven skin healing agents with a very low sensitization rate such as German Chamomile? Lavender; not so well clinically proven as a healing agent, but even I acknowledge it is. Neroli; proven anti inflammatory and anti microbial (if genuine). Rose; (soothing) traditional use, but more importantly hardly any reports of adverse skin reactions. There are a few other oils with traditional and proven actions with minute adverse reaction rates that will do the job as well as benzoin or

Frequently I come across the traditional use of benzoin for cracked nipples from breast feeding, as a suggested use in aromatherapy books. As far as I am concerned that is totally contra indicated. You are far more likely to trigger sensitization, the baby will get a dreadful taste as you can't wash benzoin off the skin with anything other than strong alcohol, and you even stand a chance of sensitizing the babies lips. We have very safe effective ready prepared creams containing Chamomile extracts, so why toy around with

benzoin or even other essential oils? These creams have been used by millions of

is not clear if it was the Chamomile or perhaps more likely the preservatives used.

women and I have only seen two recorded cases of an adverse reaction and even then it

Many of the aromatherapy suggested uses are to do with psychological factors. Well in that case why apply it to the skin at all. Fragrance works via the nose not the skin! So

It looks as if many of the suggested uses in aromatherapy have been extrapolated from the old pharmacopoeias. I have most of them and interestingly most of the past medical uses do not advocate the material in massage. They used it in things like skin creams, in tinctures for application to wounds, for inhalants and internally. Those old uses were perfectly valid as often they had no alternative treatment available. Now we do, and now we also know a heck of a lot more about adverse skin reactions. In the past these

So without turning this into a book, I just want to know why aromatherapists insist on using a material that has significant risks associated with it and may not be "natural", while on the other hand we have materials that are safe, natural and will do the job as

Back to top

Tony said: "The "benzoin oils" on the market that I have analyzed have proven to be

I acknowledged in my article that there may be safe varieties of benzoin. Even RIFM acknowledge that (see below). However Tony you confirm my point about how the heck is an aromatherapist supposed to know what is in the bottle they buy. You know as well as I do the supply trade often do not have a clue on the exact botanical origin of most oils/resins. So unless someone takes the bull by the horns and markets a

mattered far less than curing the infection that might be present in a wound.

Having a poll on ATFE: A complete waste of time because there are not enough regular readers to make any kind of statistical sense. Like I said, if someone has a problem they

Hi all, just popped in when I was told something being discussed that was up my street.

Those who get such reactions tend to leave the trade and therefore their problems go unrecorded. I have had correspondence with several people who have had to ditch the trade because they got severe skin reactions. We can only go with the statistics from the dermatology world which show an increasing problem among the general population of sensitization to fragrance materials including essential oils. My article on lavender on my web site shows a clear correlation between the increase in statistics in Japan coincidental

A comparison study on 300 patients between the use of gum mastic and benzoin tincture for adhesive wound dressings. 57 patients developed contact dermatitis to benzoin. J. Dermatol. Surg. Oncol. 1992. Nov. 18. 11. 990. Numerous cases of compound tincture of benzoin sensitivity have been reported with eczema as the major manifestation. Spott D. & Shelly. 1970. J. Am. Med. Ass. 214 (10) 1881. When used as a preservative, *Benzoic acid* caused adverse reactions in 8 out of 179 patients with cosmetic dermatitis. de Groot A. 1993. Adverse Reactions to Cosmetics p.p. 62. Allergic dermatitis was reported following the use of Benzoin for fissured nipples, as wound dressings, as antiseptics and for hair preparations. Mitchell J. & Rook 1979. Botanical Dermatology. (out of print but I got it). You must remember I am *only* against its use on the skin, in the bath, or regularly in

benzoin from verified botanical sources, or processed in such a way as to remove the allergens, and can prove it, and other oil suppliers don't then lie about what they are really selling(as they often do), then all we can do for safety sake is say- OK we don't use the stuff. I have seen a reaction to benzoin on a lady in her mid 30s and on her chin. She used it because of what the aromatherapy books say and as a result may be sensitized for life. I truly hope not, but that is a dreadful thing for a supposed 'caring' profession to be responsible for. RIFM member guidelines are not always published but I have seen them and they say: "The I.F.R.A. recommends that styrax gums and resinoids should not be used as

fragrance ingredients. Only preparations free of the sensitizing allergens should be used.

This is based on research indicating the potent sensitizing potential of gums and resinoids of Asian and American styrax, but absence of sensitizing reactions from samples obtained by refluxing with aqueous alkali, solvent extraction, washing the extracts to neutrality and removal of the solvent. Only extracts or distillates (resinoids, absolutes or oils), prepared from Liquidambar orientalis Mill., can be used and should not

Generally, the allergy is only to the proteins in the nuts, therefore fixed oils in theory should not cause a reaction. However, this obviously depends on the severity of the problem. If someone is hyper-allergic then it is wiser to avoid all implicated products.

None of the common essential oils come from nuts, although some of the more exotic ones some people sell are supposed to. However, the distillation process should rer

If I recall, it all kicked off a few years back when certain advisers on the EEC health and science committees got wind of some reports of sensitization in Northern Europe. I can't

scientific scare stories are. One I do recall was that woodworkers were (rarely) getting sensitization reactions to wood shavings and skin tests showed they were sensitized to alpha pinene. Within no time at all this turned into "adverse reactions to terpenes". As

I know that IFRA and RIFM, the British Essential Oils trade Association, the German and

legislation was nonsense, but all that came to nothing. I have my own opinions on why that was. It is because 90% of advisers to the Euro committees are sitting on a small fortune in consultancy fees, etc. Therefore, few of the big trade representatives were prepared to screw their chances of a nice cushy job by saying to the Eurocrats "No we do

My understanding is that the big players in the cosmetics trade accepted the legislation on sensitizers which kind of left everyone else out on a limb. Clearly they have the

French fragrance labs are busy trying to develop new "essential oils" processed to remove the supposed allergens. I am told that so far their efforts smell bad but

So the end result is another pile of Euro directives that only the big boys will comply with. Everyone else will ignore the regulations and nothing will happen. The Eurocrats

regulations. The sooner the whole edifice is torn down the better. The Commission is a

are so thick they always fail to put in place a system to police their crazy

money and knowledge to dispute legislation if they choose to, but for them the answer to the problem was quiet simple. You just reformulate to reduce the supposed sensitizers to a level where there is no need to label. I also hear through the grapevine that certain

now recall the reports but they were complete crap like so many of these pseudo

an ex perfumer you know well how crazy that kind of thinking is; just lumping the hundreds of different terpenes into one category is science gone mad, but that is how ALL the Euro legislation developed. All tied up with this was another EEC directive on inhalation hazards which was originally pitched at the petrochemical industry, but somehow ended up affecting essential oils. Most traders though just ignore that one.

to a lesser degree the US, all got involved with trying to prove that the proposed

bottomless pit of tax payers money being siphoned off to pay idiots to push paper and to pay criminals for projects that never get off the ground. The fraud involved is horrendous and one day the bubble will burst I am sure. I did send a letter to David Moyler pointing out the lousy science underlying the Commissions case on sensitizers. Can't find it now, but it was a scenario involving a young couple out for dinner in a hot sweaty environment. My case was that the scientists had totally ignored the fact that young peoples palates have changed enormously in the last 20 odd years. It is common now to be consuming large volumes of spices and suchlike all of which can cause sensitization in themselves. However, all the idiot advisers were targeting was products applied to the skin as being the fundamental cause of the problem of increasing allergic reactions in the population. I

have always been cautious with my aromatherapy education over the sensitizers. issue (some think over cautious), but for supposed scientists to not even look at peripheral linked issues is just appalling. Still who am I to dispute scientific advisers, after all I don't even have a degree in liquid propellants for rockets! That is the nature of some of

Thought I better post this direct as I was a bit concerned over recent exchanges between Anya and Butch over the sensitization issues. It is wrong for anyone to think they can use hazardous essential oils because in time any sensitization they get (or give) might

With allergy treatments you cannot lump all types of allergic reactions into one basket. Sensitization and allergies are a vastly complicated subject with a huge spectrum of

You can have sensitization that might wear off over time if an individual is no longer

You can have a genetic predisposition to becoming allergic. This can be for life although even that can change over time with the seasons, hormone cycles, diet, etc. It is a

highly complex problem and I do not believe, and have seen no sound evidence, that you

wear off. Much safer to avoid the hazardous oils altogether.

can completely cure it in people with a genetic predisposition.

You can of course have both which is the worst possible scenario.

The disappearance of an allergy may have nothing to do with any treatment a person has had, it can just be a natural process as we age. I think Anya has missed that aspect in what she is assuming has happened to her. In my own case, in the last few years, my hayfever has declined in intensity. Seems as you get older one type of ailment disappears and others take their place. lifetime. My grandfather had mild asthma until he was around 80 it slowly disappeared of freedom from the problem. Anya said: "I think you need to educate yourself on what can rid your body of the weakness that allows you to be sensitized".

Allergies such as eczema, hayfever and asthma are well known to change over a persons without any kind of treatment. So by the time he died at 93, he had gained many years Yes, like avoiding those things that can *trigger* any kind of sensitization whether that be essential oils, pollen, bed mites or whatever. To find accurate verifiable information on natural treatments that can *remove* the problem is like looking for a needle in a

A lot of so called 'erbalists' in America do not have sound training in the sciences and tend to regurgitate what they have been taught. Some of what they parrot is good, but if it is not properly evaluated that is very bad indeed. Traditional use never ever automatically means safe or effective treatments. Also, defining what is true traditional use is a minefield for the unwary. I have little confidence in these supposed liver treatments for allergies because most peoples livers work just fine without any need for intervention. Some herbs can give the liver a kick and make it work a little more effectively, but there is a vast amount of **hype associated with this.** Does anyone here recall my earlier postings on the trash on herbal gallstone treatments? No amount of liver treatments can remove a genetic condition, all any herbal treatment can do is to reduce the effects. Some herbs can be

great for that aspect though but it has nothing to do with "detoxification". I also take exception to Anya calling this condition a "weakness" in fact genetic based allergies can be a strength because although they are a pain to live with, sufferers rarely get cancer. This may be because the bodies immune system is in overdrive, yet I have seen many herbalists and aromatherapists claiming their treatment "stimulates the immune system". Something pretty wrong with that statement and shows a lack of thought on behalf of the person saying it. "The lymph system is the hardest stronghold to detoxify," Whenever I see words such as "detoxify" this sends shivers down my spine. It is a quaint old fashioned term that means absolutely nothing. The liver processes unwanted metabolites (not necessarily toxins). There are few 'toxins' in normal lymph for it to

"detoxify". What is does is reprocesses tissues and fluids to extract what the body can reuse and ejects what is can't use or that could be hazardous. Therefore the term 'detoxifies' is inappropriate and smacks of beauty therapy hype. Here is a question that I can't answer: Antibodies trigger an allergic reaction in someone sensitized to an essential oil. Other antibodies are vital in our defense against invasion by infections. If you over stimulate the liver to process the lymph fluid more efficiently, what useful antibodies might you remove along with the ones you don't want? I do not think the liver can distinguish between useful and not useful antibodies, but perhaps I am wrong. Martin Watt

Mon, 20 Sep 2004 To: fht.org.uk Letter to a therapy magazine. Subject: Re dermatitis report Dear Editor, I was fascinated to read the new research article in your journal about massage therapists developing dermatitis.(1) This is something I have been warning would happen

for many years. However, because of my attacks on our incompetent trade organizations, new therapists in the UK are not made aware of the safety data I have supplied since the early 1990s. In that I have always warned of dangers of using essential oils on which there is no documented safety data, and on oils with well documented hazards. Over the last week or so I have been conducting a survey of what is being sold on UK web sites as part of a new project. Continued.

I was horrified to find that everyone and their mother seem to have started selling essential oils on UK web sites. From some of the oils being sold, and the illegal medicinal claims being made, these suppliers do not have a clue about what they are selling and particularly the safety implications. Also, from prices alone, I can tell there are a heck of a lot of fake oils being sold which also have grave safety implications. Many of these small suppliers just believe what the sales people in the wholesale trade tell them and check nothing out for themselves. From statements made on these web sites, most of the trades teachers still teach inaccurate safety information drawn from

popular aromatherapy books rather than from verifiable information. Many of these web site owners claim to have been trained and certified by a variety of AT trade associations. If that is the case, all I can say is we have a new generation of

teachers who simply do not know what they are teaching. This is a terrible indictment of the trade associations in their lack of quality control of education. Their leaders only seem interested in fixing hours of study and subjects and playing politics with Civil Servants. If their approved teachers really know their subjects seems to be a secondary consideration to everything else.

From this new report on skin problems, therapists own health is being put at risk by the lousy education on essential oils and their risks that are endemic throughout this trade.

Many of the affected therapists will have to stop the work they love. Then the training establishments can suck in a new batch of trainees and so the money making rackets continue. A caring profession-what a sick joke! Martin Watt (1) Crawford et al. Archives of Dermatology. 2004; v.140.(8): 991-996.

Back to top

3. Toxicity issues. aromatherapyATidma.com Thu, 26 Nov 1998

Re-a moment of time I wont spend too much effort on these calls for a coming together of people in the trade,

you all know by now what I think of that.

As to 'bickering'; I have only seen a few cases of that on this list. However, I have witnessed some excellent examples of the exchange of information and discussion based around different peoples mails. Those that consider such exchanges as 'bickering' are

usually those that cannot take their own knowledge base being challenged. Eva-Marie Lind made this statement: "To date most of our 'data' is purely based upon work with small unwilling rodents"

Well, all I can say to that is if that is what you are teaching your students then you need to get yourself better informed. All dermal testing is on humans, significant and important research on olfaction has been done on humans, quite a number of trials of essential oils for antimicrobial effects have been done on humans, and quite a number of other trials have been done on humans. Incidentally, most of the claimed effects on web sites for manuka oil have **not** been done on humans.

I am perfectly happy to investigate the traditional uses of any plant. What I am not happy about is those that constantly mislead aromatherapists into believing that certain essential oils have a traditional use background when they do not!!

medicine in great detail and they have not.

I also challenge those people who give the impression that they have studied traditional I also challenge those that think traditional medicine must always be right, when it often is not.

I would draw peoples attention to earlier mailings of mine, where I mentioned that there are absolutely no methods within aromatherapy to document the effects claimed by so many that; "they have had wonderful effects using certain essential oils", to evaluate those claimed results or to check if the practitioners are operating safely and in

accordance with ethical procedures.

Aromatherapy can only survive as a reputable *profession*, if it constantly evaluates its knowledge base, and throws out the error ridden and unjustifiable information produced

by past unknowledgeable writers and teachers. It will not survive as a *profession*, if the teaching is full of unjustified hype, errors, misleading information, confidence

tricksters, (yes, we always have to get back to them), and an inability to consider that *some* scientific evaluation is essential, in order to evaluate the worth of what I consider is basically a wonderful method of helping various types of illness. Martin Watt, UK. 20 Jul 1998 To: aromatherapyATidma.com

Subject: methods of use Re the question of how much oil gets in the body from different methods of use and standards.

A good point and one I can't answer for certain. I do know that a fair amount of oil is absorbed from the respiratory tract. Therefore, I would not want to be inhaling a lot of

synthetics oils, but on the other hand no harm will come from small amounts, after all that's what most perfumes consist of. What is important is the **volume** of exposure. Unless someone were sitting in a closed room for hours with a diffuser pumping away, I doubt they would absorb enough oil to cause problems. However, compare that to the volumes of oil some people suggest for oral consumption and we are in a different ballgame. In a recent book it was suggested for **babies** that 5 to 10 drops of chamomile oil 3 times a day orally would be fine!!! Next to nothing is absorbed via the skin.

As to standards in aromatherapy, they should be no different to anything else which is: Are there any sound references to support what someone claims. If not, then the information should be viewed as anecdotal and it's reliability is in question. The lack of credible, referenced information is what 90 percent of the aromatherapy trade revolves around, i.e. "believe me because that's what I say", or

"that's what my teacher told me", or the best joke of the lot "this is traditional information". OK nothing wrong with traditional info. you may think, but since when did the native population in New Zealand have stills and produce Manuka oil, so where does the 'traditional' info. on that oil come from? Just one of many examples of unjustified so called "traditional information" in aromatherapy. Martin Wed, 30 Sep 1998 To: aromatherapy-at-idma.com Re. Clarification: side effects of inhaled oils

In regard to the post on inhaled aromatherapy oils.

Fri, 02 Oct 1998 To: aromatherapy-at-idma.com

aware of any such adequately documented testing.

Subject: Re further details sent on oil inhalation case.

dermatology clinic.

aromatherapists give out.

Date April 2004 To ATFE or Oils-Herbs

Re liver toxicity from inhalation

Martin Watt.

14 years later!!

Martin

Oct. 1998 To aromatherapy-at-idma.com

Re rosemary and epilepsy.

questions that remain in my mind.

valid checkable reference are provided.

Date Oct. 1998 To aromatherapy-at-idma.com

danger'. A good clinical hypnotherapist could do that.

using an otherwise perfectly safe product.

theory of first liver bypass via skin absorption.

strong smell of rosemary.

paper from the Agora pages).

that they might get a problem.

Epilepsy and oils

Case 3:

that follow

a child of that age.

organically grown.

Martin

food.

GRAS status:

claimed is in there.

in food.

in food.

Martin Watt

Martin Watt

inferior oils.

experts.

Martin Watt.

Re rosemary (Pat)

Pat said:

cause seizures"

aromatherapy authors!

how misleading that one is.

'dangerous' oil might also be enough to trigger off a seizure".

Re rosemary-G. Mojay

Dear Dr. Betts,

Martin Watt

graveolens. This oil has never undergone any kind of formal safety evaluation. While it may be safe we simply do not know. This is another one of those hyped-up oils in aromatherapy, the side effects of which are unknown and certainly any therapeutic effects are completely unverified. Since this plant is closely related to one of the worst sensitizers., i.e. Alant root (Inula helenium), then there is reason to be suspicious about its potential for causing sensitization reactions. Adverse reactions to inhaled essential oil vapors are extremely rare and I only have a few recorded cases of such effects. However when this type of allergic reaction does occur it can be severe.

One must of course never rule out the chance of a psychosomatic reaction against the mixture. It is not uncommon to hear aromatherapists report such reactions. If the reaction was truly of an allergic nature, then this can be and should be tested for by a

I missed the original post, but I think it should be pointed out that of the mixture of oils quoted, I can see one that might be implicated in an adverse reaction. That oil is **Inula**

Secondly, giving this kind of advice is mighty close to interfering with conventional medical treatment. Not something most aromatherapists are competent to do and illegal in some States/Countries. I most certainly would not advocate using essentials oils in the same mixture as conventional drugs, goodness knows how the oils might affect how the drugs work. In the ladies letter she says "and other ingredients I don't know", so where did you find out about one ingredient being Inula graveolens?

Without knowing the volumes of oil used, it is impossible to know how much oil was ingested. Personally I am doubtful that this amounted to anything of significance in toxicological terms, although enough would have gone in to trigger an allergic reaction.

There is not enough detail to properly evaluate this case, but certainly it is typical of the kind of badly thought through and potentially dangerous advice, which poorly trained

Firstly the therapist that made these statements about "our organization has done tests for Cystic Fibrosis" should be asked to back that statement with evidence. I am not

exposure. A fair amount of essential oil components are absorbed from the respiratory tract so I would not want to be inhaling a lot of synthetic oils daily. However, no harm will come from small amounts, after all that's what most perfumes consist of and most scented candles. There are also many products on the market containing methyl salicylate. There are cases known of allergic reactions to methyl salicylate via inhalation, but that

has got nothing to do with the issue of organic damage. There are also a couple of cases where excessive inhalation of essential oil vapors has caused severe allergic reactions. However, those reports were where people had used several diffusers every day in badly ventilated circumstances. The import thing is once they stopped using the diffusers they were soon back to normal with no apparent long term damage. Even those who have consumed large amounts of pennyroyal and messed up their liver function short term reverted back to normal after a few days. (See my web article for more on that).

I have never heard of anyone in the bulk essential oils trade suffering from liver damage from inhalation and they are exposed to the fumes every day and in far higher amounts than any aromatherapists is ever going to get. I have been soaked from head to foot in pine oil when one barrel decided to empty itself over my head. I am still here-just! And

I do not agree with aromatherapists using birch or wintergreen because neither are

What seems to have been ignored in the recent posts is the vital question of VOLUME of

hazards associated with its use. However, despite that, I do not think anyone would suffer liver toxicity from the occasional inhalation of these fumes. My advice has always been do not use it in aromatherapy. Lastly, I do know that the RIFM was hoping to do some research on fragrance inhalation because of the concerns over aerosol inhalation. They were seeking funding but I do know know if the trade coughed up. In my opinion, anyone that uses hair spray regularly inhales far more nasty stuff than from the worst essential oils such as that toxic Tansy oil - beloved of Young Living clones. If anything is going to cause damage it is that stuff.

In reply to Gabrial Mojays post about Rosemary in epilepsy There follows a copy of the relevant parts of a letter that I sent to Dr. Betts on the 29th March 1994 following his

I found your recent article in A.Q. fascinating and wonder if you could clarify a few

clipped It was interesting to see that you also think that just the association of a

My main question is in regard to your statement about rosemary oil. My extensive surveys of scientific literature have failed to come up with definite confirmation that rosemary can induce an epileptic incident. My opinion is that any pungent smells may have that effect, i.e. camphor, thyme, marjoram (wild), etc. and that to single out

rosemary is probably incorrect. In regard to your (and my) belief that autosuggestion can have a most potent effect, I wonder perhaps if the single patient which you reported having this response to rosemary, already had this potential planted in her

article in Aromatherapy Quarterly, my letter was NOT replied to.

pleasant smell with relaxation is sufficient to induce that state.

mind, by an aromatherapist or one of the many books on the market?

'natural' oils. Even when they are genuine, methyl salicylate is not a natural substance in those plants, therefore it is a man made chemical in my eyes. There are also several

My comments above were based on Dr Betts own acknowledgment of how powerful auto suggestion is. The fact that maybe years before, this single patient may have read that rosemary was contra indicated in epilepsy, would have been sufficient for a subsequent exposure to cause the increase in brain wave patterns that was recorded. This autosuggestion possibility also applies to the student that Gabrial mentioned. As is so common in aromatherapy - a single uncontrolled case from which all kinds of assumptions are made. I am aware of all the other papers Gabrial/Bob Harris quote. They are a rag bag of stupid experiments on rats where the volumes of chemicals they are exposed to are way above anything that would ever be used in aromatherapy, or prolonged inhalation in humans, (see last para.), or they are based on the internal consumption of things like synthetic camphor (no, not the same as natural).

Statements attributed to the Dutch herbalist such as "Large doses of rosemary have been shown to cause convulsions in patients", are meaningless unless the dose and a

From Dr. Betts new reply to Gabrial, the following very interesting note--"there is also the possible effect of a conditioned response to the smell: apprehension about using a

Yes indeed, and who is responsible for such effects- unjustified statements made by

I have previously posted about the complete nonsense talked about 'ketonic oils' and

product for use by an epileptic person. However, a good quality water distilled rosemary oil is NOT harsh smelling, it smells like the plant which can have a wonderful fragrance nothing at all like camphor. Of course in aromatherapy there are steam distilled oils that

alcoholic beverages, frozen deserts, candy, baked goods, meat products, relishes, etc. at

I would agree with being cautious about advocating the use of any harsh smelling

smell very camphoraceous, or because they are **made** using synthetic camphor.

Rosemary oil is a GRAS status permitted food flavoring used in alcoholic and non

a maximum use level of 26 ppm and does anyone tell an epileptic person not to have rosemary with their lamb? We have already discussed on this list how little essential oil gets into the body during an average aromatherapy treatment. Of course if someone sits sniffing at a bottle they may well get a lot of camphor and the other chemicals in their bloodstream but that is not what happens with an average treatment. I stick by what I said earlier, which is that there is not a shed of **sound** evidence that rosemary can initiate an epileptic incident any more than numerous other smells. Martin Watt. Researcher, writer, publisher on aromatherapy and related matters.

"I am convinced that there is at least the possibility that Rosemary Essential Oil may

So on what basis are you convinced? I can see no ethical problem, if there is no good

As to if I would do a trial on epileptic patients using rosemary. Yes, but only if they were first de programmed from possible previous auto suggestion that 'rosemary may be a

I hate giving anecdotal cases, but this may be of relevance. A student in a class in Florida told me that "rosemary oil was the **only** thing that prevented a seizure in her husband". He had brain damage following a car smash which left him subject to fitting and the drugs he was given did not help. He had just a sniff from a bottle (as he felt the aura coming on) and it stopped the fit. I guess this is not the same as those people born with epilepsy, but this is an example of the need not to dismiss a 'potential' treatment

basis for your 'conviction' that rosemary oil can cause the suggested effects.

In fact I have got several of the references that Bob Harris mentioned. You see I do something most people don't bother about, which is obtain the *whole* research paper rather than just the extracts. When you get the whole papers a very different picture can emerge compared to just reading the abstract. For example, it is extremely common to find experiments on animals where synthetic fragrance chemicals are used. These chemicals are rarely identical to the equivalent natural one. This may not invalidate results, but does raise questions on the accuracy of results obtained. My comments on the use of rosemary in food are perfectly valid on this issue. This is because several of the experiments on animals have been from the internal

administration of the essential oil. In addition, the suggestion is that it is the **smell** of rosemary that can cause a problem, in which case even cooking with the herb creates a

There are several errors in the suggestions that inhaled camphor or 1,8-cineole might cause seizures when used as part of an average aromatherapy treatment. Also in the

In a massage the volume of chemicals entering the body is minute. The question of skin absorption should by now be a dead duck. It is not, simply because most aromatherapy teachers do not want to face the truth, which is they have been teaching nonsense for years. The clear evidence is that is *not* a pathway by which pharmacological volumes of oil get into the body. (See earlier posts on the work by Buckbuer et al, or download my

Certainly from the research I have got, it would appear reasonably large amounts of certain chemicals in essential oils can get into the bloodstream via inhalation. However, during the average aromatherapy massage, particularly with oils like rosemary, only a few drops are applied all over the body. The person *doing* the massage will get far more vapors in their body than the person being massaged. This is primarily because hot

gases rise, (another basic piece of science that aromatherapy teachers ignore). Therefore the volume of the chemicals getting into the body of the 'client' would be

Yes, of course I agree with you about people using the oil in excess could cause problems. I also believe you may be correct in informing people with a history of seizures about the controversy over rosemary oil. They of course have a right to know. However in honesty it should be put to them that the matter is *not settled*, rather than

Martin Watt. Researcher, writer, publisher on aromatherapy and related matters.

Finally I still can't see any reason why we should implicate rosemary rather than many other oils, as being contra indicated for epileptic people. You should consider how well known I am for promoting the safe use of essential oils. If I have the slightest suspicion that something is dangerous then I tell people about it. This thing over rosemary is just a

considered by a pharmacologist as of little or no significance.

part of the unjustified hype that our trade is riddled with.

Date Oct 2000 To aromatherapy-at-idma.com

So here we have to consider two possibilities:

2. This child had a tendency to epilepsy anyway.

external use of essential oils in aromatherapy.

Re question of which oils are safe internally.

Thursday, July 23, 1998 To: aromatherapyATidma.com

the endemic dishonesty in our trade, it's not worth the risk.

wrong with using adulterated essential oils in small amounts?

the substance *may no longer be classified as GRAS*.

flavorings as a better alternative to synthetics.

What about organically certified oils?

off of distilled essential oil of ginger.

Date Jan 2005 To ATFE or Oils-Herbs

Re book on oils in food:

that is not infallible as far as food use is concerned.

a home made ginger tincture, fresh or dried ginger.

making money to sustain their empires.

Reply from one author of the above.

My reply to the authors comments:

My reply to the authors comments:

My reply to the authors comments:

flavor ingredient - GRAS 3. (2988)

Average Maximum Uses in Parts per Million.

Oct 2003 To aromatherapy-at-idma.com

all are extracted using hexane.

be dangerous at normal levels of use they would not be permitted.

Date Jan 2005 To ATFE or Oils-Herbs

More on cooking using essential oils

particular is dangerous in massage.

As to the case of the dog; well tea tree oil has been reported to have the same effect on

dogs. Do we therefore include tea tree in the oils not to be used by epileptics?

Examining the details here are the facts: 54 year old woman "had taken a mouthful of sage EO weekly for several years". Result a seizure and unconscious for 1 hour. Interesting though, despite that massive dosage, once she stopped, she remained free of seizures. So do I really need to say anything about the relevance of such a case to aromatherapy massage? Case 2: 53 year old man took a dozen drops of sage EO equal to half a ml. Result a seizure followed by coma of 15 minutes. Interesting as the above, once the oil was no longer used, follow up of two years showed complete absence of any symptoms of long term harm. Again is this relevant to the use of a couple of drops externally in massage?

A 12 month old baby was given 5 *prolonged* baths containing an unknown quantity of eucalyptus, pine and thyme over a 4 day period for respiratory tract problems. Result seizure, irregular breathing and other symptoms of toxicity. Interesting with this case is

1. The volume of oil in the bath caused nervous system damage. Personally I doubt this

Who knows, however without knowing the volume of oils used it is impossible to draw accurate conclusions. I would not advocate the use of eucalyptus or thyme in the bath of

So yet another paper that really has hardly any relevance to the issue of the

When I said 5-6 oils are all I would use, this was qualified by saying "if I knew their source". The selection of oils depends entirely on that. It is unlikely that peppermint oil

Basically I would only use those oils that the food trade uses, and for which there is

evidence of medicinal activity found in the old pharmacopoeias. There are lots that could be used if you knew for absolute certainty that they were unadulterated, that the nub of the problem. In most cases I would not know that myself and knowing what I do about

For the benefit of newer readers on this group who have not seen earlier postings, here is some information that must be considered before using most aromatherapy oils in your

1) Synthetic chemicals are used as food flavors, i.e. vanilla essence and others, so what's

A. Chemicals used in foodstuffs are generally sold to the producer as "food grade", this means they are highly purified. If there was the slightest indication such chemicals could

contaminants from the production processes. Sometimes natural extracted chemicals are used, but the problem is the buyer just does not know without sophisticated analysis.

This only means an extract can be used as a food flavor at the levels common in the food trade when the submissions were made. Those levels of use are usually only a few parts per million. A supplier can use up to 5 times that level, but as soon as they go over it

I am not suggesting that using adulterated oils is going to poison anyone. The problem

is twofold: Firstly, you may be adding to the bodies stock of hazardous chemicals. Secondly, you may not be doing what you think you are doing and using natural

2. On the other hand, Essential oils are frequently adulterated using "lab grade" chemicals. These chemicals are always labeled "hazardous do not consume". The

reason being they can contain around 1 to 2 percent of potentially dangerous

definitely use spearmint if I knew its source, I would use aniseed (star or pimpinella) if I was certain it was food grade, I would use roman chamomile, but only if I could see where it was grown and distilled. I would use fennel if it was proven without doubt to be

is adulterated because it is cheap, and so probably safe to take internally. I would

up until the age of 5 years showed occasional recurrence of the symptoms.

because the nervous system is highly regenerative at that age.

Yesterday I got a copy of a recent paper Sue of Lavendercat fame told me about. Plant Induced Seizures. P. Burkhard et al. J. Neurol. 1999. 246. 667-670. This paper I am quiet

sure will soon be quoted by aromatherapy sources as being evidence that sage oil in

Many of these schemes are a scam and you cannot assume that a certified oil is what the label claims it is. The aromatherapy market is awash with phoney OG claims, so **beware.** If an oil is trackable to a specific grower it may be fine, but how do you know short of going there? I trust my supplier. You have got to be kidding! I have been involved with this trade for years and have warned some AT suppliers they were being conned by their bulk suppliers. Most times it

went in one ear and out the other. All they were interested in was that magic analysis certificate which their own supplier took out of a book! For aromatherapy that is not so vital, but for food use, it is critically important to know what is in that bottle, is what it is

The safest way to use citrus essential oils for food is to use the fruit and process it. Purchase OG certified lemons and other citrus fruit and grate the peel. Use the fresh or dried herb; for example fresh Basil knocks spots off the essential oil. Using high strength

potable alcohol make your own tinctures. For example, using 90 percent alcohol

produces a highly flavored ginger tincture, this is what herbalists use and it knocks spots

As I have said before, there are only half dozen or so essential oils that I would risk using

Lastly, please bear in mind Essential oils are an International trade and the oils may be traded via several bulk dealers before they get anywhere near an aromatherapy supplier. I acknowledge that a few AT suppliers have their oils analyzed to detect adulteration, but

If the supplier cannot PROVE the source of their oil, then I would advise you not to use it

Excerpted from Aroma, The Magic of Essential Oils in Food and Fragrance by Mandy Aftel and Daniel Patterson (Artisan, 2004). Seen on: www.splendidtable.org/search/site/rose

13 drops of Ginger oil. This oil is a weak food flavoring and it would be far better to use

cosmetic formulas by all respectable cosmetics and perfume houses. That alone indicates

Gets back to what I keep telling people: You really must not believe everything you read in popular books, or on web sites. Most big publishers care about nothing other than

The volumes of oils suggested by these authors are preposterous. I would suspect they do not have the first clue on safety issues or much knowledge on natural food flavorings. The link for supplies is to a perfumer (Mandy Aftel), who is selling costus absolute. That substance is recommended by RIFM as "not to be used" in

they ignore or are unaware of the safety guidance provided by real trade experts.

1) The rose absolute, like all absolutes, are extracted with a very pure, high-grade chemical called hexane. The resulting essence is a natural product, distilled from a natural ingredient. It is on the FDA GRAS (generally recognized as safe) list, as is every essence used in the food recipes in the book. That means that the FDA has ruled that it is safe to ingest. As to the use of food grade chemicals in commercially produced foods, one only has to walk down the aisles of any supermarket and read the ingredients of the

products to find far more dangerous coloring and flavoring agents.

million. So in this case, FDA status is not applicable. See below.

The Rose and Ginger Souffle formula on that web site contains: 10 drops of Moroccan rose absolute. This is a crude rose extract and will contain traces of petro chemical solvents that are not advisable for internal use. On the skin fine, but internally?

Natural product: As above, this author has no idea on essential oil production. An absolute is **not** an essence, neither is an absolute "distilled", only an oil is distilled from the absolute or more commonly direct from the concrete. Secondly, hexane is a petro chemical solvent which is against all principles of natural therapy or cooking with so called 'natural extracts'.

FDA-GRAS status: Sure, but that list is applicable to *the average volumes of use within the food flavoring trades*. The levels suggested by these authors are way above those levels. The average level of use reported in the food flavor trade for rose is 2 parts per

2) There is no way to make a ³home made ginger tincture² that would come close to the intensity and purity of flavor and aroma in the fresh ginger essential oil. It is actually a very strong oil, so perhaps the writer of the comments has only had experience with

There are many on this list who will confirm how much I know about essential oils having worked in the supply trade, analytical trade and having contacts with REAL food flavor

3) We did extensive research as to the safety of essential oils. Publishers are a careful lot, and everything was reviewed by a lawyer. I have personally tried every recipe in the book at least twice, and the ratios are correct. I have been using essential oils in my restaurants since 2002, and have served perhaps 40,000 meals since then, of which most people have at least one dish, and usually more, using essential oils, without any

problems whatsoever. It is a cavalier accusation that is unfounded in reality.

particular, this is very dangerous when we are dealing with a trade where

This is marketing hype. It has little meaning as the volumes of use of these oils are

unlikely to cause most people problems with the odd meal. The danger is in writing such books where people will assume they can consume such volumes regularly in food. In

adulterated essential oils are the norm rather than the exception and the public will

Hexane: Clearly this indicates a lack of knowledge of the production of absolutes as not

personal level, I find this kind of negative, accusatory rant to be counterproductive, and not at all conducive to constructive dialogue. My reply to the authors comments: So where is the reply over the fact Mandy Aftel is claiming to sell costus absolute, an extract that is too dangerous for the REAL cosmetics trade to dare using it? Addendum to the above:

Flavor and Extract Manufacturers' Association states: Generally Recognized as Safe as a

.....(PPM) Alcoholic Beverage..1.13 Baked Goods.....1.86 Frozen Dairy.....1.67 Gelatin Pudding.....1.47 Hard Candy.....1.64 Soft Candy......1.56 Please note, a manufacturer may use up to 5 times these levels for the product to maintain GRAS status. Above that level and it may not be classified as GRAS.

Tony-Re mixing oils Tony I only picked up your message this evening about producing new chemicals when blending oils. I am now very concerned for my own health and if you see what I consumed today you will understand why. Ready prepared duck in orange-loaded with orange extracts, pepper and other spices. Bulb fennel-loaded with sensitizing agents Broccoli-loaded with nasty mustard oils Desert was a cinnamon and apple cheesecake-loaded with Cinnamaldehyde. with menthol isomers plus more.

Tea: Two big sticks of celery containing lots of sensitizing substances. Followed by a chunk of fruit cake loaded with orange and lemon peel with their natural oils, plus added orange and lemon essence.

Washed down with a glass of creme de menth - again peppermint oils. My goodness will my liver ever cope with this toxic assault! Perhaps I better take some cleansing herbs such as artemisia absinthium or fennel, but oh won't that blend even

more chemicals? Continued.

purchase such oils. Cavalier accusation that is unfounded in reality. My reply I suggest you take a look at the figures above on Rose absolute if you are so certain you have done the correct research. I think not! 4) The last bit is laughable. The writer sounds somewhat like a 60s refugee railing against 'The Man'. Artisan is a small publishing house who took a chance on an interesting idea that is not at all mainstream. They will probably not make any money on the book, which is a high-end, small market concept. To lump them in with the profit-atany-expense approach of 'Corporate America' is disingenuous, to say the least. And on a

Followed by several Bendix peppermint creams made from English peppermint oil-loaded

I believe you said my statements were over simplistic. Chemists know better about such matters of course! Nice to have known you all, I guess I will be in hospital tomorrow with systemic toxicity! Martin Watt.

Date April 2004 To ATFE Back to top

Re synthetic fragrances. Thought I would chip in on this because I know about both sides of this question.

many essential oils. However, most concentrated synthetic perfumes are comprised of 30-40 and sometimes more *different* fragrance chemicals. Often the safety of that blend is not known. The large commercial houses will have their whole product tested to ascertain its safety even if safety of the individual components is unknown. Even then

The safety of most synthetic fragrance chemicals is known, in most cases better than

they can come unstuck as with the nitro musks restrictions. Problems with them only showed up after years of use. What is most important though is that these concentrated perfumes are designed to be used in minute volumes in large scale commercial products. What has largely been ignored by home toiletries makers is that they often use these perfumes at 100 fold rose oil in a soap at half a percent and using a synthetic rose perfume designed for use at maybe one part in a thousand or less. You cannot simply substitute a synthetic with

higher than the commercial world. There is a huge difference between using say a natural at the same volume of use. I have nothing against the use of synthetic fragrances provided they are used as intended and that is declared on the label. Sadly that is rarely the case with home manufacturing.

There is also some concern over the inhalation of synthetic fragrance chemicals. I would not want to be regularly inhaling them in a badly ventilated room. It's another case of use the right thing for the right purpose, but over use it and there could be trouble. That principle applies just as much to synthetics as naturals which can also cause problems. Martin

Tue, 24 Nov 1998 aromatherapy-at-idma.com Subject: re safety questions (Sherill)

As my students can testify, I am always happy to answer any questions that I feel competent to answer. From the questions I see here on safety, I can detect the appalling lack of knowledge of many so called aromatherapy 'teachers'. It should not be for us to re-educate their

student or practitioner can afford to acquire some decent knowledge, rather than just

students for free here. It should be for those students to go back to their teachers, and demand a refund of the cash they were charged for lousy education. Then perhaps the keep asking questions that can easily and *more accurately* be answered from good

documentation. Once someone has read such works and does not understand

something, then fine ask questions by all means.

Early 2001 aromatherapy-at-idma.com

Buzzwords Re -"adrenal support"

aromatherapy.

hepato-biliary functions".

tumors not reduces them.

+++ Viral encephalitis, polio-myelitis.

On Basil she says:

is crammed with.

better than antibiotics.

using something in an unsafe way.

March 2005 To ATFE or Oils-Herbs

"I do not know your credentials or areas of study."

Martin Watt

From: Andrea

damage"

Gall bladder flush

to gallstones.

term-no way.

to add to that.

harm than good.

Martin Watt

Date around oct 2004

Essential oils in pregnancy.

amounts (1-5%) used in massage.

Internal use is another issue.

containing essential oils.

Martin Watt, UK _____

Re Tony Burfields letter.

volume obtained from foods and

-no crystallized ginger

-no curries -no garlic -no onions

-no fruit cake

-no fennel tea -no chamomile tea

Martin Watt, UK.

Martin

first set up shop.

suppliers would declare it.

documented elsewhere.

-no mint candies

-no fruit flavored chocolates -no fruity breakfast cereals

aromatherapy is of course way-way lower.

most chemicals tested will be synthetic ones.

-no cough candies (large amounts of E. oils)

-no rosemary on your lamb, etc., etc., etc.

Essential and fixed oil issues

Subject: Re fixed oils not going off.

Sunday, July 26, 1998 To: aromatherapy-at-idma.com

-no fruit drinks (oh yes they contain oil fractions)

Anyone want to add to the list of false statements on this issue?

if they have passed.

study done on the subject.

There are many issues involved:

any kind of reputable complementary medicine course.

feces how the heck do they know what they have passed?

"Even people with no gallbladder still pass stones from the liver".

quack medicine. http://www.pathguy.com/altermed.htm

Comments on other things on the Angel centre and other web sites:

disorders and other symptoms which no other treatment has cured.

public domain for around 30 years, and that any teacher ought to know about. If they do not know such information, then they should not be attempting to 'teach' others about the use of essential oils for skin applications or internal use. On safety issues that remain unknown for example with chemotypes, Manuka oil, Sacred Lotus, etc. Ask away on those, such issues are ripe for debate. There are a number of people on this list who have privately received answers from me to questions. I will often respond to someone I think genuinely needs help, but I am damned if I am going to give people who are financially far better off than me, more free

Please don't get me wrong, I am only talking about issues of safety that have been in the

advice and education than I already give via this list. Others should also think seriously about this, when a safety question is posed, the first reply should be to recommend the appropriate reading material, not to give a reply like 'such and such aromatherapy author says', or to give an unreferenced reply.

This is not a plug for my own publications. I don't care whose people buy, as long as they have *something*. Anyone involved in this trade should have sound safety information before embarking on using essential oils on others. Martin **General therapeutic use issues**

I often wonder if people have got the first clue as to what these buzzwords really mean. As a medical herbalist I can't tell you what this term really means. I can make guesses of course, and I presume it means making the adrenal glands work more efficiently. I agree that problems with adrenal activity may occur because of excessive consumption of too many stimulant drugs such as coffee, cola and suchlike. Stop drinking so much of them and the adrenals should revert to normal function with nothing other than a good diet. Rarely do therapists who tell clients they have this problem get any testing done to check if there are real problems. Mostly it is just an assumption based on things read

from the popular novels on complementary medicine and nutrition, or from the numerous

pseudo experts and quacks in complementary medicine in general.

I have not seen all the research quoted by Marge, but I will bet many of these pieces of research are based on in-vitro trials, or on the internal consumption of the various herbs or oils. *Nothing whatsoever to do with aromatherapy.* Many therapists seem to not attempt to differentiate between the research relevant to aromatherapy, and that which is herbal medicine which most people on this list are not qualified or competent in. As to the papers presented at the PIA conference; well if these were anything like the ones on vitex that I previously commented on, then they have little to do with

Let's also not forget that there are no studies (that I am aware of) on any potential harmful effects of Ledum groenlandicum essential oil. This is the same scenario as vitex oil of putting the cart before the horses. As soon as someone makes a baseless claim about a natural extract, then 99% of aromatherapists and the public will start using the stuff without a second thought as to if it is safe. The suppliers then jump on the bandwagon and start pushing it as hard as they can. That leads me on to Suzanne Catty which Marge quotes. On her web site she has outrageously misleading comments on the uses for hydrosols and oils. Much of

supposed to have written, but which I would like to remind people was in reality finished by editors. Also hardly any of the medicinal claims in that book are referenced, nor do

her information seems to come from the book that Penoel and Franchomme were

Acorus calamus: "Topically it is used for bronchitis, weak digestion, and improving

they stand up to close scrutiny. For example Catty quotes:

How can this oil used **externally** possibly affect hepato-bilary function? "Calamus is a specific for the liver and both the oil and hydrosol can be used with Greenland Moss (Ledum groenlandicum) in topical compresses and poultices for liver infections, dysfunction, and hepatitis. French aromatherapy experiments with both topical and internal use of these two essential oils has yielded some very promising results for treating tumors and cancers in the liver and the hydrosols are worth further exploration". Note: no reference to justify these outrageous claims. Most people who know what they

are talking about say that Acorus calamus oil is a possible carcinogen, it promote

June 2004 To Oils-Herbs Tea tree oil on diabetics This information about not using tea tree oil on diabetics is pure speculation based on someones weak knowledge of the real contra indications and methods of using essential

oils. It is ridiculous to suggest such an oil should not be used simply because someone is suffering from diabetes. These urban rumors spread via newsgroups annoy me intensely because they just further the garbage on essential oils contra indications that this trade

It is not a question of not using tea tree on damaged or weak skin, but rather taking care

neuropathies (such as diabetics suffer) easily get infected sub-cutaneous tissues. Good quality tea tree oil (combined with other essential oils) can help knock those bugs out

I have several documented cases from a Scottish hospital where badly infected leg ulcers and infected cellulitis were treated using advice that I gave the nurses. We have many photos of the progression of the healing process. Unfortunately, as the main nurse

about how much is used and how it is used. For example, those with peripheral

retired, these results have never been published so they remain anecdotal to a degree. However, well qualified medical people were most impressed by how the combination of essential oils and other natural materials helped the body heal those wounds and we also have microbiological plate test results before and after treatment. Tea tree oil was always a part of these treatments but the way it was used and how much was formulated for each individual. The nurses were instructed to constantly monitor for excess inflammation and the formulas were changed on a weekly basis as the wounds improved.

So readers, please be wary of listening to urban rumors about what essential oils can and can't be used for. You may well end up depriving someone of safe effective treatments, or

about so don't take that wrong. "I also disagree with your blanket statement that the word "detoxify" is a quaint oldfashioned term. Qualify that statement". The term is grossly misleading when used by many comp. med. therapists. It is commonly used to cover up lack of real knowledge on how the body works. Only this evening I caught a TV program where a woman was being covered in seaweed paste and

was told by the beautician that it would "detoxify" her. Total crap! Another therapist was performing lymphatic massage and was also using the 'detoxify' word. Lymphatic massage has many benefits particularly for those with damaged drainage channels such as after cancer treatments. However, in this case we had a perfectly healthy woman who

"I have dug and researched enough to believe for myself that choline does repair liver

This group is supposed to be about herbs and allied therapies. I cannot comment on chemical treatments which is what choline is. In my eyes any isolated chemicals should be treated and tested in the same way as drugs. That even holds good for vitamin and mineral therapies as few of them are "natural" in dosage and often in what they are

reasonably normal liver repairs itself quite happily without any outside intervention. The liver is so well equipped to repair itself that you can cut large chunks out and it still works fine. What herbs do is provide the body with the tools (complex chemicals) to help it repair itself. So to clarify, what I object to is the use of the word 'detoxify' as a catch all without proper qualification as to what is meant. Getting back to the question on allergies; I do not know of any sound evidence to support the suggestion that by stimulating the liver you can force it to remove one type of antibodies rather than another. If this philosophy were correct, I reckon we would all suffer flu and suchlike after having a "liver cleanse" because you would reduce the antibodies that fight infections as well. Martin Watt Feb 2005 To Oils-Herbs

All of these so called "gall bladder flush" remedies are based on poorly documented anecdotal reports. As far as I am aware there has never been a properly controlled

1. Without careful abdominal ultrasound scans one cannot be certain if a problem is due

2. Without scans before a flush and afterwards one cannot know if stones were there and

A few herbs such as Milk thistle and Dandelion do have some testing to indicate they help

support liver function. If they actually repair damage though I very much doubt. A

ducts in it where stones could possibly form. Anyone who makes such statements clearly knows nothing about physiology or anatomy. Beware of claims on websites aimed at gathering clients for quack therapists. Martin Watt Re Gallstones-new information The Angel centre: angelhealingcenter.com claims. For those who really believe the information on the above website and this idea about 'gallstone flushes' please visit the page below written by a real expert and scroll down to

his item on gallstones. Great to see I am not the only one saying these treatments are

I think Katherine covered it all on gallstones in her excellent mail on this subject, nothing

Colonic treatments and others claiming to "detoxify the liver" are hogwash with no basis other than people say they feel better afterwards. Give me a box of chocolates and I get

the same feeling without the need to detoxify my liver or have a colonic afterwards.

With herbs you can support liver function and force it to operate a bit more efficiently, but the liver "detoxifies" itself perfectly well unless one has severe disease. The only real use for colonics is if someone is badly constipated, otherwise a waste of money. None of their theories on detoxification of a normal persons body stand up to close scrutiny.

Their claims about parasitic gut worms are way out of date and based on times past when malnourishment was rife. It is now believed from research that having certain gut worms (if one is not already malnourished) are a positive *advantage*. The worms seem to work in a symbiotic manner to control allergic over-reactions of the body, in other words they try to make themselves comfy with a good food source while not harming their host - clever creatures. Investigations are currently under way to

determine which types of gut worms are most advantageous and how best to administer them. Some people are now taking worm cysts as medication to control severe gut

If people want to waste money by throwing it at scammers fine, that's their freedom of choice. Just be sure they know what they are talking about and will not cause more

Martin Watt Aromatherapy Digest for 20 Jul 1998 To: aromatherapy-at-idma.com Re question on essential oils for mastitis. A woman who is breast feeding, would be ill advised to apply any essential oils to the breasts. The reason is because a newly born babies sense of smell is vital to bonding with its mother. Therefore, if all it can smell is the oil, it may loose bonding and may refuse the breast.

Toxicity and DNA damaging effects must always be related to the volume of any substance getting into the body and also if the body can eliminate harmful substances without causing problems. I would draw your attention to the scare over Basil oils carcinogenicity in animal tests, later dispelled in human testing. It is because of the fact that even Buchbuer has now shown how little oil gets into the body from a massage, that I can be certain there is no harm from the use of the vast majority of oils during pregnancy. I must re emphasis though I am talking about irregular low levels of use.

Martin August 1998 Probably to aromatherapy-at-idma.com Re Rose oils & angelsefin I have reviewed the statements put on this group recently by someone trying to sell

plants essential oil. Thank you to those people who challenged this guy on his scurrilous comments made to Mynou and possibly others we don't know about. Do you really want to deal with people who can't take having their inaccurate sales pitch challenged? Martin

nation and the rose oil I supply".

of my work within aromatherapy.

on the list for a week.

these people are.

unless I had seen it come out of the still myself.

Such a claim is quackery of the worst kind in view of the seriousness of these conditions. There are many other items on this website that are equally misleading or inaccurate, but I will not bore you with more now. So I suggest people check their sources of information a little more carefully before trying to give the kind of advice given to the person making the inquiry on this list. Martin Watt.

to fool the public into buying scam products. By the way, that is not what Anya was on

Couldn't agree more, but I get wound up by the hype in complementary therapies used

Plenty on my websites on that and aromamedical.com was there since 1996.

"I think that there is hype in all arenas, including medical/scientific".

was being shot a heap of garbage to justify a costly treatment.

made from. All the quotes Andrea gave are to chemical supplements.

3. Many other conditions can mimic the pain caused by gallstones, some are self correcting others are serious. If someone has been told they have gallstones, and after a quack treatment they no longer have symptoms, of course they believe it is due to the treatment rather than them not having gallstones in the first place. That is what most of these reports are based on. 4. It is a physical impossibility to get vegetable oils into the gallbladder. The gallbladder is there to produce bile to emulsify oils and fats in the gut. Therefore, one cannot possibly "flush it" by that mechanism. Anyone who says otherwise has not trained on

5. I find it it just mind blowing that anyone can claim they have passed a gallstone

As a qualified medical herbalist I am well aware of those herbs with a reputation for dispersing gallstones. However, any herbalist worthy of that name will tell you such treatments are long term. Anyone who claims overnight effects is a dangerous quack. Herbs and diet are great for relieving some symptoms, but to cure the problem short

Having just had a through scan of my own liver I can tell you there are no cavities or

without any pain. When one knows how tiny the common bile duct is and with that lousy piece of S bend plumbing, it is just beyond me how a stone can pass along that tube without someone knowing about it. In any case, unless someone routinely sieves their

A good treatment is poultices of warm mashed potato. Cooling herbal lotions of chamomile or calendula might help a little. Gentle massage to improve circulation may help. A local herbalist should be able to advise on other treatments, but usually it clears up in a few days. If serious, then antibiotics must be used, although not wholly desirable, they should deal with a severe infection.

There are only one or two oils that very remotely might cause problems to a foetus if they were inappropriately used. Otherwise there are no oils that have been proven or are

There are just maybe two or three oils that to be on the safe side one might like to avoid,

However, this is very much a covering your back exercise. I can find no evidence that any

The main precaution is that in later pregnancy the skin can become hyper sensitive and therefore greater care is needed, but what was being talked about is potential fetal toxicity and that really is trash! The fact is most common essential oils are permitted food flavors in far higher volume than would ever get into a pregnant woman's body from massage. I cover this in detail on my oils CD where it gives a list of foods and products

Perhaps the best and commonest example is chewing gum. Whatever you do ladies do not chew gum while pregnant cos it will harm your fetus. After all it contains high levels of those real nasty essential oils like spearmint and peppermint (sarcasm, not the truth!)

Fact is all this nonsense originates from the same source as all the other utter trash in aromatherapy. Those authors and teachers who have simply not studied anything in

Back to top

chemicals. See my article on pennyroyal. In that even olive oil is a proven embryo toxin if you accept the idiotic testing! You can find cause for concern in almost any isolated chemical if you try hard enough. The DNA effects Tony mentions are from work using

depth and just repeat like parrots what is in the popular aromatherapy novels.

Tony is a chemist and they do have a habit of looking for trouble among isolated

synthetic isolated chemicals as are the vast majority of such similar tests.

likely to be dangerous in pregnancy when they are used *externally* in the normal

that is why I say avoid clary but only if a history of miscarriage's exists. This is based on the indication that in late labor the oil seems to stimulate contractions.

essential oils are fetal toxins as we use them in aromatherapy.

I fundamentally disagree that we do not know the adverse effects on fetuses of the occasional use of essential oils. They have been widely used in foods and medicines for at least two hundred years without any evidence of harm, that holds good even for the dreaded Pennyroyal. There are tens of thousands of women around the world who have handled essential oils and particularly gathered the plants without reports of an excessive miscarriage rate or fetal abnormalities. Now don't tell me this is simply 'not recorded' because skin conditions among workers caused by handling both raw plant materials and the oils are very well recorded indeed. I do not believe, that by now, word would not have got out if female workers were reporting a higher miscarriage or abnormalities rate than normal.

Re my comments on internal use: Just to clarify things, I really mean if the oils are used

toxicology committee have any 'trade vested interest'. They give independent advice on

standing committee that reports on these matters as well as reviewing data and revising

personally on toxicity I do not have any reason to see why they should be biased. Just to be safe they are about to conduct trials on aerosols which might have a little relevance to aromatherapy. Although even here we must be careful of extrapolating results because

I am all for caution over adverse effects, after all my whole reputation has been founded

a few drops at a time as medicines then this in some cases might not be wise. The

I do not agree with Tony that organizations such as the World Health Organizations

average permitted daily intake of essential oils (ADI) as food flavors. They have a

it if necessary on a long term basis. Trade bias could be leveled at RIFM although

on trying to find out the truth on such matters. However on pregnancy I am convinced the whole thing is once again based on aromatherapy fairy tails,

Finally; in pregnancy please do not consume these foods containing essential oils:

Also under no circumstances must you smell a rose, certainly never go and smell clary sage plants in the garden, and do not go for a walk in a pine woods. Analysis of the air of pine woods has detected over 30 aromatic compounds in the air, most of which are in

I am happy as Tony says "for anyone to take a pop" at me for my contentious articles. In the next few days more information is going on my web site about this trade. Those that have ruled the roost have always done everything in their power to suppress ideas contrary to the accepted norm, or particularly to suppress evidence of gross dishonesty endemic within it. That has extended from complete control on most of the trades information machine, to threatening trade boycotts if journals published things its advertisers did not like. Thank goodness, due to the internet, at last there is a mechanism for giving aromatherapists uncensored information about their trade.

File 2

Please take note of the age of these emails. If a supplier is mentioned it is likely they will have changed their descriptions, but as with other files, this serves to show the history of suppliers who knew very little about the subject when they

If almond oil still smells good after a year then the answer is quiet simple. Despite what the label says or the b.s. the supplier gives, then it **must** have had antioxidants added.

Personally I prefer the preservatives because it makes the oils less likely to develop skin sensitizing chemicals. However, it should of course be declared on the bottle label, but rarely is. That is because aromatherapists accept all the b.s. put out by teachers about "you must only use cold expressed oils". The suppliers are not going to tell you that there

It is common for food grade antioxidants to be added to fixed oils at source.

may be preservatives in the oil that possibly they may not even know about.

common essential oils. Think people please before giving such false advice!!!

backed by some toxicologists who know nothing about essential oils.

Bulgarian rose oil. The reason I have done this, is because it is a classic example of the mix of a few facts, embroidered with a mountain of misinformation as well as a few incorrect statements commonly used to sell essential oils. OK here we go: First this guys statements about him being an exclusive importer of Bulgarian rose oil are a lie. This oil is exported all over the world including to several companies in the USA.

Most of the traditional uses information looks sound. What the heck 'moon blindness' is I haven't got a clue. The rose jam sounds wonderful. However, with traditional medicine a few things must be remembered. Many of these uses are where the preparations are made locally and used up quickly. For example, the best way to get rose water is to

compounds than occur in a distillation waste product. All floral waters will grow bacteria and particularly fungi very quickly after they are produced. They are only antiseptic for a very short time following production and remember that is how traditionally they have been used for thousands of years. Traditionally they were not put into bottles and shipped round the world. So if floral waters are purchased remote from the areas of production then it is very likely they will have synthetic preservatives added and this will not be declared on the package. I am happy with such preservatives but I just wish

The next thing with traditional medicine and vitally important to remember, is that often the native peoples had no choice but to use hazardous plant extracts and methods of use. They had no alternatives such as effective drugs and in many parts of the world that is still true. Therefore it is very important to take account of this when looking at the medicinal uses of herbs. Some of the medical conditions quoted would probably not be treated with rose nowadays even in Bulgaria. I am quite certain that in Bulgaria people would now go to a doctor or hospital if they had "severe asthma, jaundice and cardiac failure" and get appropriate medical treatments far more effective than rose extracts. Please people remember I am a herbalist, but I believe in using the best

make a tea using the fresh or dried petals. In that you will get far more active

treatment for the respective condition including conventional medication.

as farnesole and it is used in many cosmetics because of its proven effects.

fountain of youth, does that mean Bulgarians don't die of old age!!

injected into their veins. Not my idea of fun during a heart attack!!

"As yet, the mechanisms underlying the cosmetic effect of the rose are not clarified" This statement is untrue as a lot of research has been done on components of rose such

"attar of roses, by regulating the lipid metabolism, counteracts the wear and aging processes of the human organism". "ingested per os, has the force to endow youth and beauty, similar to mythical ambrosia". Come on cut the sales crap, if there was such a

"Attar of roses has life-saving effect when introduced I.V. At a dose of 30mg/kg in the

A host of unsubstantiated medicinal claims are made based on the internal use of rose

adulteration of rose oil throughout the trade, I would not consider using this internally

I have not seen this paper, but would bet that this is experimental work on animals. 30mg/kg in an adult man of 70kg would be equivalent to having 2.1 mls of rose oil

The research on the psychological effects on the brain has of course been well

stage of cardiac arrest- blood pressure nil and absence of electrical activity".

'attar', many I am quite sure are excellent remedies. However, with the gross

As to the claimed antimicrobial effects of rose water on all these pathogenic organisms. As I already pointed out above, these effects are transitory using the fresh extract only. I have the gravest doubts that the water would still be so active after a few days, unless preservatives had been added. In fact I guess a lot of these claims are from tests on the essential oil rather than rose water. **Conclusion:** This is a classic sales pitch aimed at making a product that has its uses, look like a panacea. Please people try and look at claims made, and think about the massive differences between the use of a herb traditionally and the use of the same

"Mr Angel Sefin, I think perhaps before making the accusations about me personally my

You should try reading again what I said. I made absolutely no references in my posting which were against your Nation. I think you may be mixing up what I said with what other people have said. If I ignored any mail from you, it was because I have not been

I do know what I am talking about Mr Angel, having had very close contacts with the aromatherapy trade for years. Others on this list may care to tell you about the nature

aromatherapy who are lying cheating confidence tricksters. I am attempting to give people enough information so that eventually they can work out for themselves who

You may care to note that in all my mailings to the group I do not take advantage of the advertisement that is allowed at the foot, unlike yourself who makes sure yours is there. I can assure you I am not in this trade to just make money, as others can testify. I am in

Sir, I only insult those people that deserve it, unfortunately there are many in

it to try and ensure that the cheats and con artists eventually get driven out. Then perhaps we just might get the respect that aromatherapy deserves. You may care to answer why it is, that you did not attempt to say that I and others were incorrect, when you lied about being the "exclusive importer of Bulgarian rose oil". Martin Watt _____ August 1998 Group it was sent to is lost

Subject Adulteration Some clarification was requested about my generalizations on saying "you all" in my post about semi synthetic oils. I thought this had been adequately addressed by the percentages I gave, which clearly indicates 'not everyone'. However for clarification there are two issues: 1. As I stated in an article in Aromatic Thymes recently, it is remarkable how nearly all aromatherapy suppliers say "ALL our oils are organically grown, wild crafted, 100 percent pure, etc. etc." Yet the fact is that vast amounts of adulterated oils ranging from totally synthetic to minor synthetic reconstructions are being sold by aromatherapy suppliers. I have good friends in the aromatherapy supply business and they know m attitude on this well. I doubt that even those who try their damnedest to only supply pure oils have got 100 percent of their stock totally genuine all of the time. Due to the endemic dishonesty in the essential oils supply trade, this aim of 100 percent authenticity is almost impossible to achieve. I would be perfectly happy if suppliers just said what Susan and others said "I/we do our best to get genuine oils", but that is NOT what you will see in sales literature, instead you will see all the claims mentioned above. My comments on the percentage of phoney oils in the USA are based on my experience when I was there, on published analysis figures and on seeing private analytical data. Of course in the UK we have gross adulteration, but here I would guess the level is slightly lower. We have also had a handful of prosecutions of dishonest traders who have been fined for selling grossly adulterated oils. I don't think in the USA this has been done. Even importing oils direct from growers is no guarantee you are getting what they tell you. I have seen so many examples of this kind of fraud, particularly where small

distillers do grow and distil say half a dozen herbs, but then buy-in other oils they sell, from normal commercial sources which might or might not be genuine. Certain French producers are notorious for this trick. 2. My comments on the lack of the ability of most people to distinguish a genuine oil from a real one are really concerning good reconstruction's. Yes, many can tell if an oil is loaded with solvents and a tiny number of people have such good noses they can detect oils with a fair amount of synthetics.

Continued.

arguments sake, 50 percent are using adulterated oils, then something is wrong. In my opinion the reason you do not get huge numbers saying their results are not good is quite simple. For a nice relaxing or stimulating massage, it makes little difference if the oils used are cut. It is also clear evidence that the vast majority cannot distinguish real from phoney. Why else do you think millions of dollars are invested in the most sophisticated analytical equipment mankind can develop if detecting synthetics were so easy. To this day it is terribly difficult to detect high purity synthetic linalool from natural, without expensive chiral analysis. That is why so much lavender oil is **not** 'pure and natural'. Don't get me wrong, I am not therefore suggesting it does not matter if we use phoney oils, it certainly does matter for skin conditions and particularly internal use. This is precisely why I am generally anti internal use. If someone insists an essential oil they sell is the genuine article, and they know or

However, my point is this: How many aromatherapists will say that they have **not** had good results from using presumed genuine essential oils, I doubt many. Yet, if for

suspect the oil is not genuine, this is without a shadow of doubt FRAUD. It does seem that to date most government authorities are loath to tackle this issue. However, it has been tackled in the USA in the precious gem trade where similar adulteration of gems

has only recently been ruled an illegal trade practice. Hopefully in time this may happen with essential oils. Aug 1998 To: Aromatherapy-at-idma.com In regard to the post Michel wrote on Ravensara.

I am replying to this issue as an individual, I am quiet sure Maria will have more to say

on the subject. I can see no good reason for using Ravensara aromatica for therapeutic treatments.

other components thrown in for good measure. This (clear) oil is what was on the market for years being promoted as "the genuine article". On the other hand, a few years ago I saw a sample that was a murky green color and the analyst believed it was genuine mainly on the basis of the occurrence of chemicals that can't be purchased. What is particularly horrifying is that I know some herbalists have used these

Reasons: The genuine essential oil is highly variable and a lot of it is suspect. I have seen analysis of samples of this oil which proved to be a blend of eucalyptus with a few

compounded oils internally and swear on their therapeutic efficacy.

There is little sound information that I can find on the past use of this oil therapeutically. That lack of information includes most foreign language publications including the French ones that Michel seems to think get overlooked as well as German ones. I am not the

only one to search for information on Ravensara, I know Sylla did that a couple of years ago and also drew a blank. All I can find is information on the traditional herbal use of the leaves and even then very little. Interesting that in the references Michel sent I cannot see a single sound reference to the clinical use of this oil. All we have is the fact the oil was technically described. I could dredge up dozens of oils from my old pharmacopeias and old medical therapeutics books that historically were known existed, but for which there are no documented traditional or medical applications.

Aromatherapy uses for this oil: Every use I have seen in aromatherapy novels (including particularly those originating from France), can be adequately covered by the use of other tried and tested oils. For example Cajuput, Eucalyptus, Tea tree, Cubeb, the Chamomile's, etc. All these oils have sound documented information substantiating their use. More importantly in my eyes, is that the safety of these oils is completely known, whereas there is no safety data for **Ravensara**. Of course if you have a lab making the oil then you can judge safety because you know exactly what it is *made* from!

Many aromatherapists have used (purported) Ravensara oil for a wide variety of

infectious illnesses and claimed excellent results. Personally I do not doubt those *observed* effects in that you prescribe the oil and the client gets better. What I do doubt is that the observed improvement of the client is due to some magical properties of this specific oil, much more likely are three things: 1. Is that the condition is self limiting and will clear anyway.

2. Is the good old placebo effect. 3. Is that what is in fact being used is a blend of Eucalyptus with similar oils or components from other oils with known activity. This does not mean I am saying genuine Ravensara oil is not useful for certain conditions, it may well be, what I am saying is: No one knows which conditions.

No ones knows if it is safe.

use it at all? I believe Ravensara to be one of those oils hyped up by certain aromatherapy teachers and suppliers. It is part of aromatherapists seemingly desperate need to find magic bullets. Yet we already have those magic bullets, they are among the hundred or so well tried and tested essential oils, many with still undiscovered properties. Wouldn't it be nice if aromatherapists did some proper research on those oils instead of continually hopping around trying to find new ones and experimenting on their unknowing clients. My belief is that this search for novel oils is nothing to do with the search for new healing agents.

Almost all conditions it is used for can be effectively treated with known safe oils, so why

No it is commercial interest, either with those teachers needing to be seen to be 'on the leading edge', or the oil producers happy to add extra things to their range if there is a sale to be made. So to wind up: On the therapeutic effects of Ravensara oil: Where is the evidence? Where are the references? Martin Watt, UK

re solvent extraction and chemotypes Solvent extraction: This idea of not using solvent extracted absolutes is just another example of the uneducated hype initiated by early aromatherapy teachers. Unfortunately these weird ideas seem to still be persisting. Firstly we should look at what is meant by 'an essential oil' This term is mainly an historical anomaly set in France in the days when steam distillation was the norm. Like

all trades, technical matters move on, but unfortunately the aromatherapy trade tends to

It is possible to get a micro pipette and extract an essential oil from the storage glands in/on plants and analyze the liquid. This is really the plants 'true' essential oil. This is the substance that gives the beautiful fragrance of geranium when you crush the leaves, or rosemary in the garden. Once this substance is subjected to steam distillation these

Wed, 26 Aug 1998 TO: aromatherapy-at-idma.com

constantly lag 50 years behind.

undetectable.

emotions.

Chemotype:

in the normal 'tested' chemotype.

Martin Watt, UK.

Date Sept. 2000

Re chemotypes again

offer a few notes as follows.

an excellent survival mechanism.

not include them in my reference materials.

norm) compared to rosemary verbenone 'chemotype'.

highly fragrant chemicals are frequently destroyed or turned into other chemicals. Only rarely does heat produces advantages substances. When this fragrant material is extracted by a cold process, all these fragrant compounds are preserved in their naturally occurring form. Give me an Egyptian rose absolute any day to a 'cooked' steam distilled Bulgarian essential oil. The smell of rose absolute is much closer to that of the living plant. Surely that is what aromatherapy is mainly supposed to be all about, i.e. using the **fragrance** of plants for therapeutic effect? As to solvent residues in absolutes this is one of the biggest loads of trash in aromatherapy. These solvents are harmful, yes. However, because absolutes are common food ingredients, the levels of solvents permitted under International

regulations are infinitesimal. Anyone whose diet consists of a lot of processed foods are eating these solvents every day. Therefore the volume that is going to penetrate the skin

So use absolutes if you like the smell, provided you stick to RIFM guidelines they will cause no more harm than any steam distilled oil. On the other hand, if they smell better

during an aromatherapy massage using an absolute is going to be scientifically

than a steam distilled oil, then they will have a far better effect on the mind and

the Journal of Essential Oil Research, or in other similar technical essential oil trade publications. A few people in those trades have started to use this term in recent years. However, try and get them to define what it means and you will get half a dozen answers. As far as I can see it should apply to a genetic variant from the accepted norm, i.e. thyme phenol type the norm, against thyme linalool type. Rosemary cineol type the norm, against rosemary borneol type. I should point out here that the therapeutic effects of the vast majority of these so called 'chemotype' oils used in aromatherapy are totally unverified. Unlike the normal types which are well documented historically. Likewise the safety of these chemotypes is

unknown. If you dramatically change the chemical composition of an oil significantly, the potential exists to have possible sensitizing chemicals in higher amounts than occur

I think there may be many people on this list you are completely confused by the

discussions on this issue. So in order to hopefully introduce an element of clarification I

The word 'chemotype' simply means a plant variety that is producing a different chemical composition to its cousins. In the plants this involves minor differences in the genes or their functions. The word tends to be used quiet loosely in aromatherapy to differentiate an oil from the accepted trade norm. For example rosemary cineole type (the trade

Plants in their natural habitat produce thousands of chemotypes. In a wild population it is common for two trees growing next to each other to produce very different chemical profiles-even if those trees grew from the same parent. This is natural genetic diversity;

With the majority of plants we use for essential oils they have been BRED by mankind for

This word is another 'invention' of French aromatherapy teachers. It was never used by the larger essential oil trade. You will not find this term used in any of the old editions of

our own purposes over thousands of years. That can even include some of the wilder growing varieties many of which have felt human interference at some stage. Mankind has been into genetic engineering for at least 10,000 years and probably much longer. In historically more recent times, plants have been selected and hybridized to produce the chemicals the perfume trade or flavoring trade require. NOT for aromatherapy purposes. You will find certain people making comments about these so-called 'chemotype essential oils' as if they have discovered something new. In reality the botanical and phytochemical professions do this continually. It is mainly a mechanism to keep academics in their ivory

towers and the phytochemical publications are packed with such reports. Only rarely are these discoveries of chemical variants exploited by the botanical extraction trades. I have here hundreds of such references, but in most cases they are of no practical use so I do

Anyone can trawl through these publications and find thousands of plants analyzed for

aromatherapy authors have done. They have found a paper published on a particular chemotype, then invented their therapeutics to fit the chemical profile based on highly questionable assumptions of activity, and then gone on to try and find someone who can produce that essential oil. I am sure Tony could tell you how easy it is to manipulate oils to fit such chemical criteria. For example, take ravensara oil, add a touch of fennel or aniseed oil and then call it "ravensara anisata". Mix 50% of linalool into basil oil and you

aromatherapy oil suppliers with no problem. Now this does not mean that these plant chemotypes do not exist. What you have to ask is are these plants being commercially used for essential oil production? In the case of oils in aromatherapy clearly some are perfectly genuine chemotypes; I suppose a good example being the chemotypes of rosemary and thyme. In other cases (via what I have heard in the supply trade) I

their volatile and other constituents. In my opinion this is exactly what certain

have basil oil "chemotype linalool". That will be passed off as genuine to most

So beware of those who try and pull the wool over your eyes by talking about

suspect that many of these oils are in reality man made.

Martin Watt

Oct. 1998

Re Hypericum (St John's Wort) ess. oil

safety factors is critically important.

if it has the same properties as the herb or not.

experimenting on your clients or on yourself.

Aug 2001 Which group sent to is lost

Subject: Harvesting times

practical terms forget it.

suppliers operate.

appreciated.

compound.

all like violet flowers.

You may quote me.

exposing.

Martin

Susan,

Martin Watt

'chemotypes' to try to make you think they are very knowledgeable. Like I have said before. We know what rosemary cineol type does, we know what thyme phenol type does - good old oils that have been used worldwide for hundreds of years. No one knows what rosemary 'verbenone type' does, or if it is safe, no one knows what thyme 'linalool type' does or if it is safe, etc. That is apart from those who like experimenting on their clients as human guinea pigs, but without telling them of course. I will leave that aside as I have said plenty in the past on that issue.

Back to top

This essential oil is a new untested product with absolutely no traditional medicinal uses.

The traditional use of hypericum has always been as an infusion of the flowers in a fixed oil; as a tea or as an alcoholic tincture. The herb and tincture has been extensively tested and proven to be effective for numerous medical conditions including depression

The infused oil has long been used for inflammatory skin conditions, ear infections and for external use over painful nerves. It is widely acknowledge traditionally that unless the fixed oil is almost red, then it does not work. The main chemicals responsible

for this effect are the hypericin's. Those chemicals are also believed to be partly

and anxiety. See HerbalGram Summer 1997, NO.40 supplement.

responsible for the effects of the herb or tincture given internally.

The distilled essential oil is a modern development and it contains none of the hypericin's. As is usual with these 'new' oils, the suppliers will make-up all kinds of medicinal use claims none of which are checkable. In particular, certain suppliers in France are notorious for trying to sell aromatherapists oils that in the past have only ever been used by the fragrance trade. That trade tends to use 'novel' oils in minute volumes in order to give perfumes some special character. At levels of use of around a few parts per million these compounds are of course safe. However, when aroma-therapists use these compounds they frequently use 1-2 percent a factor of concentration many thousands of times higher than used to make perfumes. At such levels of use knowing

Hypericum perforatum is a well documented **photosensitiser**. To the degree that is classed as a banned weed in certain States of the USA. Since the essential oil does not seem to have been submitted to any acceptable safety evaluation, then we do not know

that is the reason that some of these Continental suppliers are trying to push their products on the USA where safety laws are *at the moment* much less stringent?

cart before the horses? Let the suppliers prove it is safe before you all start

Since EEC law is now so tight on the safety of raw materials, one must wonder if perhaps

So as to trying to prove the 'effectiveness' of this oil as suggested, is that not putting the

As Lowana said, this issue of harvesting times is mentioned in several aromatherapy books. However, these are often the books written by authors who swear blind the oils they supply (or supplied in the past) come only from wild crafted or organic sources. Then what do those same authors do, they buy their oils from large fragrance trade suppliers and sell that commercial oil as "organically grown" or "wild crafted". So as to their claims for how important time of harvest and distillation methods are, fine, but in

How do I know? Because I have worked for larger traders and know a lot about who supplies who with what. No, I can't name names because I do not have (in most cases) written evidence. Putting things in writing is not the way many selling to aromatherapy

I think the recent posts on grapefruit seed extract and the fact most of it contained synthetic preservatives is very illuminating as to the way this trade operates. Every aromatherapy supplier will now put their hand on their heart and swear that "my citrus seed extract is the genuine article". Strange, I wonder who is selling all the preserved stuff then? Personally I have no issue with the use of synthetic preservatives. My issue is

over misleading labeling and claims of "100% natural" when it is not.

reliable product that was cost effective. Who is going to pay workers to pick citrus fruit at dawn just to get an extract that works? Martin _____ Tue, 15 Oct 2002 To: Aromatherapy-at-idma.com Subject: Fruit oils-Blueberry, Cranberry etc EO's Good Morning, Martin: Below, is a question that was raised on one of the lists I am a member of. I wrote back and simply said that there is no such thing as these *fruit* essential oils asked about. Marnie wrote back and included some websites showing that they exist. I wrote back again and said that I still stick to my guns and they *do not* exist. Obviously,

she is not going to believe me and I am turning to you for your expertise. Your help is

You are dead right, these fruit oils are NOT essential oils, they are either fruit essences or they are more likely semi synthetic flavor or fragrance compounds. You cannot steam distil most fruits such as pears and apples and get any fragrance out of them. I do not

There is no such thing as lilac essential oil. Those flowers cannot be distilled and

There is no such thing as Lily of the Valley essential oil. This is a synthetic perfume

There is no such thing as violet essential oil. This is a synthetic perfume compound. There is a violet leaf absolute but this is a dark green horrible smelling paste. Nothing at

There is no such thing as narcissus or wisteria essential oils. There is a narcissus

products such as soaps, perfumes, etc. Their safety in concentrated form on the skin is completely unknown. If a home soapmaker even uses say a 1% solution this may be hundreds of times higher than the big soap makers would use.

Anyone describing these products as "essential oils" obviously either knows nothing

Anyone selling these perfume compounds for use on the skin in their concentrated form is endangering peoples health. These fragrance trade materials are designed to be *hugely diluted* in commercial fragranced

even think you can get a genuine C02 extract of these.

absolute, but to get the real thing is very rare indeed.

about what they are selling or they do not care.

Wed, 16 Oct 2002 Group posted to lost.

are not saying that lilac oil actually exists.

http://www.thecelticshoppe.com/ Gone Lilac Essential Oil (2 dram Price: \$4.99 Lotus Essential Oil (2 dram) Price: \$4.99 Rose Essential Oil (2 dram) Price: \$4.99

https://www.aromatherapygoddess.com Gone

http://www.reigndance.com/therapeutic.html Gone

http://www.gentle-earth.com Gone

who will say anything to make a sale.

Next to the description of lilac:

Subject: Re Lilac again

Next we come to price:

Their lilac says F.O. LILAC-FO 5 ML \$6.75

essentials".

Martin Watt

Re Ormensis mixta oil

Susan, Please post this unedited

their fragrance captured. This is a synthetic perfume compound.

Just as an aside. I wonder, if citrus seed extracts were tested from different times of the day, if that might make a huge difference in the extracts activity. However, in practical terms, as the extract is made from citrus waste, I doubt one could ever get a truly

Regards Martin Watt Tue, 15 Oct 2002 Subject: horrified I just took a look at some of those sites and it is obvious they have no idea on what they are selling or on safety issues. In particular this one describes all their products as "essential oils" and they are NOT: http://www.thecelticshoppe.com/ Gone This one likewise: http://www.oilgarden.com/essential_oils.htm Gone They also sell cinnamon bark oil with no safety warnings. This one talks about using Rue essential oil on the skin which is one of the most dangerous essential oils and is banned by the International fragrance trade. www.wiseoracle.com/oasis/ Gone

Horrifying that such materials are being sold to the unknowing public. These people need

1. Re the INCI numbers: These are not an accurate list of botanical extracts. This list is full of errors because it was drawn up by a committee who had not the first clue on herbs or fragrance extracts. Therefore they lump all types of extracts from the same plant

2. CAS numbers: The fact a substance has a CAS number does not by default mean that the substance is available on the market. I have Allured's Flavor and Fragrance Materials

directory. This contains all known commercially available fragrance ingredients and Syringa vulgaris (Lilac) is NOT listed. Therefore I can only presume that CAS number 90063-50-6 refers to the herb not the aromatic extract. However, please note what it actually says, which is that the CAS number applies to **any** extracts from that plant. They

If a genuine absolute does exist (which I doubt) the price is going to be horrendously

Anyone who knows anything about the essential oil trade knows those prices for the genuine article are just impossible. They are synthetic perfumes and see next:

under the same number. The Latin names are also inaccurate.

expensive. Even if it does exist then it is NOT an essential oil.

Now lets look at the prices on the web sites given by Marnie:

Their oils are described as E.O. = essential oil or F.O. = fragrance oil

Great, an honest trader and compare the price to the one above!

I also note that all the claimed therapeutic uses are to the HERB!

Lilac like the other claimed "essential oils" is a fantasy or a scam.

Date around July 2003 To: aromatherapy-at-idma.com

compounds. I would not want it on my conscience to

they cause harm to other people.

Dec 2003 To ATFE I think.

were used on painful areas.

exception to the rule here.

give away the answers do I.

than say rose or jasmine?"

Martin Watt - Medical Herbalist

The myths reviewed - LEMON.

exposure:)

Feb 2004 To ATFE

as an astringent.

the oil.

Martin Watt

Martin Watt

Michael said:

somewhat similar?"

They sell a soap with what they claim is pure lilac oil. They do not sell the oil.

Yes this is straight out of Stephen Arctanders excellent book published in 1960. Interesting that even the great Stephen Arctander had not seen the real oil!

"There are a few natural fragrances as fulfilling as French Spring Lilac, the Queen of floral

No such essential oil exists. This may well be a small company who rely on their suppliers

medicine and even the plant is only mentioned in passing in one report. The only reason this oil was introduced to aromatherapy was because 20 odd years ago it was dirt cheap. Then certain suppliers started to sell it as "roman chamomile" to make a fast buck. That was reinforced by certain French con artists who invented wonderful medicinal properties as they did with several other unknown oils. Those 'inventions' were then copied by 90% of aromatherapy courses and novel writers. Finally: To use any essential oil with unknown safety on the skin after 15 years of storage is about as crazy as you can get. If that oil contains even tiny traces of certain common chemicals in essential oils it will have degraded into known skin sensitizing

give out such misleading advice, but then many figures in aromatherapy do not care if

"Could anyone describe the difference (chemically or otherwise) between a distilled oil and an aromatic plant infused in animal fat? My guess is that the distillation contains a more concentrated form of the non-water soluble ingredients. But wouldn't the action be

You can't give an accurate chemical difference because it all depends on what plant and what oil or fat is used for maceration. What you get with a macerated oil is a touch of essential oil - maybe around 1% or a bit more or less depending on the plant. You get a lot of water if fresh plants are used - I have seen around 25% before separation. You also get water soluble chemicals that will not occur in the essential oil. With plants containing important water soluble alkaloids, an infused oil may work better than the distilled oil. That is why traditionally macerated plant compresses in oils or animal fats

If you steam distill that same plant you get a highly concentrated essential oil with

A macerated oil also contains a heck of a lot of junk, i.e. useless waxes and other

So it's a case of using the respective extract for the respective therapeutic use. I can't be more specific as this is one of the questions for students in my course. Don't want to

"would modern frankincense, myrrh or sandalwood be more like the ancient equivalents

different. Fragrance-wise I prefer a good quality frankincense oil in a heated diffuser to the resin, on the other hand a blend of resins, ground woods and dry herbs and berries makes very nice blends for herb diffusers. No way would I want to use a resin in my bath

"And Chris mentioned before that resins can cause health problems in the body. Does this

Not sure what is meant there. A resin can only pass through the liver if it is digested and the constituents get into the blood stream, or if a suppository is used. Essential oils or resins do not pass through the skin under normal methods of use, so that route is not relevant. With inhalation its doubtful that enough could be taken in to harm the liver. If it could then we would never have survived from when we inhabited caves and grass huts with open smoky wood fires. Of course dumb chemists will talk a lot about carcinogenic ingredients in smoke, but we are still around after a few million years of

The resins of course will be the same as in the past, but the distilled oils may be

constituents that can cause problems such as photosensitisation.

or be massaged with it. So it all depends on ultimate uses.

have to do with everything ending up passing through the liver?"

maybe 1-2% of water. After separation there will be hardly any water and therefore only the minutest traces of water soluble chemicals such as the alkaloids. Oils like rose are an

I have seen several analysis of this oil. No one has a clue on what the main chemicals are or do. There is no safety data on the main component so how it is possible to vaguely

guess this oil is safe beats me. This oil has never been used in Moroccan traditional

notes that Lemon oil is "astringent". So lets try and find out where this information comes from. I have several old pharmacopoeias and herbals dating back to Ancient Greece. In none of those is lemon oil suggested as an astringent. The excellent book by Gattefosse first published in 1937 makes no mention of lemon oil

ex beautician and so carried over into her work hype from that trade.

The earliest aromatherapy book I can find making this claim is 'The Practice of

failed to define if he meant the use of the herb or the use of the oil.

unreferenced medicinal claims mainly based on the juice not the oil.

it up to the reader to guess what she means.

of real knowledge exposed to scrutiny.

31-mch 2004 To ATFE or Oils-herbs

possibly be classified as independent of trade interests.

producers comply with the guidelines-yeah-yeah-yeah!!

Organically certified oils

this trade, and perhaps where that information may have originated.

A review of common aromatherapy errors which new people might find of interest. This review is intended to help people understand why so many urban myths have grown in

You will find it quoted in the majority of aromatherapy books, on websites and in course

I do not now have the book by Marguerite Maury - credited as the first AT book - because someone never returned it to me. However, I do recall much of its contents were beauty therapy orientated rather than being factual information on essential oils. Maury was an

Aromatherapy' by Jean Valnet published in 1980. What most subsequent aromatherapy authors failed to realize - when they copied his work - was his book is largely a herbal, rather than a sound book on essential oils. With the Properties and Therapeutic uses he

The next book making therapeutic claims for "lemon" is Aromatherapy A-Z by Patricia Davies 1988. She makes numerous claims about what "lemon" can do but fails to define if she means lemon juice or lemon oil. As a herbalist I know most of those attributes are for the juice not the oil. She also gives no references on the source of her information other than Valnet above. She says that "lemon is an astringent" and leaves

The next book I looked at is 'The Encyclopaedia of Essential oils' by J. Lawless first published 1992 in which she does say lemon oil is astringent, plus a heap of other

'Aromatherapy' by Daniel Ryman first published in 1991 (one of only a couple of early aromatherapy authors I have any respect for). She goes to great pains to differentiate between the use of lemon juice and lemon oil. I can immediately spot copies and corruptions of her work in many of the subsequent aromatherapy books.

'The Aromatherapy book' by Jeanne Rose published in 1992 quotes Valnet as saying "lemon" is "astringent" and gives a whole string of uses that are based on the juice NOT

At the risk of boring you, I am not going to mention the plethora of subsequent 'novels' as I call them. Almost all of them are copied from the early aromatherapy books and they just tweaked the information here and there. I know of two such authors who privately admitted that their books were based around the courses they attended. Courses where the teachers based their information on the books already mentioned above. That includes one of the more recent books now used as a basis of courses around the world. The unfortunate aspect is that the public and therapists read these books and simply assume the authors knew what they were writing about. They did not, and when I point

this out, I am the one that comes under attack. People do not like having their icons lack

I thought some of you may be interested to read the latest offerings on this subject on Crissie Wildwood's website no longer online She has shown that the committee who advise the UK Soil Association on setting OG standards are mainly comprised of representatives of companies involved in selling products. Such a committee cannot

Here in the UK and in France many oil suppliers are claiming their essential oils are

next to worthless. It has become clear that there are no sound organic certification organizations throughout Europe. They are all rubber stamping, paper pushing

"certified organic". However, when the certifying organizations are checked out they are

bureaucrats. For example, our Soil Association claim to inspect growers in the UK once a

If that visit is pre-arranged I do not yet know, but one can be sure such a visit will

mean certain farmers quickly hiding any non organic methods they have been using. I can recall many moons ago when I was in the print trade, that our Government 'Factory inspectors' would tell the company when they were going to visit and suddenly there was a mad rush to clear the place up and put all the guards back onto the machines that the operators had removed. Don't get me wrong, I am not saying that there are no organically grown oils as certainly there are, what I am saying is you cannot trust any certification systems in Europe. You will be paying premium prices with absolutely no assurance that what you get is in fact produced according to the guidelines of organic growing. You certainly cannot trust any oils that bear OG labels where the country of origin is outside of the routine area covered by the certifying body. Here the Soil Association were planning on awarding OG status

based on what the oil suppliers told them for oils from Madagascar, Rosewood and Sandalwood. They have clearly been conned by certain suppliers who say their

In the USA I do not know if the OG certification organizations are similar to our own, but all I can say is buyer beware. Certainly there are genuine producers around the world who grow to OG standards, or who wildcraft to ecological guidelines. How you as a therapist can get satisfactory evidence though is another ballgame. As it stands anyone can claim "all their oils are OG produced" and get away with it because no enforcement agencies prosecute them for fraud, the worst offenders can be found on Canadian and US web sites. It makes little difference if an essential oil used in massage or by inhalation is organically grown or not. Most people get a hundred times more synthetic chemicals in their food every day than is ever going to get through the skin from external application of an oil. We also take in all kinds of nasty chemicals in most processed foods and from

atmospheric pollution. That is why breastmilk throughout most of the world is contaminated with pesticide residues, PCBs and even DDT 30 years after it was banned. I would personally only be interested in OG oils for internal use, or if I was 100% certain

that the premium I paid was fed back to the producers rather than just lining the pockets of oil traders. I am sure there will be more to come on this in the near future. Martin Watt May 2004 To ATFE or Oils-Herbs Re the growing conditions of the herbs used to create the oils: While agreeing with most of what Carol says, there are a few points I would like to explore a bit more.

I am not a fan of most so called "organically certified" essential oils because I know *most* of the certification schemes are either scams or are badly administered. Rarely are the certificates worth the paper they are printed on. Continued.

What should matter more is not if pesticide residues occur in essential oils, but do they make any difference? It seems that as far as external use is concerned they do not. Reason is the average person is consuming thousands of time higher residues in their daily food; getting them in their water and in the air. Pesticides are only a real concern if the essential oil is taken as medication or if someone might be hyper-allergic to a given chemical. "We trust the end safety issue with EO manufacturers" You have got to be kidding!

"So would you recommend attaining recommendations for each individual synthetic." In most cases fragrance blends are commercial secrets and you will not find out their

used. Therefore, gathering safety data (which is available) would not be of much use. The critical issue is to only use the fragrance in a product below the manufacturers trade recommended level for that type of product. With home producers people tend not to ask such questions of the supplier. The smaller suppliers often do not know themselves because the supply chain in this cottage industry can be very long indeed. "Also, would not the issue of the end product being a wash-off or stay-on matter". Yes of course this makes a big difference and applies equally to synthetics as naturals.

exact formula. Knowing which chemicals occur is worthless without knowing the volume

With natural essential oils they tend to be insoluble in aqueous solutions and so coat the skin more than with synthetic fragrances which are often designed to be water soluble. So in that case some naturals (such as expressed bergamot oil) are more dangerous than the equivalent synthetic.

"They also recommended that they bathe with non-tap water--due to all the chemicals". That is only relevant if someone is allergic to the chemicals in tap water. It should not make the slightest difference if someone has cancer because so little would be absorbed by the skin. Most of these chemicals are in the food and air anyway, you cannot get away from these chemicals on this Earth. Fine to reduce exposure, but in sensible ways.

"his doctor told him the human body can absorb up to a quart of water in one average bath session of approx" I would love to see the research reference on that one. Personally I do not drink bottled water - apart from when in countries where I am not

used to the local bugs. I have no confidence in its quality or lack of microbial contamination. See the article on my website on hydrosols that gives references to

plant producing bottled water because too much chemical from the processing got into

contaminated bottled water sold in the USA. In the UK, Coca Cola shut down a brand new the water. What were they were using for the water supply? Local tap water!!! So they turned safe tapwater into a product that had to be withdrawn from the supermarkets due to higher chemical residues than in the tap water they started with.

There certainly are concerns over chlorine and estrogen's in tap water. I guess a lot depends on where people live, if tap water is drawn from below heavily farmed areas it may well contain chemical nasties, compared to if it is run-off from the US mountains. However, please remember the radioactive contamination that hit European mountains after Chernobyl. In some parts of Wales all these years later, a few hill farmers still get radioactive sheep. I know for example that the beautiful silver fir oil that is imported here from the Alti mountains in Russia has to have a certificate of radiological purity before it is allowed in. So bottled mountain water. just use a bit of sense about its origin and of course "trust the suppliers"-yeah-yeah-yeah"!

"But I think what is pointed out over all is the disparity of theories and the lack of trust we as a whole, are developing about our national regulatory agencies who we rely on to identify toxins and keep them out of use".

I agree. The problem though is because these agencies tend to employ scientists who cannot see further than the end of their test tubes. In everything one has to strike a risk versus benefit and go for the lowest risk possible. That applies just as much to the question of real essential oils and synthetics. With synthetics there are other factors to take into account such as the cost to the environment of any indestructible wastes used

in manufacturing them. We need to examine the facts and not rely on urban rumors, or none-informed philosophical concepts which are common on the newsgroups. Martin Watt Back to top

June 2004 To ATFE "So Martin, Dear One, for those that are new do not scare them into thinking the 'whole' industry is corrupt"

Well I would not be far off, but I have on several occasions pointed out that there are genuine suppliers out there who do their best to get decent products. However, there are numerous aromatherapy suppliers who simply pass on what they have been told by corrupt essential oil middlemen. That is pointed out in various articles on my web site.

Newcomers are not familiar with past exposures on IDMA and other groups of companies selling fake oils and they need to know these things because we deal with peoples

health!!!

Some AT oil suppliers have been caught out with bad batches of oil. Yet they insist on coming onto newsgroups saying that they only get the best oil direct from specialists in such and such country. Only once have I seen someone forced into apologizing for selling fake oil and that was when someone (now deceased) got caught with a batch of heavily adulterated rose oil and had to admit publicly he had been selling that junk as the real thing. Both Butch and myself could tell instantly that this oil was junk, but the person selling it just did not know the trade well enough to tell the difference (that is the norm in AT). That person had/has a band of followers who even now swear this guy was so knowledgeable!

I can understand people not wanting to admit they have bad oils, but when they are caught out the least they should do is tone down the nature of their selling hype.

Instead, some of their selling techniques on the newsgroups could be considered a form of subliminal advertising, i.e. if you see a regular contributor with a signature line telling you how wonderful their oils are, then after a while people really believe it. Anyone who

has been told by people who know the trade better, that their source of oils is suspect, but continues hyping that source, is dishonest. There are other suppliers who take a few snippets of known facts and then weave convincing fairy tales to persuade their customers to buy their products. There are other suppliers who buy the cheapest oils they can and resell them as organically grown and certified. These and many others are all common practices in this trade and newcomers need to be informed that they must be careful about believing anything which cannot be backed by hard facts. This all kicked off because of my skepticism over the claims for Helichyrsum oil. I am

always concerned about claims made for oils used in aromatherapy for only around 20 years that have no real traditional uses. In some cases 'the body of opinion' may be

correct and a particular oil may have some of the claimed uses. In other cases the claims are simply hype and urban rumors disseminated by certain aromatherapy oil suppliers to sell product! Note I often refer to AT oil suppliers, this is because newcomers to our trade are never told that AT suppliers are very small fish in the big sea of essential oil production. The AT marketing hype always leads customers to think they deal direct with oil producers when often that may be true for two or three of their oils, the rest being bought via the trades middlemen dealers, some good, some not so good, some diabolical and yet sold to treat health conditions.

I have no problem with clever marketing techniques designed to sell a cheap hand cream as the best thing since sliced bread. On the other hand, I have a huge problem when aromatherapy suppliers tout particular oils as being ideal for serious medical

conditions, or even mild medical conditions when those suppliers do not have any sound evidence about the claimed uses. Then the get out is: "I have hundreds of customers who have told me this oil is just great for..." Newcomers need to know that these claims

are rarely verifiable or checkable and that *no one in our trade is validating their authenticity*. A quick glance around US and Canadian websites will see thousands of

such unjustified medicinal claims. Hopefully soon not any more in Canada.

Newcomers also need to be told that most aromatherapy oil suppliers are cottage industries with little if any controls on what they do or sell. Newcomers need to be told that often these suppliers have/had no training on the products they sell or in any kind of medical sciences. Some suppliers do have such training, but all I am doing is equipping people with what kind of questions they need to ask and never to be fobbed off with "I have hundreds of customers who tell me that..." or "my oil supplier tells me" or "I have used this oil myself and it does x,y.z.". Be aware that this trade is packed with crooks who will rip you off anyhow they can. Ask pointed questions and do not accept wooly answers. The good suppliers can and will

answer appropriate questions; some to ask are on articles on my website. Incidentally, my web site has been on line for years; several articles have been published years before

Also on my site are some suppliers. I did intend revising the links page so I could place a link to different suppliers who sold oils from validated sources, but the nature of this trade is the big producers sell to hundreds of AT outfits and it would require a whole website to accommodate the thousands of links, some of which I know would be to suppliers who also sell fake oils. A minefield for the unwary with no easy answers.

Your source of superb aromatherapy information. Hey anyone can say that, maybe I

that in AT journals, but how many AT oil suppliers tell people where they can get

informative articles. They do not want newcomers to know I exist.

Review of the bs on a Young Living distributors website.

Martin Watt

should try subliminal advertising:)

Nov 2004 To ATFE or Oils-herbs.

Esters; Aldehydes; Ketones: jasmone.

infections, fungal infections, etc. if so how?

skin cells and stimulate new cell growth. Hogwash!

Nov 2004 To Oils-Herbs. Two emails merged into one.

introduce some clarification of where this tread began.

Re oil grades-reply to Chris and Butch

where the question of grades creeps in.

their oils analyzed to ensure they are genuine?

Bulgarian lavender as a top grade English one.

being accurate information.

Antiparasitic. What via external use???

Tonic. What the heck does that mean?

Digestive. Apples only to the tea

Neroli (Citrus aurantium)

This tells you nothing

Action: Anti-infectious.

produce essential oils.

safety data?

sell...yeah!!

semi-synthetic version.

different blends and fractions.

grade and pay less for it.

Martin

Which varieties? this name tells you nothing other than the genus. Extraction Method: Absolute extraction from flowers of the orange tree. Most is steam distilled Chemical Constituents: Monoterpenes (35%). This tells you nothing Alcohols arom. (40%); linalol (30-32%). This tells you nothing

What a stupid term, does that mean it stops you getting viral infections, bacterial

Traditional Uses: Loved by the Egyptian people for its great attributes for healing the mind, body, and spirit. Strange, I did not think the Ancient Egyptians knew how to

Indications: Neroli may support the digestive system and fight bacteria, infections, parasites, and viruses. Maybe if the tea is used, but the essential oil-hogwash! Poor circulation. Hogwash! Scars, stretch marks, thread veins, and wrinkles. Skeptical Other Uses: In support of the skin, neroli works at the cellular level to help shed the old

Safety Data: If currently under a doctor's care or pregnant, consult physician prior to use. And what does the average physician know about such matters? where is the real

As the thread from the article has jumped onto oil grades, I thought it wise to try and

What was being talked about in that article was typical aromatherapy marketing intended to fool those who do not know better. Of course there are "grades" of essential oils as quality varies even within genuine oils. What those who commented on this were trying to get over, was that the grades *described in that article* are suppliers hype rather than

Newcomers to this group must get to grips with the fact that aromatherapy is but a drop in the ocean of essential oil production. The big dealers in essential oils deal in ton lots, not kilo lots. Most of those oils go into the many products and trades that utilize essential oils. Often in those trades purity is not a criteria, but price is, and that is

Yes, we have to the separate marketing crap such as Young Living go in for from the realities. Of course to say an oil is "therapeutic grade" is complete garbage because one then has to consider what is meant by "therapeutic". A beautiful smelling fake oil can have a very therapeutic effect on the emotions, but might be useless for treating a

adulterated "low grade" oils are common, why else would the better AT suppliers have

You can start with perfectly natural 100% genuine steam distilled lavender oil which could be considered to be top grade. All AT suppliers will claim this is what they

1. You can cut it with chemicals extracted from other cheaper plants such as linalool ex ho leaf oil which is added to lavender oil. That oil could be considered a grade above the

2. You can cut it with synthetic chemicals which makes it a lower grade to the real thing.

3. You can fractionate the oil to remove certain compounds. This makes it more useful in fine fragrances, foods, drinks and can give it more effective therapeutic properties. Don't

believe me, read the book by Gatefosse which is all about terpeneless oils.

4. One would not for example expect to pay anything like as much for a standard

bacterial infection for example. The facts are that the aromatherapy market is and always has been awash with fake or low grade essential oils. As soon as you look at what is done to essential oils then the question of grades has to come into the picture. The example I gave of lavender is perhaps one of the better examples. And Butch you know as well as I do that such

However that oil can be and is manipulated in a number of ways:

"Commercial Grade is one that has been manipulated by man" ALL essential oils are manipulated by man whether that be variations in temperature, length of time of distillation, method used, etc. They all create chemicals that do not occur in the plant materials and loose others to the air that occur in the plant materials. As you know well Butch, you can get genuine Turkish village distilled rose oil that smells damned awful, or you can get the wonderful carefully distilled oil that you sell. Both are "real", but are you seriously trying to tell me that the stinky village oil is a better "grade"

than yours because it has been produced by a method not involving manipulation?

Back to grades: You can have a perfectly natural oil distilled badly and as the result it smells bad. That same oil can be refined to remove the burnt chemicals and the

resulting oil can once again smell fine. That oil is still 'natural' but the big players (not aromatherapy suppliers) will recognize the oil has been played with and mark it as lower

The commercial oils trade is constantly fractionating and refining essential oils to create various grades and to turn bad materials into usable materials. Anyone who claims such

All I said was that oils are available in grades and gave that as one of many examples. In the commercial oils trade you pay for an oil based on the quality indicated by analysis. If patchouli oil has alpha gurjunene then a good analyst knows this is due to the addition

gurjenene is in the oil because a lot of that indicates a "low grade oil". Yet, via smell the

When I used to work for an analyst he had to test Cyprus grapefruit oil for the content of one single chemical. If that was low the oil was classified as "low grade" and the price was fixed accordingly. The growers knew this and would try to ensure they harvested the fruit at the best time to ensure that chemical was high and therefore the price they

So grading of essential oils is a reality. Yes the issues involved can be confusing, that is why people need to educate themselves properly on the subject rather than rely on

materials are not widely distributed in aromatherapy are living in a fools paradise.

of gurjun leaves. The seller gets a much lower price depending on how much alpha

"Your example of Patchouli is a very negative position."

untrained nose can hardly tell the difference.

got was better for a higher grade of oil.

It was not, it was solvent extracted.

suppliers!!!

regulation of any kind.

Essential oils can be processed the same as crude oil and you can end up with dozens of

newsgroups and web sites where the information given can be highly misleading. Martin Nov 2004 To Oils-herbs A few comments on the post on Sandalwood by Chris. "Now, please do keep in mind that there IS some legally exported sandalwood oil available, just not a lot of it at the moment".

manufactured and sold as the real thing? Of course none of that is sold by aromatherapy

Conservation problems with Australian trees: The biggest problem is that the trees occur in very remote areas and grow on poor soils. You cannot possibly replant trees in such an environment. You would need a whole army of workers to care for the newly planted trees such as watering them until they get established and preventing wild

they are depleting a limited natural resource and it is *not being replaced*.

kind of Governments where a few bucks slipped into a few pockets will wave any

a couple of years to when a vast area of the Earth was blanketed by smoke due to

Butch saying that Europeans ecologists should look in their own backyards before

That is not justification to denounce those who are trying to prevent that situation

creatures damaging the young trees. Believe me that just aint gonna happen. Therefore,

About export regulations: People always seem to forget that you are dealing with the

About genuine sandalwood: Legally traded sandalwood oil coming out of India is like gold dust or may even be a fantasy. If it is Indonesian oil, people should just think back

deliberate forest burning in Indonesia. Severe health problems resulted from that all over the Far East, particularly with breathing in children and the elderly. Logging interests are always very strong at Government levels. Most of the people involved are only interested

complaining about what is happening in other countries has little to do with this issue. If one looks at history, then of course, many countries have pillaged the worlds resources.

The simple answer: Treat sandalwood oil as of great historical interest, but do not use it anymore, or at least not for another 50 years until some plantation trees in India may

As an aside, the pagans in this group should examine their own belief systems

Do not put your blind faith in anyone who is selling products where such matters are concerned. Try to check facts for yourself from sources independent of the trade selling the products. Independent references on Rosewood and Sandalwood have been posted

which generally are to care for mother earth and her resources.

on this group several times and are on my web site, Chrissie's and others.

Yes, but what about the significant amount of sandalwood oil sold which is being

1. Sandalwood Australian: "Extraction Method: steam distilled".

in making money by destroying the Earths resources.

continuing and campaigning to stop it.

regions hundreds of kilometers distant.

few months ago for the research Chrissie Wildwood did.

sustainability studies have ever been carried out!

pockets of unscrupulous oil producers.

oil producers and their distributors.

My reply to the article above.

who are **not** experts.

So what do you do?

check out their claims yourself.

con artists.

Martin Watt

"Hi,

Victoria"

Martin Watt

therapists.

on the skin.

Martin Watt

Sherill said:

externally.

them.

Martin

Scalp dermatitis

Re expiry dates

Feb 2005 To ATFE-at-yahoogroups.com

Martin Watt

Edmonds

come into production again.

Martin Watt

Merinda, Not sure who this ABC is that you refer to, but that article sounds as if they have been sucked in by the hype from the oil producers. My information comes from the sources below which you can check for yourself. First, Santalum spicatum plantations are not yet productive as they are new. Virtually all the trees are currently being taken from the wild, from the arid regions of Western Australia. In such harsh conditions they can take over 100 years to reach the required

size in order to produce enough essential oil to make commercial uprooting worthwhile.

Sandalwood is also not being successfully grown in the Northern Territory. The project was abandoned a few years ago as the trees (Santalum album in this instance, not S. spicatum) were found to be too slow growing to make commercial harvesting profitable. If you do not believe me, contact the Department of Conservation and Land Management (CALM) in Western Australia. Ian Kealley, Regional Manager of CALM, confirmed this a

I'd also refer you to the articles by Tony Burfield and Chrissie. This exposes all the misinformation given by the producers. With regards sustainability, much of that

Refer to: Articles on my web site on conservation and the links in them.

information came from Ian kealley of CALM. He is surprisingly open and admits that no

There are dozens of other oils that can be used for respiratory tract problems, I suggest you try some of those instead of depleting your countries natural flora and lining the

Who will never "lighten up" as long as I am certain people are being lied to by essential

'The Essential Facts About Essential Oils'. From a natural foods trade magazine. By Bryce

This report is hogwash, the writer did not consult with REAL experts in the essential oil trade. Instead they made the big mistake of consulting with aromatherapy oil traders

Most of what Butch said I would back up. There are a few notes that I would like to add though. I do not sell oils and so no one can accuse me of bias as I have nothing to gain

1. I have warned many times before, never assume a certificate of organic production means anything. I know that here in the UK many small aromatherapy suppliers are joining the Soil Association simply so they can fool their customers into thinking all of their oils are organic. The membership of an association does not mean that the companies oils have all been certified as OG. I know for a fact that some of these companies buy the cheapest commercial oils they can, but resell them as OG certified. How do I know, because I worked in the bulk oil supply trade and got to hear about who

was buying what and I still have contacts with the real experts.

sweeping claims, as it is a good sign of people who are liars.

In ATFE-at-yahoogroups.com, "Victoria Linssen" wrote:

sale to people who are happy to live in a fairy tale world.

consumer about essential oil uses and benefits.

"I think the journalist did a fabulous job"

Date March 2005 To Oils-Herbs I think.

The trees are not being replanted in the arid regions from where they are being harvested due that slow growth rate. The plantations are in the wetter Wheat belt

trader who sold his oils saying they were 'Aromark' certified, yet they were not even current members of the organization that does the certifying! That same trader put Ecocert approved labels on their oils when they were not. That resulted in a complaint to Ecocert who insisted this trader stopped this fraudulent activity. Other traders claim their oils are 'aromark' certified, yet a close look at the certificate shows that it is at least 5 years old! 3. Test certificates: GLC traces can and are abused like crazy in aromatherapy. There are

many suppliers who do not have their oils analyzed but instead give out analysis results based on academic research data, or maybe pay for the cheapest analysis they can get once, but forever give out the same certificate. Very few aromatherapy suppliers are big enough to have routine batch analysis done. So unless a supplier is prepared to tell you

4. "We grow our own or have it grown under contract": Yes a few AT suppliers do this for a few of the oils they buy, but it is impossible to do that for the other hundred oils they supply that come from around the world. Therefore, beware of those who make such

Never ever trust an aromatherapy supplier who uses flowery marketing hype. Try and find out where oils are produced and who sells small lots. For example, on my web site I only list suppliers who have provable connections with producers or who produce oils themselves. That lets out the vast majority of AT suppliers who may deal in some genuine oils, but with others I have reason to doubt them. Get the oils you want from those who can prove they produce them, that will often mean having several suppliers. At some stage you have to get other oils from one of these suppliers who buys them from elsewhere. At that stage you are then getting into areas where you have to give the supplier some trust. The way to judge the honesty of that supplier is on how open they are to questions and supplying you with provable information. For example, never take on trust someone who tells you their hydrosols are "tested" or "we never had a problem" or "no one has ever complained" - how do you know? If they are happy to give you the name of the laboratory that does the testing, that is a sign of honesty as you can

Just a snippet of guidance on an industry that is packed to bursting and overflowing with

I think the journalist did a fabulous job of researching information and wrote a quality article. While they didn't list some of the best suppliers, the article is well-written. I agree with the majority of comments in this article - esp. the importance of buying high quality, organic-where possible, synthetic free essential oils, and the importance of educating the

Far from it, the article is packed with aromatherapy oil supplier hogwash. The journalist

aromatherapy oil traders who will spin any yarn they can if they think they can make a

While I have a good deal of respect for Butch and his knowledge of the trade in essential oils, some things in his recent post might be confusing or misleading to home users or

I would agree with Butch that many expiry dates on bottles are simply because most AT suppliers are covering their backs or complying with legislation requiring an expiry date. These labels should indeed be viewed with caution. You need to equip yourself with real

important to your health and those that you use essential oils on. The date of production

Firstly there is a huge difference between if an essential oil has "gone off" and smells bad or weak and if that oil may contain skin sensitizing chemicals because of age. Similarly the fact an oil smells better with age is not necessarily an indication that it is safe for use

knowledge on this subject and not rely on what AT oil suppliers tell you. It is very

is of course the best to use, but since most AT suppliers get oils via a long chain of

supply (except for a few oils), that date is often impossible to ascertain.

lavender (see my web site for the latest on that).

Trade, standards and training issues

Subject: aroma-therapy

the same as aromatherapy".

Aug. 1998 To: aromatherapy-at-idma.com

reckon a safe bet would be no longer than 6 months to a year.

did not consult with REAL experts in the essential oils trade, but rather with

I believe Butch is posting a reply to this junk article point by point on Oil-Herbs.

who did their analysis and when and give a contact you can check, then beware.

2. Several aromatherapy oil suppliers have built their companies on nothing but spin and lies. The more flowery their language the less you should trust them. I know one UK

day it was produced. That should never be taken to say that this oil is safe for skin application. Myrrh oil - depending on its source which you can never rely on - can contain guiet a lot of the two pinene's. These chemicals are well documented as changing their nature within months of production and skin sensitizing peroxides develop. In particular you need to watch your citrus and pine-type oils. Many producers of oils with a lot of pinene's or d-limonene add antioxidants at source to stop this chemical

decay. I note that Butch said "up to 18 months and longer if stored under nitrogen and refrigerated". Yes maybe, but that is NOT how most people store their oils. So do not assume a date of 18 months but better to assume a date of 6 months. Likewise for

Butch said "Tea Tree - shelf life is a minimum of Four Years". I strongly disagree with that, again maybe if stored as above, but certainly not for the home user or therapist. It is known that tea tree oil deteriorates and forms skin sensitizing peroxides as it ages. I

So for the occasional user, you would be far better off assuming a use-by-date of 6

months for most oils, particularly if you know the oil contains alpha or beta pinene or dlimonene. Very few oils such as rose and patchouli are known to be skin safe for years.

Lastly, you must bear in mind that the smaller AT suppliers and shops may have oils in stock for months or more before you buy them. Very few of those places store oils correctly. I have seen such poor storage conditions even in larger UK and USA

aromatherapy suppliers. So do not put your health at risk by using old oils on the skin, instead use them up in diffusers and buy fresh ones for any skin application purposes.

Back to top

"The therapeutic use of the fragrance of plants sounds like a lovely idea, but to me it isn't

There are rare circumstances where the properties of the essential oil may have nothing

The internal use of the oil may not require it to have the same fragrance as the plant from which it is extracted. Here you are primarily relying on straight pharmacological actions of a range of natural chemicals. This is where most aromatherapy authors have it

all mixed up, by equating known internal therapeutics with the same oil being used

However, fragrance research has shown that smell is critically important on the effects on the brain. Several researchers have commented that if an individual

For example, look at the difference between a badly steam distilled organically grown lavender oil, and a beautifully fragrant 'like the plant' commercial oil or absolute. I know which I would prefer for a massage, certainly not a caramelized poorly distilled smelly oil.

in to do with the fragrance yielded, i.e. as you said, the effects of the azulene's.

My answer: Like I keep saying, look at the name **aroma therapy!**

preferred a fragrance then the effects were enhanced.

The example was given of myrrh oil. That oil can smell the same after 10 years as the

oils'. Well yes, but only following their internal use, or as medicinal agents externally. On the other hand, effects on the brain have been widely monitored and confirmed weather what was used was a real essential oil, or a synthetic floral fragrance. You may think that extracting the aromatic principles in plants by micro pipette is not relevant. However, it is exactly that fragrance which you smell in a beautiful garden, in the wild, in a pine forest, etc., **not** the chemically unnatural essential oil.

The Russians in particular have undertaken several studies on the volatile compounds found in forest air. These are not the same as occurs in the steam distilled oil, and in my opinion these substances do have valuable pharmacological properties when we inhale

Time perhaps for aromatherapists to get back to thinking and learning about natural

aromatic plants, and not unnatural essential oils!! Awaiting the howls of

horror-"essential oils not natural, how dare he"

Wed, 26 Aug 1998 To: aromatherapy-at-idma.com

You say that 'what we know about the effects of essential oils is from the use of distilled

The person who has this problem should immediately stop washing their hair for a couple of months. Yes, I am serious, unless someone is working in a particularly dirty environment then there is no need to wash the hair as often as most people do. It is the continued application of powerful detergents containing numerous chemical fragrances that cause most of the scalp problems so many complain of.

Many have been brainwashed by advertisements over the last 40 years to thinking hair

should be washed frequently, (many do it every day). Then when you get problems these companies can sell you another product to 'cure' dandruff. Lastly, a tea made from nettles is an excellent conditioner for the scalp. Easily available to most people, costs nothing except a little time preparing it. Chuck in a few sage leaves and a few dried rosemary leaves and that will improve the scalp better than

anything else you can buy. Martin October 1998 aromatherapy-at-idma.com re standards (wtallman) Firstly I would like to say how delightful I find the mails from wtallman, here we have a

is unfounded and baseless, because ignorance is construed as incompetence, and rightfully so, I think". Oh ves well said, and I would accuse a big proportion of aromatherapy course providers of gross incompetence and a number of fraud as well. The problem of aromatherapy teachers keeping up with research is a hard nut to crack. So many of the 'old school' teachers are just so arrogant, they have built their reputations on marketing hype rather than on sound knowledge. "Oh yes my dear I

trained in France under French doctors and they taught me all I need to know". Or "I trained in England at such and such school and they are the real experts in aromatherapy". These people really do think they know it all, and to let it be seen that they themselves are taking advanced training with real experts such as at the Purdue course, is something they simply could not tolerate. This trade has evolved from a background of **ignorance**, promoted by some pretty dishonest characters in the essential oils trade. These people do not want the truth coming out via a close examination of standards of

any kind.

In other cases, certain individuals have made a small fortune over the years by selling

people phoney or sub standard goods and services and this continues unabated. Cont.

deep thinker who is making a valuable contribution to this group. Long may he continue. wtallman said: "It makes no difference at all if the teacher doesn't know that the material

Certainly they do not want a close assessment of their business activities. That will prove to the world that all the b.s they have given out about 'holism' and such pretty poetic hype, has been just to make them money. As long as such people are in control of the major trade organizations, how can the trade ever be expected to get its act together and develop into a respected form of

complementary medicine? Certainly there are a few people in this trade that desperately want to improve everything about it. However, I know the proportion of such people are infinitesimal, when compared to those that just want a nice easy part time job, selling smellies, and doing the odd massage. Anything that comes along to upset their cozy little fantasy

world is most unwelcome. Sorry if this all sounds doom and gloom, but I really do not see any movement within aromatherapy to try and make it into a respectable business. In my opinion all the talk of 'higher standards' will end up with the honest people chasing their tales round, while

the rest carry on regardless with their money making rackets. All done to get a good public image, but in fact a smokescreen. I for one cannot co-operate with trade organizations until they bite the bullet and do a

root and branch examination of the practices of their members, the fundamental knowledge base of the trade and make such examinations public. Some hopes!! Martin Watt

Sun, 22 Nov 1998 TO: aromatherapy-at-idma.com

Re despair and despondency To those that feel this after reading my articles.

small fortune for certain publishers and writers.

their classes.

education.

Martin Watt. UK.

Do not despair about the effects of essential oils. They can be wonderful healing agents in a number of ways. Do not despair and think aromatherapy does not work, it does, but not necessarily in the

ways you have been taught, or for the conditions you are told it will help. Do not despair and think you can't help friends, family and clients by utilizing aromatherapy. You can, and they will be enormously grateful. The despair comes in with:

Aromatherapy book publishers who don't give a damn if what they publish is accurate as long as they are making big bucks. Believe me some aromatherapy books have made a

The trades associations who cannot get to grips with quality control on what teachers are telling students. This is because most of their leading teachers have not a clue themselves.

The aromatherapy journal publishers who prefer to print the pretty poetic articles, because they know that is what most of their readers want.

The teachers who just read aromatherapy books and regurgitate their contents without a

second thought.

The well-known figures who take snippets of sound science, and weave a whole load of inaccurate pseudo-science around it to make themselves look knowledgeable. So how can a student sort the wheat from the chaff?

See if an aromatherapy book contains references to scientific articles and books, or just to other aromatherapy books. Purchase sound referenced safety information, never ever accept such information from

unreferenced aromatherapy sources. I do get very irate with the numbers of people on this list who ask safety questions that should be properly answered, if only they took the bother to purchase one of the 2 or so publications on the subject. Do your best to check-out references for yourself. Major libraries can obtain copies of research articles. Yes of course this costs money, but if you are involved in a profession

sure that what you do is safe and effective. Stop being lazy and think you can learn all you need to know from taking a few weekends classes and reading a few books, you can't. The study of essential oils is a lifetimes learning. I will never stop learning myself about this vast subject. I have never taken an aromatherapy course, only massage. OK I trained as a herbalist which

that is dealing with health care issues, you owe it to your clients and yourself to make

equipped me with a basic knowledge. However, I found out most I know about aromatherapy by ferreting it out from all kinds of places. No reason others can't do this if they have a reasonable level of intelligence. And yes I do share my knowledge with others via IATA, but I will not under any circumstances share everything I have got via the current aromatherapy set-up.

Ask your teachers pertinent questions. If they can't give you an answer and particularly if they try to demean you, then think twice about if you wish to waste more money on

Ask the trade associations what they intend to do about quality control of aromatherapy

Get angry if you find out the wool has been pulled over your eyes. Don't just give up and put it behind you. Get evidence if you think you have been lied to and cheated. Only by gathering evidence can you have any hope of turning this trade around from its long history of dishonesty. I can only get away with saying what I do because I have been assembling evidence for years and they know it! I hope that helps the despondency a little.

Jan. 1999 Group unknown **Subject: What is Aromatherapy** Re Nervous Breakthroughs-dilutions Right lets try a little clarification.

First off one has to consider what the term aroma-therapy means. To me what it means is quiet clear:- the therapy of aroma. Now how individual therapists undertake a hugely

divergent spectrum of treatments using essential oils is another issue. People are

inventing names all the time for different types of aroma-therapy.

proven to heat underlying muscles.

due to the massage alone.

massage-no you can't.

Martins chocolate formula

organic beans of course!

Martin Watt

06/11/2000

believe.

Aromatically, Rosanne Tartaro

Hey Rosanne,

the attendees was another problem.

room or in the bar - and they did!

before I will tales of who knows who who did this.

of the folks who practice AT.

community - I ensure that he is ... ;-)

From Butch Owen:

oils to you folks ... ;-)

Butch

Sun, 22 Apr 2001

good as acid.

damaging effects of wearing

Martin Watt, UK

Date early 2002.

exchange of opinions". Martin

Hi Martin & Listmates:

Re immune system stimulation

Melt slowly over a bain marie or steamer.

Date unknown

To IDMA

diffusing oils, or incense-yes of course you can.

one must never dismiss the placebo effect.

thing or another, they are generally a combination of different types of treatments all rolled into a wonderful package. Lets have a look at some aspects of that package: 1. The aroma-therapy, i.e. the use of fragrant plant extracts. The evidence is these do produce effects on the olfactory system and the brain and thereby the psychology and physiology. To do that they need not come into direct skin contact. I have a wonderful

report from Dr Cho. a psychiatrist in Korea who used just inhalation of essential oils on

2. Fragrant plant extracts applied to the skin with massage. Here the benefits can be produced by the inhalation of the aroma, or if enough essential oil is used, a direct physical effect can be produced by dilating superficial skin capillaries. That in turn is

patients with chronic anxiety and got better results than any drugs in his armory.

As I have said before in my articles on 'how aromatherapy works' (on my website and AGORA), the healing actions of a good aromatherapy-type treatment are not due to one

3. Skin absorption; when I started looking into this years ago I was completely open minded on the subject. Now I am totally convinced it is not correct for the average treatment using maybe 1-5% of essential oil. One thing that is heavily weighing against it is the fact that aromatherapists have been using adulterated oils for years yet still reporting good results, why?

physiological and psychological. Many of the reported effects of essential oils are in fact

5. Energetic-yes I said it! As some on this list know I consider energies in essential oils the biggest load of nonsense going, but I certainly do not dismiss an energetic

acknowledge that the numerous tools that natural therapy practitioners utilize are almost

4. Massage: Tons of sound research results on how that can affect the body, both

reaction between the therapist and the client. However, what is important is to

immaterial, it is not the tools they use, it is their own natural healing powers that are important. This ability is frequently completely ignored in aromatherapy. I know at least two people on this list who are born healers but not sure if they are aware of it themselves. Many others try and give the impression they are healers, but this is mainly marketing b-s. One major problem with aromatherapy is that people seem to have this very deep need

for belief systems. They are brainwashed into a set of beliefs by the teachers and the rubbish literature on the subject. When someone comes along and challenges those belief systems it is equivalent to saying there are no Gods and their brains shut down.

I do not follow ANY belief systems, that may be why I am more interested in looking for

Can you give an aromatherapy treatment without touching a client-of course you can.

Can you get profound psychological changes without touching a client, but maybe with

Can you heal a leg ulcer using minute amounts of essential oil-probably not although

Can you give a good all round physical and psychological workout without using

facts. Notwithstanding that, I do acknowledge the superb healers that many true traditional practitioners are, particularly the true Sharmanistic healers (**not** those who have done a couple of weekend courses)! These people know more about the healing or killing power of the mind than any psychologist or most modern complementary medicine

therapists. They often use some kind of aroma to *assist* their activities.

Can you get an aromatherapy treatment using Martins chocolate formula-you betcha! (next below). Does that add clarification or more confusion, I do hope the former. If not sniff some rosemary and read it again. Martin Watt, UK

Some may find the following formula useful for stimulating the immune system, in fact it may work better than most other aromatherapy treatments for immune dysfunction.

Add two teaspoons of an orange liqueur or Southern Comfort. Blend in well until most of the alcohol has gone. Then add a teaspoon of previously filtered coffee made from pure

I have checked for potential adverse effects on the skin of coffee and cocoa and in Mitchell & Rock few adverse effects are reported. Of course you don't do this on

Take about 300 grams of good quality (organic) plain bar chocolate.

Immediately before using the blend add two drops of Turkish rose oil.

For those with dry skin add a few lumps of pure cocoa butter.

When completely liquid, allow to cool until about 80 degrees F.

Use this blend while still warm and do a full body massage.

someone known to be allergic to any of the ingredients.

yrs.. how big and bad could a Martin Watt be..

take a step back. Regroup.. and move forward.

coming out.. that it is only natural for courses to be updated ...

week or more:) Wow the fragrance - Now THAT'S what I call Aromatherapy. Applications for clinical trials welcome. International Patents applied for.

"As anyone that has taken my classes can vouch, I always do my best to allow free

Yes, I must say Martin, your reputation did preceed you and when Mynou said you were giving a Class on Safety.. I was excited and apprehensive. That was about 3 yrs ago I

But then I thought .. hell.. he can't be all that bad.. after all, I did work in Prison for 20

All this to say.. I found you have a wonderful sense of humor (in that British sorta way) and though I went there with certain 'notions' in my brain, you patiently explained the

Finally, if used on a partner, lick the chocolate off, or have a double shower to remove it. I will guarantee a night to remember and the immune system effects will last a

'myths' that have been perpetuated in the AT books. I also heard the frustration in your soul.. It is not 'popular' to go against the majority. And yes, you may be a 'big bear' of a man. But I honestly feel, that class I took with you... changed my whole perception of AT and the courses being taught out there.

You made me 'think'.. you made me start to question and look for documented research... And if I recall, I did 'attempt' to argue with you. Yet, you patiently explained and after the shock of learning that some of the information I had learned was not valid.. I had to

I know that some instructors have asked you to review their courses .. and that they had to change some the information they had. I think that ... with all the new information

Lest we forget.. this is still a new arena ... with many different aspects of utilizing e/o's. And though you do not always take a popular position Martin.. and maybe you do not 'sugar coat' the way you present things... but.. at least you give us 'food for thought'...

As for the comments made on Martin not taking time to talk with folks at the IATA Conference, I can say that's incorrect. There was little time for any of the speakers to talk to anyone and the fact that we were billeted in a hotel across town from almost all of

But even at nights, those few who stayed in our hotel could find him and Rob Pappas and Susan Renkel and Arthur Phillips and Butch Owen and the other speakers in the dining

The schedule of the conference was tight - in fact, often there were activities ongoing at the same time and folks had to decide which one to attend. During breaks, folks ran for a smoke or coffee or the toilet or whatever but the speakers were always there and I saw

others don't follow. But he doesn't sell EOs so he has more of a reason to tell it like he thinks it is than some others might have. Of course Martin is not perfect so he can't always be right but he does provide references for what he says - some folks will argue about those references but in this cottage industry, there are few universal truths - we just have to go with what we think is right now and as for me, I'll take referenced data

As for safety, there's no question about his concern in that area - some think he is overly cautious but in my opinion, that's to his advantage because you can take what he says when he says something is safe and not worry about it too much. Also, Martin is a

trained Medical Herbalist - he has a wider background in alternative healing than do most

I know of a good many instructors who have had Martin review their courses so I guess

He doesn't sugar coat much - sometimes he comes across as a Grade A S.O.B but he's really not. Actually, he's mild compared to the real Butch. I'm just nice so I can sell my

We have a saying in Turkey that makes lots of sense. To really know someone, you have to either travel, drink or gamble with them. I've traveled and drank with Martin and we took a few gambles on some of the mountain roads we traveled so I guess I know him

It's not easy to be liked by everyone when you're more concerned with telling it like you think it is rather than how folks want to hear it -you don't gotta be right all the time but as long as you're consistent that's fine with me because I also don't give a damn about

This is an extremely vague statement; without knowing what kind of volume she is talking about, and frequency of use, it is meaningless. To suggest that because she has

misleading. I know a couple of people who have used cinnamon bark oil on their skin with no problem, yet statistics tell us that it is a severe sensitizer and it kills skin cells as

no problem doing this that it is therefore fine for the majority of people is really

pretty well - and it's my opinion that he's a helluva nice feller.

being liked by everyone. That's my story and I'm sticking to it.

Subject: Martin Watt..Reply to Shivani's post

they felt his knowledge was valuable. I know that Professor Baser here in Turkey believes that Martin is extremely knowledgeable - but I could provide a laundry list of folks he thinks are full of crap - he is informed of the happenings in the American AT

each of them, me included, being swamped with folks after every presentation. The fact that one didn't want to spend a lot of time involved in peeing contests became evident to me quickly when I was approached by one of the Young Living followers who wanted to shower me with bovine excrement about what MR. Gary Young had to say about this or As for Martin's taking on the establishment - he has elected to follow a path that many

I stick to my statement that *anything* designed to kill bacteria is also likely to kill skin cells whether it be natural or synthetic. Of course volume and length of use are very important, particularly when the substance is used in cosmetics. There are no long term studies in the public domain on the effects of the preservatives used in cosmetics with consistent use over say a 10 year period. If it be natural or synthetic in this case is not relevant. Most natural preservatives such as benzoin were abandoned long ago by the cosmetics trades because of hazards associated with their use. On the other hand, some of the newer colloidal metals preparations seem to be very good and safe preservatives because they only need to be used at the minutest levels.

Perhaps people should consider why it is, that increasingly, women in their middle to late

20s seem to be developing noticeable wrinkling around their eyes. Could it be the

Re the aim of this group - a proposal for a new trade group in the USA.

For those that don't know me, my attitude to aromatherapy trade associations is made clear in my web site articles. I see most of them as being only interested in selling more products and services while protecting their members backs. I do not want you wasting efforts on forming yet another group that will have no influence on the rest of the trade.

I see a danger in this group of it becoming similar to UK trade associations who in reality have very little influence on anything. Let me tell you a bit about their history as I hope

Around 15 years ago, a small group of aromatherapy traders set up the old EOTA. I was involved with that group for a short time and I know how things have developed over the years. This group had all kinds of objectives and held regular meetings. However, what

did they achieve next to nothing, they could not even agree on basic oils safety

The next group (formed from some of the old EOTA members) was the ATC. Other

Then the original EOTA was resurrected by Mike Van Moppes who produced many challenging articles published in The Aromatherapy Quarterly. I knew Mike and trusted his honesty and I knew members of the ATC who I deeply distrusted, so I did my bit to

The clever - but dishonest - publicity machine surrounding the AOC and ATC enabled it to become more influential. Despite all their claims to "influence Government", we now have far more restrictive and crippling laws controlling the sale and supply of essential oils than ever before. For example, in the UK, in theory, it is now illegal on a label or in

suppliers literature to claim that an essential oil is good for "stress"! The laws now and in the near future may not prevent the sale of oils, but they totally inhibit what you can say they are good for. So I maintain these trade organizations have achieved nothing of any

The ATC has not protected the public from the sale of phoney essential oils. Reason is despite the ATC having an analytical programme, all results are kept within the confines of the organisation. Last year one of their members was caught by one of our consumer organizations selling fake sandalwood oil. The result (I am told) is his company was refused renewal of membership by the ATC. So what difference has that made to his company - non. Have the public or therapists been told why membership was refused, of

guidelines. They also could not agree on an oil quality monitoring system.

cosmetics for maybe 10 years plus? I am mighty suspicious.

this may help you consider what your objectives are:

members of the old EOTA joined NORA (UK).

support the new EOTA.

significance.

course not.

Martin Watt, UK:

Replies to all and Marge

package for some ailments.

range of testing is unreasonable".

have absolutely no respect for.

Marge said:

nothing will.

Martin Watt

a member.

2005 probably to ATFE

but I have lost which journal it went to.

"appropriate organization" the N.I.M.H.

Some comments on the article "Hope for 1990".

compensation for their members negligence?

Who does the torturing in third word countries?

Who performs mandatory abortions in some countries? Who allows people to get hooked on tranquillizers?

loose on the public without a clue on medicine or much else.

worse than any harm caused by any Complementary practitioners.

Michel said: "Martin is in MHO a bit too severe towards France".

waste of resources going.

Jan 2005 To ATFE or Oils-Herbs

published for certain, but it never is.

To reply to a couple of points made by Michel:

"The French produce the best essential oils".

system is loaded against foreigners suing their nationals.

Feb 2002 To: aromatherapy-at-idma.com

just will not work. The only thing that can police and improve any trade is if an organization is structured in such a way that any misdeeds by members are made public knowledge. The only answer is a properly funded organization administered by professional managers independent of the trade. If you want a trade to have standards you can only achieve that if it can be seen publicly that you ostracize any criminal elements in it. To do that an organization needs to come up with sound documents such as the excellent one recently prepared on rain drop therapy. Not an easy task, but with the appropriate researchers it can be done. A small group of traders will end up the same as our EOTA-ATC-etc, and achieve nothing but hot air. That is my fear for this group. A suggestion I have - that many of you will not like - is that you need to form a group

which then allies itself with those trade interests who do have a political lobby and real influence. That is the large essential oil traders associations and the cosmetics trade bodies. The big boys in the trade have been around long before aromatherapy was even

proposed legislation giving them at least a fighting chance to oppose and change it. You may think this will not affect you in the USA, but I suggest you need to watch your backs, the FDA are always hovering in the wings, they do not like natural therapies or therapists. If they can grab some legislation from Europe and use it against you they will.

Firstly I would like to say there has been a lot of mis-interpretation of what I said about aroma-therapy. I never said that essential oils did not work via other pathways of course they do. What I said was that aroma-therapy was primarily relying on the effects of fragrance on the mind If you want to talk about the use of oils on wounds, eczema antibacterial, antifungal, relief of muscle pain, etc. I would question weather this is true

conventional medicine. I would also question if most aromatherapists are well enough trained to treat some of these medical conditions. I have seen myself how seriously

Take the relief of muscle pain as an instance. Yes aromatherapy massage is superb for that. However to get sufficient oil penetrating the skin to have any effect on capillary circulation, you need to use far higher levels than used by most massage methods. Therefore one has to consider if the essential oils are doing anything other than working on the mind (very, very important), and is the pain being relieved primarily as the result

of the massage. My bet is in this case it is the massage. I have always said (see previous articles) that aromatherapy is a package of measures, and a highly effective

"but it doesn't seem to me that refusal to use an EO because it has **not** had the full

are talking about. I can assure you that they do not. Look at the origin of the

Marge, I am not into testing essential oils on humans without their express permission. I think this has been well discussed on this list previously. Many aromatherapists have simply assumed that the people who teach about these 'new' oils must know what they

information on chemotype oils and you will find it comes from 2-3 French teachers who I

How can anyone have respect for those that are allying themselves with the confidence trickster Gary Young. If that does not tell people the true nature of these teachers then

As to the substances used in soaps and perfumes, I presume you mean the synthetic ingredients. In actual fact these synthetics have been very well tested. In soaps they are washed away so should not be a major problem. That is except for these home made soap people, many of which seem to be ignorant of all safety issues. In perfumes and cosmetics they are used at extremely low levels of use frequently 1000 times less than used by an aromatherapist. Therefore comparisons are false. The chances are that verbena compounded perfume is far safer than the real oil. I would be cautious about verbena hydrosol, although it might be OK because the levels of sensitizing agents will be

far lower than in the oil. Personally I do not advocate the use of hydrosols simply because they are **overpriced distillation waste products**, and need very effective preservative systems to prevent bacterial and fungal growth. Much cheaper and more

An old letter I found that is just as relevant today (2005) as when it was written. Sorry

I am a qualified Medical Herbalist but have refused for numerous reasons to join my

Therapists only being allowed to practice if "registered" by these professional bodies

The medical profession and its organizations are a prime example of what these organizations are really about, i.e. protecting their members not the public.

"Ethical codes provide protection" - utter rubbish! What about the numerous cases of medical incompetence covered up by that profession and how difficult they make it to get

Who are involved in transplants of organs stolen or obtained from the poor overseas?

annoys me greatly. Membership of these bodies provides no more protection to the public than does being an independent practitioner. Many people join these organizations for cheaper insurance; ability to fill their business cards with initials and for fear of not being

effective to make a herbal tea and use that as a lotion.

aromatherapy, but rather something akin to herbal medicine or even dare I say

people can be affected by taking the advice of Aromatherapy authors.

Back to top

thought about. These organizations are allied to the larger International flavor and fragrance organizations and they are the *only ones* who have any influence on European legislation. As the result all their members are kept fully informed with

You have to be very careful indeed in not wasting your efforts setting up something that

Who never or rarely report incompetence in their colleagues? Who permits junior hospital doctors to work crazy hours endangering their patients? Do you really need an answer? "Ethical codes and oath swearing protect the public", don't make me laugh! What a nerve telling complementary medicine to get our house in order. The proposals to limit calling oneself for example a 'Medical Herbalist' to only registered practitioners means that those who have trained, but choose not to join incompetent professional bodies, will be restricted in how they can work. For no good reason because these organizations rarely police what their members are doing anyway.

On the other hand, some therapists who have done a few weekends appallingly bad training in Colleges of further education, and then join their "appropriate body", are let

Complementary therapists should stop pandering to the stupid threats produced by medical profession dominated Government departments and the media. Instead we should attack the long history of incompetence of these regulatory bodies which is far

1. Anyone who uses untried and untested methods of administering health treatments IS

plenty of doctors offering quack complementary medicine treatments. One such web site was on this group recently where all the advisory board were doctors, but the treatments were completely unverified. In the case of these claimed injections with essential oils I do not know of any verified research. If this work were valid medical research it would be

OK, so lets make a list of some of the misleading information originating from France:

Not true, the best lavender oil, roman chamomile oil and peppermint oil have always been produced in England and still are. I have historical data on that proving this

statement if anyone wants it. The French producers have been adulterating their lavender oil since the year dot! That even applies to some of their farmers. I know someone who tried going to French law when he was ripped off by a farmer but the French justice

The most reliable Rose oil or absolute comes from Turkey and Egypt, but you will find AT

suppliers trying to fool you that their "Rose De Mai" oil comes from France. Yeah,

imported from Turkey and reprocessed in a chemical plant in France!!

a quack. I do not care if they are qualified as a doctor or not. In the USA you have

The final point about professional bodies is that the money to run them has to come from membership contributions. The more people they can register, the more funds they get. Just take a look at the vast amount of funds wasted on hundreds of medical profession organizations. Many have overlapping functions, but no one ever dares suggest they amalgamate to save money. The Royal Colleges in the medical profession are the biggest

sources, particularly when they run out of their local supplies. Do they tell their customers they are selling standard commercial oils - do they heck! Sales policy: French suppliers will buy oils on which there is no safety, therapeutic or chemical data and resell them **only** to cottage industry aromatherapy suppliers who are so gullible they will buy anything coming from France! That said, I would not wish it to be inferred that there are no genuine essential oil produced in France, as I know there are. The big problem is knowing who you can trust and that is a very big minefield.

Safety data: As someone who has published that for years I have supplied my manual to several producers in France who had no idea such data existed. Rather surprising when many seem to think France was the home of essential oils used in therapy! I even have a copy of a letter from a French Pharmacist who teaches for one oil supplier there. In that letter he states "there is no reason why Verbena oil cannot be used neat on the skin". This letter was sent to an aromatherapist I know who queried what she was taught in one of their classes. This is evidence that the French aromatherapy world ignores all International accepted safety precautions. This is despite the big French fragrance houses having a great deal of specialists in the area of safety who have contributed to numerous good scientific studies. The French aromatherapy scene has never kept up with what their own REAL essential oils experts know.

It stinks, the training materials I have seen are just appalling, including that from a wellknown doctor. That information goes back for years and indicates a complete lack of knowledge on safety issues. Those materials prove that the therapeutic effects were invented based on the chemical profile of phoney oils by those who had no knowledge of real essential oil chemistry. Much of that material can be found in Gary Young's early

book which dates back years before the conference that Michel referred to. The French source book for Gary Young was not even fully written by the claimed author as Michel admitted years ago, the copy of that email to IDMA I still have. Wrong chemistry: The French are responsible for much of the dreadful chemistry taught in aromatherapy around the world. Much of that is wrong because those who invented it had no training

ridiculous energies system that is still being taught in aromatherapy despite it having Those who take therapists on conducted tours showing them oil-yielding plants being grown, but not telling them that is NOT what they will get when they go home. Visits are arranged to called 'expert' French herbalist who learnt all they know from books, not from traditional uses or from proper training.

Those who sell essential oils to aromatherapists despite analysis proving that nothing is known about the oil. Those who sell Ravensara grown in France!!!! Atlas cedar grown in France!!!, etc.

Continued.

in phytochemistry, also they had no knowledge of the larger International trade in essential oils and their real chemistry. One of those so-called 'experts' invented the been discredited years ago. **Shady business practices:**

French aromatherapy training:

Can you trust French oil suppliers? You can't even trust your own eyes in France. There are distilleries there where real lavender plants come in the front door and visitors see the distillation. However, in their back yard are the drums of ho leaf oil and the chemical that converts the linalool in ho oil into linalyl acetate, all so the genuine oil can be "stretched". Do they not supply organic certified and wildcrafted oils? Many French suppliers claim all of their oils are organically grown or wild crafted. Some even show aromatherapists the areas where they gather wild plants. What these therapists are not told is that the same producers also buy oils from normal commercial

Those who set up websites providing clinical information which is illegal in France as in most of the rest of Europe, but of course the Americans don't know that do they! Boy I better stop here although I do know a lot more. I am not anti French as such but what I am against is the sinister influence a **tiny** group of French con artists have had on aromatherapy around the world. Other countries have their fair share of con artists in aromatherapy, but much of their hype is traceable back to French sources. Martin Watt

Date unknown To IDMA I think. I can write fiction with the best of them! This was mockery of those aromatherapy and similar authors who invented the bs about energies in oils. THE CHARACTEROLOGY OF COMMON FOODS

Menu: Leg of lamb

Herbs-Rosemary, mint and marjoram.

Broccoli and new potatoes

Miscellaneous issues

Leg of lamb-This provides youth and vigor to men. By consuming this dish, the transference of the lambs youthful energies will ensure extremely fast regrowth of hair. It makes the consumer cling to mothers, but the only drawback is it makes them want to be suckling constantly. A sound sleep pattern is established with early rising and early to bed. The energy transfer also forces the consumer to adopt a healthy diet of grass and milk. Therefore the consumption of lamb is ideal for old people who will gain youthful vigor. However the consumer should be warned that due to the high growth rate of lambs, that the energy transfer to humans will mean they may have a healthy old age, but will die in about two years from over exertion.

Rosemary, mint, marjoram-The energy transferred from these herbs will have the effect of increasing blood flow to the brain. This improves intelligence and concentration and is particularly useful for those aromatherapists who don't possess a fully functioning brain. Rosemary has energies that provide for a long life, and is ideal for the lethargic or lazy character. Mint energies are good for those who are overactive and suffer stomach complaints as the result of stress. Marjoram energies are associated with the mystical East. They will take the consumer back to their past life as members of the priesthood in Ancient Egypt. Broccoli -Energies from broccoli are common with those from the rest of the cabbage

family. They increase body wind and so are good for those whose wind pulse is weak. Like lamb, these energies originate from fast energetic growth. Therefore they are good for stimulating lethargic or aged metabolism. The packed, luxuriant flower head is natures signature that the plant will promote healthy hair in the consumer. **Potatoes** (new of course)-These energies are **most** potent. They represent the energy of spring and the need to promote new growth. Their consumption (or rubbing on the skin where the energies will be quickly absorbed), will help regenerate all the cells in the

body. The plant takes its character from the Solanaceous family, fast invasive growth, with beautiful small flowers which freely give up their energetic nectar. Therefore the energies are ideal for characters who give freely, but quickly become exhausted from others taking advantage of their generous nature. The energies of potatoes are ancient in origin and take the consumer back to their past lives as priests in the Mayan civilization. Thus the consumer of marjoram and potatoes unites the energies of the old

and new world, bringing harmony and peace to the world. NOTE: Beware of excessive intake of potatoes or their powerful energies will induce a state of trance. Once in that state, contact will be made with the Atlantians who genetically engineered this plant using knowledge left by our ancestors from the stars. They encoded all their knowledge into the DNA of potatoes hoping that when humans evolved into 'spiritual' beings, that we could all utilize their highly advanced knowledge. Copyright Martin Watt. Chaneller for the Libran constellation civilizations.

August 1998 to IDMA Freedom of expression Sorry this is a week late, but I started last weekend on replying and run out of time. Shanti's challenges were good ones that I needed to apply a lot of thought to.

Firstly as to you not liking a 'witch hunt'. I would not want that as I have one who works for me part time, they are honest people who care deeply about the Earth and will not knowingly cause harm to others. Now on the other hand, some of the people in aromatherapy use the Christian religion, and brainwash vulnerable people, just in order

to make cash, several also promote practices which can and do bring harm to others. That I find morally repugnant, and will do everything within my power to destroy their

reputations.

I am all for free expression and unhindered exchange of ideas and concepts. However, when peoples uneducated beliefs are likely to harm other people then I object. As I said in a recent NAHA letter, perhaps we should all be allowed access to plutonium so that we can 'choose' if we should make a nuclear bomb or not if you take "freedom" to its ultimate end. Now getting back to aromatherapy; some of the people who have established certain types of treatment regimes, and who are who are held in high esteem by many people, simply did not have any concept of what safety meant in relation to the use of

essential oils when they first started to cash in and teach people. This still remains the case among some teachers and essential oil suppliers to this day. For

instance only last weekend a colleague told me they had received a letter from a French doctor (not one we know) stating that there was absolutely nothing wrong with using a 5 percent dilution of verbena oil on the skin. Yet, some of the testing which proved without a shadow of a doubt how dangerous this oil is, was done in France, and they also have representatives on the RIFM and other safety assessment committees. Obviously this

individual just does not know, what they should know, before making such categorical statements that could harm people. I have also sold some of my data manuals to French distilleries. The reason being they needed accurate data to meet Government regulations. My point here is that the French aromatherapy trade did not have the first clue about Internationally recognized and accepted safety standards for essential oils. "I again will say, whose criteria for adverse reactions." Well no one should need to ask that question if they are treating people with essential oils or selling them. Extremely sound and well documented safety guidelines have been widely available for well over 30 years. Organisations such as the W.H.O. F.D.A. E.E.C. R.I.F.M, I.F.R.A. all have conducted very extensive research and made recommendations

recommendations on the dosage of essential oils given internally as medicines in particular the 1938 British Pharmacopoeia and the older US pharmacopoeias. "Are you giving them the opportunity to discuss their beliefs and application before their names are mentioned with implications that they are dishonest". Over the years I have made many attempts to get articles printed by various journals challenging the teachings of the trades icons. Only rarely have I succeeded, this is because trade journals have a living to make, and they simply will not print material that challenges their readers deeply held beliefs. I know that certain essential oil traders have threatened journals with boycotts if they publish articles exposing trade malpractice. That Is why I have had several articles published in Aromatic Thymes because Pam is a rare exception in publishing controversial material.

I can tell you that Bernie Hephrun publicly asked Dr Penoel at a conference in Sweden, to

internally. That request was simply ignored. Some of these people know they dare not

If Gary Young would care to fly me to the States, I would be only too pleased in open forum to discuss with him, where he obtained his knowledge of essential oils and the

On the other hand, I am happy to be challenged by anyone such as yourself as to my knowledge and beliefs on how essential oils should or should not be used. By the way, in reply to your question 'do I know everything about essential oils' no, I most certainly do

have a panel discussion on his recommending aromatherapists use essential oils

methods of use that he advocates. What do you think the response would be!

take part in debates, because their knowledge base simply is not up to it.

hype.

publicly if I can.

a criminal in my eyes.

Re natural progesterone

locations. The merchants are of course rubbing their hands in glee.

Martin Watt. UK. Qualified Medical Herbalist -----Aug 2000 Group sent to unknown.

essential oils gathered from many wild grown species.

crystal healers, raki masters, 'erbalists', aromatherapists, etc.

the botanical name for any products (oil) yielded?

Date Sept 2000 Group sent to lost

Re herbs and health-radiation

Martin Watt

Martin Watt

Latin names for essential oils.

think it is.

Tue, 17 Nov 1998 TO: aromatherapy-AT-idma.com

Firstly that message looks like an advert for Y.L. to me.

one knows for sure if that occurs even by internal ingestion.

Martin Watt

on maximum usage levels based on sound science. Many National pharmacopoeias give

not and will never ever stop learning about them. However, one thing I do know is WHO the confidence tricksters in our trade are, and fortunately I now have enough documentary evidence to stand up in court if I am sued. The fundamental problem with aromatherapy is that the vast majority of the authors and teachers in the old days had virtually no knowledge of, or training in, the medical or botanical sciences, they had no close connections with the essential oil trade or horticulture. Their background is primarily in the beauty therapy trade. Therefore, that trades baggage of hype has been imported into aromatherapy. Just look at the utter nonsense written about grapefruit oil being good for cellulite, classic beauty therapy

I will never sit down to discuss things with people I know are out and out fraudsters. I tried it for a short time with some of the aromatherapy organizations, but as soon as I realized that when it came to challenging the icons in the trade that was not going to be

an option, I soon resigned. This is one reason you will never see me at a normal

Hey, no I don't put you in the old boy/girl network because I do not know of your

people and practices that are difficult to defend. Clearly you know how packed

aromatherapy is with misleading and wrong information, so why try to defend these people? If these people will not respond in an articulate and reasoned manner to their practices being challenged, which clearly is the case, then I will expose those people

allegiances (if any). I am happy to be challenged, I love it. You see I am a thinker, not a sheep. I make my judgments on people by what they write and teach, nothing else. All I can say with you by what you write, is you give the appearance of wanting to defend

aromatherapy conference. They revolve around frauds and quacks.

On your question on statistics of adverse reactions. Yes a rate of 1 or 2 per thousand is significant. A cosmetic manufacturer would not put a product with that kind of reaction rate on the shelves. So why should aromatherapy be any different? Thank you for your message of me exerting balance and caution, I really do appreciate these thoughts. However the time for this has long gone, I care deeply about the future of aromatherapy. It should be a respected medically orientated healing therapy, but it

cannot achieve this until the charlatans are driven out of the trade. It is just so sad that we are burdened with so many of them, some worse than others. I despise these people, I am not prepared to work with such criminals and yes some are criminals. As far as I am concerned anyone that sells you people an adulterated essential oil is a criminal and should be treated as such. Anyone that advocates a treatment that could harm others is

Oh just a last point, I am not the **only** one fighting the con artists, there are others, some are not on this list, although I hope to be posting some of their work here. There are very few though who are prepared to stand and fight these people in our midst. As I

explained to someone the other day, I am 54 this September, so death threats are

There is no such thing as a source of human hormones in plants. There are compounds that are hormone-like, but these have to be converted by the body and no

Certainly some herbs taken internally are recognized by herbalists as having hormone

meaningless to me. I would be delighted to go down fighting. yes, such threats are not unknown in this trade. Does that not tell you the type of people we have to deal with!!

regulating properties, but if that is due to pharmacologicaly active substances, or if it is due to the particularly plants being excellent sources of vital nutrients is still unclear. For example, evening primrose oil is simply a source of the fatty acids that certain people cannot efficiently make themselves. I have not found a single published and reviewed clinical study supporting the claimed effects of these plant based progesterone creams. If there is any I would love to know the references. All I have come across is a load of scam merchants making every claim in the book with no evidence in support. Here in Europe it is illegal to sell these creams (with medicinal claims) without a full

drugs license. So instead, women are wasting a fortune ordering it from off-shore

I am sure many women will say this stuff seems to help them, the answer to that is 'placebo' if you think it does you good then it will. The more people pay, the better they

good qualified herbalist or genuine native healer. There are a handful in the USA.

For those that want effective treatments caused by hormonal dysfunction, go and find a

I have stayed out of this discussion because I know next to nothing about Agarwood, but

Bravo Patrick, how delightful for someone else to come on this list and tell people that

What you said about Agarwood is mirrored exactly with Frankincense and Myrrh. When I wrote the small book with Wanda Sellar it drove me nuts trying to get to some kind of accuracy on their botanical names. After going into the subject in the greatest depth, I came to the conclusion that it was impossible to apply accurate botanical names to

when I saw Patrick's delightful post I just had to back up what he said.

Latin names applied to such traditionally gathered materials are hogwash.

Patrick said "We westerners are obsessed with classification". Yes, but I believe many teachers and authors in aromatherapy are obsessed with it because they are lacking in sound knowledge on the oils themselves. Inaccurate classification systems are forced on students as a smokescreen to hide their teachers lack of fundamental knowledge. In a traditional society the knowledge of how to use plants and which ones to use is carefully learnt and monitored by the teachers. This is because in such societies training takes years before someone is recognized as a medicine person or whatever. In our modern societies people just want to learn everything they think they need to know over

a few weekends courses, then they call themselves Shaman/women, energy healers,

Analysts can give superb information on the composition of oils. Over a long period of time they have built up good data enabling them to pinpoint geographical origins. However routine analysis cannot give you an exact botanical name. You only have to look at the pedantic names for citrus family oils in aromatherapy. There are hundreds of varieties and sub varieties of citrus trees, let alone the fact that most commercial ones are grafts. If you have one variety as the root and another as the head what the heck is

So do not be fooled by those who post great lists of botanical identities for a material. Yes these are important to science, but ask yourself if they are relevant to the subject

Footnote 2015. Most aromatherapy schools still insist that their students learn the Latin

names for essential oils despite them often being wrong or misleading.

irradiated to prevent the spread of pests and diseases. Of course the sellers of health foods are not going to tell the public that are they? I have seen test results on irradiated herb teas and the results look impressive. Reduction of bug count, but no loss of quality. Indeed if you 'cook' the bugs you will get less contamination of the herb. It stops them eating the herb and the result is a better quality.

'energies' in DEAD plants! Best thing with them is to tell them to grow their own, then they can cook the bugs themselves when they make a herb tea. Goodness knows how

I just took a look at that animal web site and what I saw did not surprise me one bit. These animal aromatherapy courses are booming both in the UK and the USA. Most of

aromatherapy in that respect. The authors of the books on the subject will frequently be found to have had absolutely no training in any of the animal related sciences. They are aromatherapists who started dabbling in the subject, write a book, run courses and

They make fundamental blunders such as saying that "because a horse is attracted to a smell that indicates the fragrance is what they need". This is hogwash. A horse will

happily chomp away on ragweed until it dies as will most other 4 legged creatures. They will also happily consume peppermint sweets (candies) because they love the taste the same as humans. Does that mean if they, or we, sniff peppermint oil that this must be

The aromatherapists from this school of thought also use essential oils on which there is not a hint of safety data and on which there is a good deal of oil trade suspicion about

their material hails from extremely dubious origins and is worse than human

Of course all this will not convince those that live on another plain and talk about

killing all them creatures affects the energies in the tea!

Date early 2001 Group sent to lost

overnight have turned into gurus.

what they need-of course not.

Veterinary law in the UK is very strong.

Re Equine Aromatherapy-reply to Catherine

questioned.

Martin Watt, UK

animal aromatherapy.

to equine aromatherapy - think about that!

know who had sound evidence.

proposed treatment. Not so.

inappropriately used.

Martin Watt, UK

symptoms?

Thank you very much

p.s. it is to help a friend

Wed, 18 Apr 2001 Re: PCOS Reply from: "phil.bat"

essences with vegetal oil.

Martins reply to the above:

French confidence tricksters.

Regards Martin Watt, UK

Subject: Reflex therapy

nerve pathways.

frankincense.

Martin

artemisia on the needles.

Feb 2002 Group sent to lost

Memory conditioning

to create false memories.

doing the back massage.

My thoughts are running like this:

Feb 2002 TO: aromatherapy-at-idma.com

greatest relevance to aromatherapy.

"Give credit where credit is due please..."

help clients.

Martin Watt

Martin?"

Martin

Date and journal lost.

herbal medicine.

using about a dozen different oils and blends thereof.

Beware you are into VERY murky waters.

Date Aug. 2001 Group sent to unknown.

pricking the skin and seeing if sensation is lost.

Date Apr 2001

you are in the UK.

this individual.

therapy

Animal aromatherapy

As a herbalist, I would rather use a herb tea that has been zapped with radiation any day, rather than the older method (still used) of pumping nasty poisonous gases through the herbs. These gases are known to leave residues, all those people that think they are drinking nice 'natural' herbal teas, or eating imported nuts, fruits, etc. haven't got a clue!

Many countries insist (quiet rightly) that imported agricultural goods are gassed or

their authenticity. Seaweed absolute is about the best example. Several analysts have told me they have never seen a genuine sample of this material. The therapeutic claims are invented based on the herbal and food use of seaweeds. The claimed effects on animals are never published in veterinary publications, nor as far as I know are they consistently documented or appraised. I was at a lecture on animal aromatherapy last year given on the same day as my talk on rose. I just could not believe the garbage these people were talking. Perhaps the best example was they suggested smearing benzoin oil on a dogs paws to help prevent hormonal hair loss!! They clearly had not the first clue on the dangers of benzoin, nor that what they were using was probably 50+% synthetic solvents.

The medicinal claims on this particular web site would be illegal in the UK for humans. If

I am certain many of these animal aromatherapists are good caring healers, but their lack of real knowledge on what they use and how is mind boggling. However they also have this dreadful attitude that their teachers are such holistic gurus they are not to be

Back to top

I don't know where Catherine gets the idea that people on this list are not aware of the extent of equine aromatherapy. Certainly in the UK many people are aware of it and

some are concerned about the way it is mushrooming with few sound controls.

Personally I do not doubt that some essentials oils can be very useful to treat some horses and other animals ailments. For example, I am reasonably happy for oils to be used as inhalants for horses lung problems; some oils for wounds will work very well used appropriately and of course inhalation for calming them. I certainly am not happy

such claims are for animals I am not certain, but suspect they may be because

As with ordinary aromatherapy you completely fail to take into account the placebo effect, or that the therapist is more important than the materials they use. At a demonstration I saw, the person doing the treatment had all the attributes of a healer, it mattered not if she had used essential oils or water. As to the Veterinary colleges, well they do not have the first clue about essential oils and are just as gullible to hype as most of the rest of this trade. As long as they are not aware of any problems and as long as the therapists works in collaboration with a vet they are reasonably happy here. I do not know who does the training in other parts of the world, but if it is as riddled with

hype and errors as in the UK I feel very sorry for the animals. I am sure many gain great

At least humans have a choice of not having treatment, but it seems that as long as an animal does not shy aware, the therapists just assume everything must be fine with their

benefit, but who is recording the failures and who is monitoring standards?

None of my comments apply to equine massage, only to aromatic extracts

I'm hoping that you might be able to advise me on what essential oils to use for

PCOS is a hormonal imbalance which causes hair loss, body hair growth, irregular periods, infertility, bloatedness, fluid retention, weight gain, fatigue, poor skin.

Polycystic Ovarian Syndrome please. Has anybody used aromatherapy to help with the

Any professional advice on what to use for any of the above would be most appreciated.

PCOS. Probably did you have same problem with your knees or spleen, for the spleen use

times/days and Ortemis mixta with chamomila nobile 2+2 drops /2times/days (used for

red mandarin zeste 3 time /days, 3 drops at first use santalum album 4 drops/ 2

collibassile, staphilo. aurum) after 1 weeks use satujera montana or hortensis and origanum compactum 2+2 drops / 2 times/days; you must always used these two

During 1 week during 2 months before to sleep, use Homeopath. product: PYRITE D8 trituration (Powder) sorry for my bad english.i'm french aromatherapist and other.

A friend has just forwarded me your message asking for help and the French therapists reply. I must strongly advise you NOT to listen to this advice, particularly as it looks like

The main reason that most aromatherapists here are not allowed to use essential oils internally is because many are fake. At the moment you will be lucky to obtain genuine

external use let alone internal. There is also absolutely no traditional use information on its medicinal properties. Most of what is known has been invented by two well known

aromatherapy in this way, I wonder about the qualifications and methods of working of

Reflex therapy is complex with lots of theories but here is a potted history/explanation.

1. The skin is divided into what are known as dermatomes. You may already know that, but briefly, a nerve or set of nerves tends to supply a relatively small patch of skin in strips about 2 inches wide. This is how the medics check for nerve route damage by

Because the nerves supplying the skin arise from the same nerve root in the spine that also supplies the internal organs, the theory is that if you stimulate the skin you can

stimulate one area then by nerve reflex action you can stimulate another area. It's a bit like a baby sucking on a nipple and mom getting uterine contractions because of the

2. Since very ancient times indeed, it has been believed that if you apply heat to a

indirectly stimulate the internal organ associated with that area. It is hellishly complicated physiology/neurology, but based on the reflex arc theories. i.e. if you

sandalwood oil, (see the recent Health Which report). In addition, this therapist mentions oils such as Ormenis mixta on which there is no known safety data for

Finally, as it is illegal in France for anyone other than a registered doctor to use

Tue, 17 Apr 2001 To: Newsgroups: alt.aromatherapy

Subject: Polycystic Ovarian Syndrome

In my old Leechbook from the 1400s which contains recipes believed to originate from Greece and Egypt they have several such treatments. The best is as follows: RECIPE 1063; for migraine; take a pint of vinegar, half a pint of mustard and an ounce of frankincense. Make a plaster thereof and lay it on the neck, and thou shalt be whole within 3-4 times if it be laid fairly hot.

circulation before the vaso constriction occurs, this formula would almost certainly work.

3. Anytime you stimulate blood flow in the skin you stimulate blood flow in the muscles

4. Even acupuncturists use heating the needles to improve the action. As well as burning

So to cut a very long story short, the methods that Kersher is recommending are working on this reflex system combination of increasing blood flow as well as the reflex actions on internal organs. The actual oils used are unlikely to be absorbed in sufficient volumes to do anything. It is the fragrance being breathed in that helps calm the mind and have indirect brain initiated effects. It's a bit like Dr Cho who found the actual fragrance he used was not that important. His patients got better from Chronic anxiety despite him

Last night I saw a TV report on some experiments done on false memories. They showed that if someone sees a falsified photograph of themselves in a given situation, that this image can become imprinted on the memory and the individual really believes the situation did happen. Quiet amazing results from these trials and proving how easy it is

It occurred to me that this might be a useful therapeutic action that anyone could try to

We all know how relaxing or stimulating music or some relaxation tapes can be while

If you have a regular client and took a digital photo of them; enlarge that slightly and print out on a color printer. Fix that picture onto a wall poster of perhaps a tropical island, sea scene or some other pleasing image. Position that within the clients vision (perhaps on the wall at the top of the couch). Tell them to look at the picture for a short time while

If someone was a highly anxious individual and they are given a blend of essential oils used during the massage. Then if they start feeling anxious and have a sniff of the blend, their mind may associate the imprinted memory of seeing themselves in a nice location with that smell and be instantly calmed. This effect works as it is with just a blend, but I

having a massage. It occurred to me that the following might be useful:

wonder if it may work better as the result of some visual imagery.

Migraine is caused by vaso dilation followed by vaso constriction. So if you hit the

You stimulate the blood flow with the mustard, and you calm the mind with the

beneath. That is a tested fact got a reference lurking somewhere if you need it.

Re John Kersher and herbal medicine John I am puzzled why you try to give us a history lesson on herbal medicine when it was Tony's own statement on this very issue that I was objecting to. He said: "..and will continue where people rely on, and live in harmony with their treasured plants. This doesn't seem to be the case in Europe any more,..."

done by private companies who keep their findings to themselves for product

Enough to get by on; at least I was trained in the subject. Were you?

I object to that statement because like you I am well aware of the huge contribution to herbal medicine within the Eastern block as well as the rest of Europe. My point about America is that via HerbalGram they have made a concerted effort to gather together world wide research and promote it publicly. That has not occurred throughout Europe in anything like such a public manner. In the UK there is not even a good journal on the subject for the public. Yes I know much has been done in Germany, but most has been

development. As to Russia I have the greatest respect for their efforts, but regretfully little has been made available in English. Only last week I obtained a copy (in English) of research done in Leningrad in 1985 on headspace volatiles in forest air. A subject of the

"Do you have a good knowledge of Phytochemistry and traditional medicine yourself

Personally I hate most chemistry because so many wrong suppositions are made based on it. It is poor quality chemistry which is leading to potentially devastating restrictions on essential oils via the EEC. Properly trained phytochemists yes I have a great deal of respect for. Unfortunately there are non of them in aromatherapy and only a few in

"If you carefully look through publication lists, you will notice that the best works on

Essential oils from the USA date from about the beginning of the nineties."

I think this could be developed in many ways. Anyone have any other ideas?

you not know that the preserved body found in an Italian glacier carried tattoos on his skin in exactly the same points modern acupuncturist use to treat arthritis? The date eludes me for the moment but think it was around 6000 BC. However, it definitely pre dates known acupuncture in China. No single society can lay claim to being the founders or most significant promoters of herbal medicine.

Oh but I do; I think Theophrastus (300 BC) was a wonderful botanist/herbalist. I rate true sharmen and women very highly indeed. Note I say "true" because there are many phoneys even among that group. I rate Jim Duke in the USA very highly indeed. I give credit when it is due, not just because someone writes a nice mass appeal novel packed

Back to top

A phone interview for an aromatherapy journal several years ago - unpublished.

with misinformation as some of the authors you talk about have.

Martin: That's a strange idea; I always thought it was the hemoglobin in our red blood cells that transports oxygen to the body's cells. I have never seen any research proving great enemy of essential oils is in fact oxygen. This is because oxygen tends to destroy the useful chemicals and change them into sensitizing substances. Reporter: It is claimed by some writers that Dr. Valnet was the first to investigate the clinical uses of essential oils, is that true? Martin: Certainly not, many essential oils were being used in the UK and the USA long mainly for musculo skeletal problems.

Reporter: Is it true that essential oils are very good at killing viruses. Martin: No this is not correct. Most research into the antimicrobial properties of essential oils has concentrated on their antibacterial and antifungal properties. Cont.

before the turn of the century. Indeed the chief Physician of Guys hospital W. Hale-White wrote a book in 1901, which contained in-depth clinical references to many essential oils. They used essential oils internally for a variety of ailments and also used them externally,

Reporter: Martin you have spent many years investigating scientific research related to essential oils and aromatherapy. I wonder if you can help us clear up some ideas which are commonly promoted by certain authors, but on which we can find no evidence. Martin: Yes, I will tell you what I can, although the subject of essential oils is huge. I can't possibly know everything about them. Reporter: Is it true as reported by some teachers, that essential oils can increase the oxygen going to the body's tissues? that essential oils can increase oxygen uptake of cells. The idea is ludicrous because the

with several of the other treatments advocated such as using neat citronella oil on horses to deter flies, or benzoin on a dogs paws to "detoxify its liver"!! The problem is that most equine aromatherapists start off as ordinary aromatherapists. Some of us know that a lot of aromatherapy qualifications are a sick joke. Many courses to this day do not give their students a sound grounding in safety issues, so this means blunders can occur using oils that should never be used on animals. My comments on benzoin the other day being a good example. The therapists concerned simply did not know the hazards associated with this material, doubtless because they did basic training on one of the many junk courses around.

I do not agree that equine aromatherapy is anything like a profession as its advocates claim. A profession would be monitoring what its members do, how effective they were, safety standards, etc. I am not aware of this happening in any concerted manner with

To make matters worse, I know that one of the leading teachers in the UK acts like a little child when someone comes along and challenges her knowledge base. A colleague of mine who is a skilled analyst and oil supplier got very irate letters when he challenged this stupid concept that "if a horse liked a smell that the oil must be good for them". This same teacher has been taught all about the chemistry of oils by one of the biggest con

expensive perfumery materials around like violet leaf abs. seem to have been introduced

This same teacher was warned some years ago that she was dealing with a confidence trickster, but she chose to ignore this sound advice given in good faith by a person I

So Catherine I think some of us are pretty wise as to what is going on in this new

artists in the aromatherapy oils trade. I wonder why it is that some of the most

particular area, say for example over the liver, that you can stimulate the underlying organ as well as other areas. Many traditional societies have used hot herbal poultices to 'heal' what they think are organ problems. The Egyptians as well as the Chinese were masters of this kind of treatment. However the shaman in South America use it even now.

Do you mean aromatherapy or essential oils? If the former then you know my opinion on most of the popular novels. If the later then where have you been looking? There are loads of research books and papers from the USA way before that date. Ever heard of the US pharmacopoeia 1890 which has over 30 essential oils listed? "And what to think of India where, when we still ran around in sheepskins" John, you really need to do some reading on Europes Ancient traditional medicine. Do

invariably due to the water-soluble portion of the chemicals, not the oil. Hence the use of herbal teas to treat many aliments. If essential oils were antiviral we would have had a cure for the common cold years ago. Reporter: Have you ever come across any research that says a virus causes scoliosis, and that essential oils can cure it. The reason I ask is because Gary Young says in his book that the neat application of essential oils can cure the problem. Martin: Well I find such a statement beyond belief. Scoliosis is caused by a misshapen vertebral column, often of congenital origin. Once the individual vertebrae are formed into an irregular shape, nothing short of surgery can correct them. The only other form of treatment that might help a little is osteopathy or chiropractic, but even that will not care the problem. There is no evidence whatsoever that the condition is caused by a virus. Certainly there is no way that any essential oils have the ability to physically change the shape of bones. To suggest this method of use "burns the virus out of the body" is crazy quack medicine spinal column files in the face of all Internationally accepted safety information. To suggest this method of use "burns the virus out of the body" is crazy quack medicine practiced by people who should be in jail for fraud, and it also has the potential to cause severe skin damage. Date and group lost. "What would be the best aromatherapy books to add to ones collection?" There are very few AT books that I have any respect for. Of those that I do, most of the books written by Daniel Ryman are pretty good. A good basic starter is "the Essential oils book" by Coleen Dodt. It recommend Chrissie Wildwood 'Bloomsbury Encyclopedia of Aromatherapy'. Even in these though there are properties attributed to essential oils that are based on nerbal medicines, but at least these authors tried to do the background research rather than just copying from others. Gattefoses's Aromatherapy is an excellent historical work written in 1937 r	oil from that same plant. A lot of plants do have antiviral properties, but these are invariably due to the water-soluble portion of the chemicals, not the oil. Hence the use of herbal teas to treat many aliments. If essential oils were antiviral we would have had a cure for the common cold years ago. Reporter: Have you ever come across any research that says a virus causes scoliosis, and that essential oils can cure it. The reason I ask is because Gary Young says in his book that the neet application of essential oils can cure the problem. Martin: Well I find such a statement beyond belief. Scoliosis is caused by a misshapen book that the neet application of essential oils can cure the problem. Martin: Well I find such a statement beyond belief. Scoliosis is caused by a misshapen into an irregular shape, nothing short of surgery can correct them. The only other form of treatment that might help a little is osteopathy or chiropractic, but even that will not cure the problem. There is no evidence whatsoever that the condition is caused by a virus. Certainly there is no wy that any essential oils happlied down the spinal column files in the face of all Internationally accepted safety information. To suggest this method of use "burns the virus out of the body" is crazy quack medicine practiced by people who should be in jail for fraud, and it also has the potential to cause severe skin damage. Date and group lost. "What would be the best aromatherapy books to add to ones collection?" There are very few AT books that I have any respect for. Of those that I do, most of the books written by Daniel Ryman are pretty good. A good basic starter is 'The Essential oils book' by Coleen Dodt. I recommend Chrissie Wildwood 'Bloomsbury Encyclopedia of Aromatherapy'. Even in these though there are properties attributed to essential oils that are based on nerbal medicines, but at least these authors tried to do the background research rather than just capying from others. Gattefosse's Aromatherapy is an excellent histor
Reporter: Have you ever come across any research that says a virus causes scollosis, and that essential oils can cure it. The reason I ask is because Gary Young says in his book that the neat application of essential oils can cure the problem. Martin: Well I find such a statement beyond belief. Scoliosis is caused by a misshapen vertebral column, often of congenital origin. Once the individual vertebrae are formed into an irregular shape, nothing short of surgery can correct them. The only other form of treatment that might help a little is osteopathy or chiropractic, but even that will not cure the problem. There is no evidence whatsoever that the condition is caused by a problem. There is no evidence whatsoever that the condition is caused by a control of the shape is closery of the condition is caused by a control of the shape is closery. The condition is caused by a control of the shape is closery of the condition is caused by a control of the shape is closery of the condition of the condition is caused by a condition of the condition is conditionally accepted safety information. To suggest this method of use "burns the virus out of the body" is crazy quack medicine practiced by people who should be in jall for fraud, and it also has the potential to cause severe skin damage. Date and group lost. What would be the best aromatherapy books to add to ones collection?" There are very few AT books that I have any respect for. Of those that I do, most of the books written by Daniel Ryman are pretty good. A good basic starter is "The Essential oils book" by Coleen Dodt. It recommend Chrissie Wildwood 'Bloomsbury Encyclopedia of Aromatherapy'. Even in these though there are properties attributed to essential oils that are based on herbal medicines, but at least these authors tried to do the background research rather than just copying from others. Gattefosse's Aromatherapy is an excellent historical work written in 1937 republished by C.W.Daniel and Co. France and the control of the control of the control o	Reporter: Have you ever come across any research that says a virus causes scollosis, and that essential oils can cure it. The reason I ask is because Gary Young says in his book that the neat application of essential oils can cure the problem. Martin: Well I find such a statement beyond belief. Scoliosis is caused by a misshapen wertebral column, often of congenital origin. Once the individual vertebrae are formed into an irregular shape, nothing short of surgery can correct them. The only other form of treatment that might help a little is osteopathy or chiropractic, but even that will not cure the problem. There is no evidence whatsoever that the condition is caused by a virus. Certainly there is no way that any essential oils have the ability to physically change the shape of bones. To suggest the use of neat essential oils applied down the spinal column flies in the face of all Internationally accepted safety information. To suggest this method of use "burns the virus out of the body" is crazy quack medicine practiced by people who should be in jail for fraud, and it also has the potential to cause severe skin damage. Date and group lost. "What would be the best aromatherapy books to add to ones collection?" There are very few AT books that I have any respect for. Of those that I do, most of the books written by Daniel Ryman are pretty good. A good basic starter is 'The Essential oils book' by Coleen Dodt. It recommend Chrissie Wildwood 'Bloomsbury Encyclopedia of Aromatherapy'. Even in these though there are properties attributed to essential oils that are based on herbal medicines, but at least these authors tried to do the background research rather than just copying from others. Scattefosse's Aromatherapy is an excellent historical work written in 1937 republished by C.W.Daniel and Co. ISBN. 0-85207-236-3. However, you need to be aware that he mostly used deterpenated oils not whole ones as many AT writers assume. For those with this desperate need to live in a fantasy world they can buy any of
Martin: Well I find such a statement beyond belief. Scoliosis is caused by a misshapen wertebral column, often of congenital origin. Once the individual vertebrae are formed not an irregular shape, nothing short of surgery can correct them. The only other form of treatment that might help a little is osteopathy or chiropractic, but even that will not curve the problem. There is no evalutace whatsoever that the condition is caused by a virus. Certainly there is no way that any essential oils have the ability to physically change the shape of bones. To suggest this matsoever that the condition is caused by a virus. Certainly there is no way that any essential oils have the ability to physically change the shape of bones. To suggest the use of neat essential oils applied down the spinal column flies in the face of all Internationally accepted safety information. To suggest this method of use "burns the virus out of the body" is crazy quack medicine practiced by people who should be in jail for fraud, and it also has the potential to cause severe skin damage. Date and group lost. "What would be the best aromatherapy books to add to ones collection?" There are very few AT books that I have any respect for. Of those that I do, most of the books written by Daniel Ryman are pretty good. A good basic starter is "The Essential oils book" by Coleen Dodt. It recommend Chrissie Wildwood 'Bloomsbury Encyclopedia of Aromatherapy'. Even in these though there are properties attributed to essential oils that are based on nerbal medicines, but at least these authors tried to do the background research rather than just copying from others. Scattefosse's Aromatherapy is an excellent historical work written in 1937 republished by C.W.Daniel and Co. ISBN. 0-85207-236-31. However, you need to be aware that he mostly used deterpenated oils not whole ones as many AT writers assume. For those with this desperate need to live in a fantasy world they can buy any of the rest of this trades novels. In that respect people who write we	Martin: Well I find such a statement beyond belief. Scoliosis is caused by a misshapen wertebral column, often of congenital origin. Once the individual vertebrae are formed not on irregular shape, nothing short of surgery can correct them. The noily other form of treatment that might help a little is osteopathy or chiropractic, but even that will not cure the problem. There is no evidence whatsoever that the condition is caused by a virus. Certainly there is no way that any essential oils have the ability to physically change the shape of bones. To suggest the use of neat essential oils applied down the spinal column flies in the face of all Internationally accepted safety information. To suggest this method of use "burns the virus out of the body" is crazy quack medicine practiced by people who should be in jail for fraud, and it also has the potential to cause severe skin damage. Date and group lost. What would be the best aromatherapy books to add to ones collection?" There are very few AT books that I have any respect for. Of those that I do, most of the books written by Daniel Ryman are pretty good. A good basic starter is "The Essential oils book' by Coleen Dodt. It recommend Chrissie Wildwood 'Bloomsbury Encyclopedia of Aromatherapy'. Even in these though there are properties attributed to essential oils that are based on nerbal medicines, but at least these authors tried to do the background research rather than just copying from others. Gattefosse's Aromatherapy is an excellent historical work written in 1937 republished by C.W.Daniel and Co. ISBN: 0-85207-236-3. However, you need to be aware that he mostly used deterpenated oils not whole ones as many AT mriters assume. For those with this desperate need to live in a fantasy world they can buy any of the res of this trades novels. In that respect people should stop and think why it is that the biggest selling books in the world are novels or semi novels. It is lovely to be able to come your gaistones! Those people who write well researched tec
of treatment that might help a little is osteopathy or chiropractic, but even that will not cure the problem. There is no evidence whatsoever that the condition is caused by a virus. Certainly there is no way that any essential oils have the ability to physically change the shape of bones. To suggest the use of neat essential oils applied down the spinal column flies in the face of all Internationally accepted safety information. To suggest this method of use "burns the virus out of the body" is crazy quack medicine practiced by people who should be in jail for fraud, and it also has the potential to cause severe skin damage. Date and group lost. What would be the best aromatherapy books to add to ones collection?" There are very few AT books that I have any respect for. Of those that I do, most of the books written by Daniel Ryman are pretty good. A good basic starter is 'The Essential oils book' by Coleen Dodt. I recommend Chrissie Wildwood 'Bloomsbury Encyclopedia of Aromatherapy'. Even in these though there are properties attributed to essential oils that are based on herbal medicines, but at least these authors tried to do the background research rather than just copying from others. Gattefosse's Aromatherapy is an excellent historical work written in 1937 republished by C. What is a company of the summary of the control of the company of the control o	of treatment that might help a little is osteopathy or chiropractic, but even that will not curve the problem. There is no evidence whatsoever that the condition is caused by a virus. Certainly there is no evidence whatsoever that the condition is caused by a virus. Certainly there is no evay that any essential oils have the ability to physically change the shape of bones. To suggest the use of neat essential oils applied down the spinal column flies in the face of all Internationally accepted safety information. To suggest this method of use "burns the virus out of the body" is crazy quack medicine practiced by people who should be in jail for fraud, and it also has the potential to cause severe skin damage. Date and group lost. What would be the best aromatherapy books to add to ones collection?" There are very few AT books that I have any respect for. Of those that I do, most of the books written by Daniel Ryman are pretty good. A good basic starter is "The Essential oils book' by Coleen Dodt. I recommend Chrissie Wildwood 'Bloomsbury Encyclopedia of Aromatherapy'. Even in these though there are properties attributed to essential oils that are based on herbal medicines, but at least these authors tried to do the background research rather than just copying from others. Gattefosses's Aromatherapy is an excellent historical work written in 1937 republished by C.W. Daniel and Co. ISBN 0-85207-36-3. However, you need to be aware that he mostly used deterpenated oils not valve ones as many AT writers assume. For those with this desperate need to live in a fantasy world they can buy any of the res of this trades novels. In that respect people should stop and think why it is that the bloggest selling books in the world are noveles or seem novels. It is lovely to be able to escape reality by being books in the world are noveles for seminary to the provision of any kind. The list below is for those who are prepared to pay for good information resources. Mar more good technical works can be added to this list
change the shape of bones. To suggest the use of neat essential oils applied down the sipinal column files in the face of all Internationally accepted safety information. To suggest this method of use "burns the virus out of the body" is crazy quack medicine practiced by people who should be in jail for fraud, and it also has the potential to cause severe skin damage. Date and group lost. "What would be the best aromatherapy books to add to ones collection?" There are very few AT books that I have any respect for. Of those that I do, most of the books written by Daniel Ryman are pretty good. A good basic starter is "The Essential oils book' by Coleen Dodt. I recommend Chrissie Wildwood 'Bloomsbury Encyclopedia of Aromatherapy'. Even in these though there are properties attributed to essential oils that are based on herbal medicines, but at least these authors tried to do the background research rather than just copying from others. Gattefosse's Aromatherapy is an excellent historical work written in 1937 republished by C.W.Daniel and Co. ISBN. 0-85207-236-3. However, you need to be aware that he mostly used deterpenated oils not whole ones as many AT writers assume. For those with this desperate need to live in a fantasy world they can buy any of the rest of this trades novels. In that respect people should stop and think why it is that the biggest selling books in the world are novels or semi movels. It is lovely to be able to escape reality by being told that if you rub a bit of lemon oil over your liver that it will cure your galistones! Those people who write well researched technical books do it for the love of what they are writing about, not money. That applies to all good technical works of any kind. The list below is for those who are prepared to pay for good information resources. Manymore good technical works can be added to this list. Martin PERERUME AND FLAVOUR MATERIALS OF NATURAL ORIGIN by Steffen Arctander. Available from allured Press, USA. BONDERS EFFECTS OF HERBAL DRUGS Vol. I & 2	change the shape of bones. To suggest the use of neat essential oils applied down the spinal column files in the face of all Internationally accepted safety information. To suggest this method of use "burns the virus out of the body" is crazy quack medicine practiced by people who should be in jail for fraud, and it also has the potential to cause severe skin damage. Date and group lost. "What would be the best aromatherapy books to add to ones collection?" There are very few AT books that I have any respect for. Of those that I do, most of the books written by Daniel Ryman are pretty good. A good basic starter is "The Essential oils book" by Coleen Dodt. I recommend Chrissie Wildwood 'Bloomsbury Encyclopedia of Aromatherapy'. Even in these though there are properties attributed to essential oils that are based on nerbal medicines, but at least these authors tried to do the background research rather than just copying from others. Gattefosse's Aromatherapy is an excellent historical work written in 1937 republished by C.W.Daniel and Co. ISBN. 0-85207-236-3. However, you need to be aware that he mostly used deterpenated oils not whole ones as many AT writers assume. For those with this desperate need to live in a fantasy world they can buy any of the res of this trades novels. In that respect people should stop and think why it is that the becape reality by being told that if you rub a bit of lemon oil over your liver that it will ure your gallstones! Those people who write well researched technical books do it for the love of what they are writing about, not money. That applies to all good technical works of any kind. The list below is for those who are prepared to pay for good information resources. Marmore good technical works can be added to this list. Martin PERERUME AND FLAVOUR MATERIALS OF NATURAL ORIGIN by Steffen Arctander. Available from allured Press, USA. ENDOTER'S NEW CYCLOPAEDIA OF BOTANICAL DRUGS AND PREPARATIONS. ISBN 0-85207-1973 THE BRITISH PHARMACEUTICAL CODEX 1934, or old US PHAR
Date and group lost. "What would be the best aromatherapy books to add to ones collection?" There are very few AT books that I have any respect for. Of those that I do, most of the books written by Daniel Ryman are pretty good. A good basic starter is 'The Essential oils book' by Coleen Dodt. I recommend Chrissie Wildwood 'Bloomsbury Encyclopedia of Aromatherapy'. Even in these though there are properties attributed to essential oils that are based on herbal medicines, but at least these authors tried to do the background research rather than just copying from others. Gattefosse's Aromatherapy is an excellent historical work written in 1937 republished by C.W.Daniel and Co. ISBN. 0-85207-236-3. However, you need to be aware that he mostly used deterpenated oils not whole ones as many AT writers assume. For those with this desperate need to live in a fantasy world they can buy any of the rest of this trades novels. In that respect people should stop and think why it is that the biggest selling books in the world are novels or semi novels. It is lovely to be able to escape reality by being told that if you rub a bit of lemon oil over your liver that it will cure your galistones! Those people who write well researched technical books do it for the lave of what they are writing about, not money. That applies to all good technical works of any kind. The list below is for those who are prepared to pay for good information resources. Manymore good technical works can be added to this list. Martin PERFUME AND FLAVOUR MATERIALS OF NATURAL ORIGIN by Steffen Arctander. Available from allured Press, USA. ENCYCLOPAEDIA OF COMMON NATURAL INGREDIENTS. ISBN 0-471-50826-8 POTTER'S NEW CYCLOPAEDIA OF BOTANICAL DRUGS AND PREPARATIONS. ISBN 0-85207-1973 THE BRITISH PHARMACEUTICAL CODEX 1934, or old US PHARMACOPOEIAS. ADVERSE EFFECTS OF HERBAL DRUGS vol. I & 2 by De Smet. ISBN 3-540-55800-4 TEXT BOOK OF PHARMACOLOGY & THERAPEUTICS 1901 by W. Hale-White M.D. F.R.C.P. A MODERN HERBAL by Mrs M.Grieve. Various publisher	Date and group lost. "What would be the best aromatherapy books to add to ones collection?" There are very few AT books that I have any respect for. Of those that I do, most of the books written by Daniel Ryman are pretty good. A good basic starter is "The Essential oils book' by Coleen Dodt. I recommend Chrissie Wildwood 'Bloomsbury Encyclopedia of Aromatherapy'. Even in these though there are properties attributed to essential oils that are based on herbal medicines, but at least these authors tried to do the background research rather than just copying from others. Gattefosse's Aromatherapy is an excellent historical work written in 1937 republished by C.W.Daniel and Co. ISBN. 0-85207-236-3. However, you need to be aware that he mostly used deterpenated oils not whole ones as many AT writers assume. For those with this desperate need to live in a fantasy world they can buy any of the res of this trades novels. In that respect people should stop and think why it is that the biggest selling books in the world are novels or seam invels. It is lovely to be able to becape reality by being told that if you rub a bit of lemon oil over your liver that it will cure your gallstones! Those people who write well researched technical books do it for the love of what they are writing about, not money. That applies to all good technical works of any kind. The list below is for those who are prepared to pay for good information resources. Marmore good technical works can be added to this list. Martin PERFUME AND FLAVOUR MATERIALS OF NATURAL ORIGIN by Steffen Arctander. Available from allured Press, USA. ENCYCLOPAEDIA OF COMMON NATURAL INGREDIENTS. ISBN 0-471-50826-8 POTTER'S NEW CYCLOPAEDIA OF BOTANICAL DRUGS AND PREPARATIONS. ISBN 0-85207-1973 THE BRITISH PHARMACEUTICAL CODEX 1934, or old US PHARMACOPOEIAS. ADVERSE EFFECTS OF HERBAL DRUGS Vol. I & 2 by De Smet. ISBN 3-540-55800-4 TEXT BOOK OF PHARMACOLOGY 1979 by Mitchell and Rook. (out of print) ADVERSE HERBAL REMEDIES 1984 by A. LEUNG. THE ESSENTIAL OILS
There are very few AT books that I have any respect for. Of those that I do, most of the books written by Daniel Ryman are pretty good. A good basic starter is 'The Essential oils book' by Coleen Dodt. I recommend Chrissie Wildwood 'Bloomsbury Encyclopedia of Aromatherapy'. Even in these though there are properties attributed to essential oils that are based on herbal medicines, but at least these authors tried to do the background research rather than just copying from others. Gattefosse's Aromatherapy is an excellent historical work written in 1937 republished by C.W.Daniel and Co. ISBN. 0-85207-236-3. However, you need to be aware that he mostly used deterpented oils not whole ones as many AT writters assume mostly used deterpented oils not whole ones as many AT writters assume. For those with this desperate need to live in a fantasy world they can buy any of the rest of this trades novels. In that respect people should stop and think why it is that the biggest selling books in the world are novels or semi novels . It is lovely to be able to secape reality by being told that if you that bit of liven oils over your liver that it will cure your gallstones! Those people who write well researched technical books do it for the love of what they are writing about, not money. That applies to all good technical works of any kind. The list below is for those who are prepared to pay for good information resources. Many more good technical works can be added to this list. Martin PERFUME AND FLAVOUR MATERIALS OF NATURAL ORIGIN by Steffen Arctander. Available from allured Press, USA. ENCYCLOPAEDIA OF COMMON NATURAL INGREDIENTS. ISBN 0-471-50826-8 POTTER'S NEW CYCLOPAEDIA OF BOTANICAL DRUGS AND PREPARATIONS. ISBN 0-85207-1973 THE BRITISH PHARMACEUTICAL CODEX 1934, or old US PHARMACOPOEIAS. ADVERSE EFFECTS OF HERBAL DRUGS vol. I & 2 by De Smet. ISBN 3-540-55800-4 TEXT BOOK OF PHARMACOLOGY & THERAPEUTICS 1901 by W. Hale-White M.D. F.R.C.P. A MODERN HERBAL By Mrs M.Grieve. Various publishers. CHINESE HERBAL RE	There are very few AT books that I have any respect for. Of those that I do, most of the books written by Daniel Ryman are pretty good. A good basic starter is 'The Essential oils book' by Coleen Dodt. I recommend Chrissie Wildwood 'Bloomsbury Encyclopedia of Aromatherapy'. Even in these though there are properties attributed to essential oils that are based on nerbal medicines, but at least these authors tried to do the background research rather than just copying from others. Gattefosse's Aromatherapy is an excellent historical work written in 1937 republished by C.W.Daniel and Co. ISBN. 0-85207-236-3. However, you need to be aware that he mostly used deterpenated oils out whole ones as many AT writers assume. For those with this desperate need to live in a fantasy world they can buy any of the res of this trades novels. In that respect people should stop and think why it is that the biggest selling books in the world are novels or semi novels . It is lovely to be able to biggest selling books in the world are novels or semi novels . It is lovely to be able to becape reality by being told that if you rub a bit of lemon oil over your liver that it will zure your gallstones! Those people who write well researched technical books do it for the love of what they are writing about, not money. That applies to all good technical works of any kind. The list below is for those who are prepared to pay for good information resources. Marmore good technical works can be added to this list. Martin PERFUME AND FLAVOUR MATERIALS OF NATURAL ORIGIN by Steffen Arctander. Availably from allured Press, USA. ENCYCLOPAEDIA OF COMMON NATURAL INGREDIENTS. ISBN 0-471-50826-8 POTTER'S NEW CYCLOPAEDIA OF BOTANICAL DRUGS AND PREPARATIONS. ISBN 0-85207-1973 THE BRITISH PHARMACEUTICAL CODEX 1934, or old US PHARMACOPOEIAS. ADVERSE EFFECTS OF HERBAL DRUGS vol. I & 2 by De Smet. ISBN 3-540-55800-4 TEXT BOOK OF PHARMACOLOGY & THERAPEUTICS 1901 by W. Hale-White M.D. F.R.C.P. A MODERN HERBAL REMEDIES 1984 by A. LEUNG. THE ESSEN
Trecommend Chrissie Wildwood 'Bloomsbury Encyclopedia of Aromatherapy'. Even in these though there are properties attributed to essential oils that are based on nerbal medicines, but at least these authors tried to do the background research rather than just copying from others. Gattefosse's Aromatherapy is an excellent historical work written in 1937 republished by C.W.Daniel and Co. ISBN. 0-85207-236-3. However, you need to be aware that he mostly used deterpenated oils not whole ones as many AT writers assume. For those with this desperate need to live in a fantasy world they can buy any of the rest of this trades novels. In that respect people should stop and think why it is that the official pooks in the world are novels or semi novels. It is lovely to be able to escape reality by being told that if you rub a bit of lemon oil over your liver that it will cure your gallstones! Those people who write well researched technical books of it for the love of what they are writing about, not money. That applies to all good technical works of any kind. The list below is for those who are prepared to pay for good information resources. Many more good technical works can be added to this list. Martin PERFUME AND FLAVOUR MATERIALS OF NATURAL ORIGIN by Steffen Arctander. Available from allured Press, USA. ENCYCLOPAEDIA OF COMMON NATURAL INGREDIENTS. ISBN 0-471-50826-8 POTTER'S NEW CYCLOPAEDIA OF BOTANICAL DRUGS AND PREPARATIONS. ISBN 0-85207-1973 THE BRITISH PHARMACEUTICAL CODEX 1934, or old US PHARMACOPOEIAS. ADVERSE EFFECTS OF HERBAL DRUGS vol. I & 2 by De Smet. ISBN 3-540-55800-4 FEXT BOOK OF PHARMACOLOGY & THERAPEUTICS 1901 by W. Hale-White M.D. F.R.C.P. A MODERN HERBAL by Mrs M.Grieve. Various publishers. CHINESE HERBAL REMEDIES 1984 by A. LEUNG. THE ESSENTIAL OILS by E. GUENTHER. Publ. Van Nostrand. New York. BOTANICAL DERMATOLOGY 1979 by Mitchell and Rook. (out of print) ADVERSE REACTIONS TO COSMETICS by Anton de Groot. ISBN 90-900-2597-9 SCENTED FLORA OF THE WORLD by R. Genders, Publ. Mayflower	Trecommend Chrissie Wildwood 'Bloomsbury Encyclopedia of Aromatherapy'. Even in these though there are properties attributed to essential oils that are based on nerbal medicines, but at least these authors tried to do the background research rather than Just copying from others. Gattefosse's Aromatherapy is an excellent historical work written in 1937 republished by C.W.Daniel and Co. ISBN. 0-85207-236-3. However, you need to be aware that he mostly used deterpenated oils not whole ones as many AT writers assume. For those with this desperate need to live in a fantasy world they can buy any of the res of this trades novels. In that respect people should stop and think why it is that the oligiest selling books in the world are novels or semi novels. It is lovely to be able to escape reality by being told that if you rub a bit of lemon oil over your liver that it will cure your gallstones! Those people who write well researched technical books do it for the love of what they are writing about, not money. That applies to all good technical works of any kind. The list below is for those who are prepared to pay for good information resources. Marmore good technical works can be added to this list. Martin PERFUME AND FLAVOUR MATERIALS OF NATURAL ORIGIN by Steffen Arctander. Available from allured Press, USA. ENCYCLOPAEDIA OF COMMON NATURAL INGREDIENTS. ISBN 0-471-50826-8 POOTTER'S NEW CYCLOPAEDIA OF BOTANICAL DRUGS AND PREPARATIONS. ISBN 0-35207-1973 THE BRITISH PHARMACEUTICAL CODEX 1934, or old US PHARMACOPOEIAS. ADVERSE EFFECTS OF HERBAL DRUGS Vol. I & 2 by De Smet. ISBN 3-540-55800-4 FEXT BOOK OF PHARMACOLOGY & THERAPEUTICS 1901 by W. Hale-White M.D. F.R.C.P. A MODERN HERBAL by Mrs M.Grieve. Various publishers. CHINESE HERBAL REMEDIES 1984 by A. LEUNG. THE ESSENTIAL OILS by E. GUENTHER. Publ. Van Nostrand. New York. 30TANICAL DERMATOLOGY 1979 by Mitchell and Rook. (out of print) ADVERSE REACTIONS TO COSMETICS by Anton de Groot. ISBN 90-900-2597-9 SCENTED FLORA OF THE WORLD by R. Genders, Publ. May
herbal medicines, but at least these authors tried to do the background research rather than just copying from others. Gattefosse's Aromatherapy is an excellent historical work written in 1937 republished by C.W.Daniel and Co. ISBN. 0-85207-236-3. However, you need to be aware that he mostly used deterpenated oils not whole ones as many AT writers assume. For those with this desperate need to live in a fantasy world they can buy any of the rest of this trades novels. In that respect people should stop and think why it is that the biggest selling books in the world are novels or semi novels. It is lovely to be able to escape reality by being told that if you rub a bit of lemon oil over your liver that it will cure your gallstones! Those people who write well researched technical books do it for the love of what they are writing about, not money. That applies to all good technical works of any kind. The list below is for those who are prepared to pay for good information resources. Many more good technical works can be added to this list. Martin PERFUME AND FLAVOUR MATERIALS OF NATURAL ORIGIN by Steffen Arctander. Available from allured Press, USA. ENCYCLOPAEDIA OF COMMON NATURAL INGREDIENTS. ISBN 0-471-50826-8 POTTER'S NEW CYCLOPAEDIA OF BOTANICAL DRUGS AND PREPARATIONS. ISBN 0-85207-1973 THE BRITISH PHARMACEUTICAL CODEX 1934, or old US PHARMACOPOEIAS. ADVERSE EFFECTS OF HERBAL DRUGS vol. I & 2 by De Smet. ISBN 3-540-55800-4 TEXT BOOK OF PHARMACOLOGY & THERAPEUTICS 1901 by W. Hale-White M.D. F.R.C.P. A MODERN HERBAL by Mrs M.Grieve. Various publishers. CHINESE HERBAL REMEDIES 1984 by A. LEUNG. THE ESSENTIAL OILS by E. GUENTHER. Publ. Van Nostrand. New York. BOTANICAL DERMATOLOGY 1979 by Mitchell and Rook. (out of print) ADVERSE REACTIONS TO COSMETICS by Anton de Groot. ISBN 90-900-2597-9 SCENTED FLORA OF THE WORLD by R. Genders, Publ. Mayflower. STURTEVANT'S EDIBLE PLANTS OF THE WORLD 1919 republished 1972 by Dover. THE CHEMISTRY OF ESSENTIAL OILS BY DAVID WILLIAMS. ISBN 1-870228-12-X AROMATIC	herbal medicines, but at least these authors tried to do the background research rather than just copying from others. Gattefosse's Aromatherapy is an excellent historical work written in 1937 republished by C.W.Daniel and Co. ISBN. 0-85207-236-3. However, you need to be aware that he mostly used deterpenated oils not whole ones as many AT writers assume. For those with this desperate need to live in a fantasy world they can buy any of the res of this trades novels. In that respect people should stop and think why it is that the sliggest selling books in the world are novels or semi novels. It is lovely to be able to escape reality by being told that if you rub a bit of lemon oil over your liver that it will cure your gallstones! Those people who write well researched technical books do it for the love of what they are writing about, not money. That applies to all good technical works of any kind. The list below is for those who are prepared to pay for good information resources. Marmore good technical works can be added to this list. Martin PERFUME AND FLAVOUR MATERIALS OF NATURAL ORIGIN by Steffen Arctander. Available from allured Press, USA. ENCYCLOPAEDIA OF COMMON NATURAL INGREDIENTS. ISBN 0-471-50826-8 POTTER'S NEW CYCLOPAEDIA OF BOTANICAL DRUGS AND PREPARATIONS. ISBN 0-85207-1973 THE BRITISH PHARMACEUTICAL CODEX 1934, or old US PHARMACOPOEIAS. ADVERSE EFFECTS OF HERBAL DRUGS vol. I & 2 by De Smet. ISBN 3-540-55800-4 TEXT BOOK OF PHARMACOLOGY & THERAPEUTICS 1901 by W. Hale-White M.D. F.R.C.P. A MODERN HERBAL by Mrs M.Grieve. Various publishers. CHINESE HERBAL REMEDIES 1984 by A. LEUNG. THE ESSENTIAL OILS by E. GUENTHER. Publ. Van Nostrand. New York. BOTANICAL DERMATOLOGY 1979 by Mitchell and Rook. (out of print) ADVERSE REACTIONS TO COSMETICS by Anton de Groot. ISBN 90-900-2597-9 SCENTED FLORA OF THE WORLD by R. Genders, Publ. Mayflower. STURTEVANT'S EDIBLE PLANTS OF THE WORLD 1919 republished 1972 by Dover. THE CHEMISTRY OF ESSENTIAL OILS BY DAVID WILLIAMS. ISBN 1-870228-12-X AROMATIC P
C.W.Daniel and Co. ISBN. 0-85207-236-3. However, you need to be aware that he mostly used deterpenated oils not whole ones as many AT writers assume. For those with this desperate need to live in a fantasy world they can buy any of the rest of this trades novels. In that respect people should stop and think why it is that the biggest selling books in the world are novels or semi novels . It is lovely to be able to secape reality by being told that if you rub a bit of lemon oil over your liver that it will cure your galistones! Those people who write well researched technical books do it for the love of what they are writing about, not money. That applies to all good technical works of any kind. The list below is for those who are prepared to pay for good information resources. Many more good technical works can be added to this list. Martin PERFUME AND FLAVOUR MATERIALS OF NATURAL ORIGIN by Steffen Arctander. Available from allured Press, USA. ENCYCLOPAEDIA OF COMMON NATURAL INGREDIENTS. ISBN 0-471-50826-8 POTTER'S NEW CYCLOPAEDIA OF BOTANICAL DRUGS AND PREPARATIONS. ISBN 0-85207-1973 THE BRITISH PHARMACEUTICAL CODEX 1934, or old US PHARMACOPOEIAS. ADVERSE EFFECTS OF HERBAL DRUGS vol. I & 2 by De Smet. ISBN 3-540-55800-4 TEXT BOOK OF PHARMACOLOGY & THERAPEUTICS 1901 by W. Hale-White M.D. F.R.C.P. A MODERN HERBAL by Mrs M.Grieve. Various publishers. CHINESE HERBAL REMEDIES 1984 by A. LEUNG. THE ESSENTIAL OILS by E. GUENTHER. Publ. Van Nostrand. New York. BOTANICAL DERMATOLOGY 1979 by Mitchell and Rook . (out of print) ADVERSE REACTIONS TO COSMETICS by Anton de Groot. ISBN 90-900-2597-9 SCENTED FLORA OF THE WORLD by R. Genders, Publ. Mayflower. STURTEVANT'S EDIBLE PLANTS OF THE WORLD 1919 republished 1972 by Dover. THE CHEMISTRY OF ESSENTIAL OILS BY DAVID WILLIAMS. ISBN 1-870228-12-X AROMATIC PLANTS AND ESSENTIAL CONSTITUENTS. ISBN 962-238-112-X END OF FILE	C.W.Daniel and Co. ISBN. 0-85207-236-3. However, you need to be aware that he mostly used deterpenated oils not whole ones as many AT writers assume. For those with this desperate need to live in a fantasy world they can buy any of the respect people should stop and think why it is that the biggest selling books in the world are novels or semi novels . It is lovely to be able to escape reality by being told that if you rub a bit of lemon oil over your liver that it will cure your gallstones! Those people who write well researched technical books do it for the love of what they are writing about, not money. That applies to all good technical works of any kind. The list below is for those who are prepared to pay for good information resources. Marmore good technical works can be added to this list. Martin PERFUME AND FLAVOUR MATERIALS OF NATURAL ORIGIN by Steffen Arctander. Available from allured Press, USA. ENCYCLOPAEDIA OF COMMON NATURAL INGREDIENTS. ISBN 0-471-50826-8 POTTER'S NEW CYCLOPAEDIA OF BOTANICAL DRUGS AND PREPARATIONS. ISBN 0-85207-1973 THE BRITISH PHARMACEUTICAL CODEX 1934, or old US PHARMACOPOEIAS. ADVERSE EFFECTS OF HERBAL DRUGS vol. I & 2 by De Smet. ISBN 3-540-55800-4 TEXT BOOK OF PHARMACOLOGY & THERAPEUTICS 1901 by W. Hale-White M.D. F.R.C.P. A MODERN HERBAL by Mrs M.Grieve. Various publishers. CHINESE HERBAL REMEDIES 1984 by A. LEUNG. THE ESSENTIAL OILS by E. GUENTHER. Publ. Van Nostrand. New York. BOTANICAL DERMATOLOGY 1979 by Mitchell and Rook. (out of print) ADVERSE REACTIONS TO COSMETICS by Anton de Groot. ISBN 90-900-2597-9 SCENTED FLORA OF THE WORLD by R. Genders, Publ. Mayflower. STURTEVANT'S EDIBLE PLANTS OF THE WORLD 1919 republished 1972 by Dover. THE CHEMISTRY OF ESSENTIAL OILS BY DAVID WILLIAMS. ISBN 1-870228-12-X AROMATIC PLANTS AND ESSENTIAL CONSTITUENTS. ISBN 962-238-112-X END OF FILE
Diggest selling books in the world are novels or semi novels. It is lovely to be able to escape reality by being told that if you rub a bit of lemon oil over your liver that it will cure your galistones! Those people who write well researched technical books do it for the love of what they are writing about, not money. That applies to all good technical works of any kind. The list below is for those who are prepared to pay for good information resources. Many more good technical works can be added to this list. Martin PERFUME AND FLAVOUR MATERIALS OF NATURAL ORIGIN by Steffen Arctander. Available from allured Press, USA. ENCYCLOPAEDIA OF COMMON NATURAL INGREDIENTS. ISBN 0-471-50826-8 POTTER'S NEW CYCLOPAEDIA OF BOTANICAL DRUGS AND PREPARATIONS. ISBN 0-83207-1973 THE BRITISH PHARMACEUTICAL CODEX 1934, or old US PHARMACOPOEIAS. ADVERSE EFFECTS OF HERBAL DRUGS vol. I & 2 by De Smet. ISBN 3-540-55800-4 TEXT BOOK OF PHARMACOLOGY & THERAPEUTICS 1901 by W. Hale-White M.D. F.R.C.P. A MODERN HERBAL by Mrs M.Grieve. Various publishers. CHINESE HERBAL REMEDIES 1984 by A. LEUNG. THE ESSENTIAL OILS by E. GUENTHER. Publ. Van Nostrand. New York. BOTANICAL DERMATOLOGY 1979 by Mitchell and Rook. (out of print) ADVERSE REACTIONS TO COSMETICS by Anton de Groot. ISBN 90-900-2597-9 SCENTED FLORA OF THE WORLD by R. Genders, Publ. Mayflower. STURTEVANT'S EDIBLE PLANTS OF THE WORLD 1919 republished 1972 by Dover. THE CHEMISTRY OF ESSENTIAL OILS BY DAVID WILLIAMS. ISBN 1-870228-12-X AROMATIC PLANTS AND ESSENTIAL CONSTITUENTS. ISBN 962-238-112-X END OF FILE	Diggest selling books in the world are novels or semi novels . It is lovely to be able to escape reality by being told that if you rub a bit of lemon oil over your liver that it will cure your gallstones! Those people who write well researched technical books do it for the love of what they are writing about, not money. That applies to all good technical works of any kind. The list below is for those who are prepared to pay for good information resources. Marmore good technical works can be added to this list. Martin PERFUME AND FLAVOUR MATERIALS OF NATURAL ORIGIN by Steffen Arctander. Availably from allured Press, USA. ENCYCLOPAEDIA OF COMMON NATURAL INGREDIENTS. ISBN 0-471-50826-8 POTTER'S NEW CYCLOPAEDIA OF BOTANICAL DRUGS AND PREPARATIONS. ISBN 0-85207-1973 THE BRITISH PHARMACEUTICAL CODEX 1934, or old US PHARMACOPOEIAS. ADVERSE EFFECTS OF HERBAL DRUGS vol. I & 2 by De Smet. ISBN 3-540-55800-4 TEXT BOOK OF PHARMACOLOGY & THERAPEUTICS 1901 by W. Hale-White M.D. F.R.C.P. A MODERN HERBAL by Mrs M.Grieve. Various publishers. CHINESE HERBAL REMEDIES 1984 by A. LEUNG. THE ESSENTIAL OILS by E. GUENTHER. Publ. Van Nostrand. New York. BOTANICAL DERMATOLOGY 1979 by Mitchell and Rook. (out of print) ADVERSE REACTIONS TO COSMETICS by Anton de Groot. ISBN 90-900-2597-9 SCENTED FLORA OF THE WORLD by R. Genders, Publ. Mayflower. STURTEVANT'S EDIBLE PLANTS OF THE WORLD 1919 republished 1972 by Dover. THE CHEMISTRY OF ESSENTIAL OILS BY DAVID WILLIAMS. ISBN 1-870228-12-X AROMATIC PLANTS AND ESSENTIAL CONSTITUENTS. ISBN 962-238-112-X END OF FILE
Martin PERFUME AND FLAVOUR MATERIALS OF NATURAL ORIGIN by Steffen Arctander. Available from allured Press, USA. ENCYCLOPAEDIA OF COMMON NATURAL INGREDIENTS. ISBN 0-471-50826-8 POTTER'S NEW CYCLOPAEDIA OF BOTANICAL DRUGS AND PREPARATIONS. ISBN 0-35207-1973 THE BRITISH PHARMACEUTICAL CODEX 1934, or old US PHARMACOPOEIAS. ADVERSE EFFECTS OF HERBAL DRUGS vol. I & 2 by De Smet. ISBN 3-540-55800-4 TEXT BOOK OF PHARMACOLOGY & THERAPEUTICS 1901 by W. Hale-White M.D. F.R.C.P. A MODERN HERBAL by Mrs M.Grieve. Various publishers. CHINESE HERBAL REMEDIES 1984 by A. LEUNG. THE ESSENTIAL OILS by E. GUENTHER. Publ. Van Nostrand. New York. BOTANICAL DERMATOLOGY 1979 by Mitchell and Rook. (out of print) ADVERSE REACTIONS TO COSMETICS by Anton de Groot. ISBN 90-900-2597-9 SCENTED FLORA OF THE WORLD by R. Genders, Publ. Mayflower. STURTEVANT'S EDIBLE PLANTS OF THE WORLD 1919 republished 1972 by Dover. THE CHEMISTRY OF ESSENTIAL OILS BY DAVID WILLIAMS. ISBN 1-870228-12-X AROMATIC PLANTS AND ESSENTIAL CONSTITUENTS. ISBN 962-238-112-X END OF FILE	Martin PERFUME AND FLAVOUR MATERIALS OF NATURAL ORIGIN by Steffen Arctander. Available from allured Press, USA. ENCYCLOPAEDIA OF COMMON NATURAL INGREDIENTS. ISBN 0-471-50826-8 POTTER'S NEW CYCLOPAEDIA OF BOTANICAL DRUGS AND PREPARATIONS. ISBN 0-85207-1973 THE BRITISH PHARMACEUTICAL CODEX 1934, or old US PHARMACOPOEIAS. ADVERSE EFFECTS OF HERBAL DRUGS vol. I & 2 by De Smet. ISBN 3-540-55800-4 TEXT BOOK OF PHARMACOLOGY & THERAPEUTICS 1901 by W. Hale-White M.D. F.R.C.P. A MODERN HERBAL by Mrs M.Grieve. Various publishers. CHINESE HERBAL REMEDIES 1984 by A. LEUNG. THE ESSENTIAL OILS by E. GUENTHER. Publ. Van Nostrand. New York. BOTANICAL DERMATOLOGY 1979 by Mitchell and Rook. (out of print) ADVERSE REACTIONS TO COSMETICS by Anton de Groot. ISBN 90-900-2597-9 SCENTED FLORA OF THE WORLD by R. Genders, Publ. Mayflower. STURTEVANT'S EDIBLE PLANTS OF THE WORLD 1919 republished 1972 by Dover. THE CHEMISTRY OF ESSENTIAL OILS BY DAVID WILLIAMS. ISBN 1-870228-12-X AROMATIC PLANTS AND ESSENTIAL CONSTITUENTS. ISBN 962-238-112-X END OF FILE
From allured Press, USA. ENCYCLOPAEDIA OF COMMON NATURAL INGREDIENTS. ISBN 0-471-50826-8 POTTER'S NEW CYCLOPAEDIA OF BOTANICAL DRUGS AND PREPARATIONS. ISBN 0-85207-1973 THE BRITISH PHARMACEUTICAL CODEX 1934, or old US PHARMACOPOEIAS. ADVERSE EFFECTS OF HERBAL DRUGS vol. I & 2 by De Smet. ISBN 3-540-55800-4 TEXT BOOK OF PHARMACOLOGY & THERAPEUTICS 1901 by W. Hale-White M.D. F.R.C.P. A MODERN HERBAL by Mrs M.Grieve. Various publishers. CHINESE HERBAL REMEDIES 1984 by A. LEUNG. THE ESSENTIAL OILS by E. GUENTHER. Publ. Van Nostrand. New York. BOTANICAL DERMATOLOGY 1979 by Mitchell and Rook. (out of print) ADVERSE REACTIONS TO COSMETICS by Anton de Groot. ISBN 90-900-2597-9 SCENTED FLORA OF THE WORLD by R. Genders, Publ. Mayflower. STURTEVANT'S EDIBLE PLANTS OF THE WORLD 1919 republished 1972 by Dover. THE CHEMISTRY OF ESSENTIAL OILS BY DAVID WILLIAMS. ISBN 1-870228-12-X AROMATIC PLANTS AND ESSENTIAL CONSTITUENTS. ISBN 962-238-112-X END OF FILE	From allured Press, USA. ENCYCLOPAEDIA OF COMMON NATURAL INGREDIENTS. ISBN 0-471-50826-8 POTTER'S NEW CYCLOPAEDIA OF BOTANICAL DRUGS AND PREPARATIONS. ISBN 0-85207-1973 THE BRITISH PHARMACEUTICAL CODEX 1934, or old US PHARMACOPOEIAS. ADVERSE EFFECTS OF HERBAL DRUGS vol. I & 2 by De Smet. ISBN 3-540-55800-4 TEXT BOOK OF PHARMACOLOGY & THERAPEUTICS 1901 by W. Hale-White M.D. F.R.C.P. A MODERN HERBAL by Mrs M.Grieve. Various publishers. CHINESE HERBAL REMEDIES 1984 by A. LEUNG. THE ESSENTIAL OILS by E. GUENTHER. Publ. Van Nostrand. New York. BOTANICAL DERMATOLOGY 1979 by Mitchell and Rook. (out of print) ADVERSE REACTIONS TO COSMETICS by Anton de Groot. ISBN 90-900-2597-9 SCENTED FLORA OF THE WORLD by R. Genders, Publ. Mayflower. STURTEVANT'S EDIBLE PLANTS OF THE WORLD 1919 republished 1972 by Dover. THE CHEMISTRY OF ESSENTIAL OILS BY DAVID WILLIAMS. ISBN 1-870228-12-X AROMATIC PLANTS AND ESSENTIAL CONSTITUENTS. ISBN 962-238-112-X END OF FILE
THE BRITISH PHARMACEUTICAL CODEX 1934, or old US PHARMACOPOEIAS. ADVERSE EFFECTS OF HERBAL DRUGS vol. I & 2 by De Smet. ISBN 3-540-55800-4 TEXT BOOK OF PHARMACOLOGY & THERAPEUTICS 1901 by W. Hale-White M.D. F.R.C.P. A MODERN HERBAL by Mrs M.Grieve. Various publishers. CHINESE HERBAL REMEDIES 1984 by A. LEUNG. THE ESSENTIAL OILS by E. GUENTHER. Publ. Van Nostrand. New York. BOTANICAL DERMATOLOGY 1979 by Mitchell and Rook. (out of print) ADVERSE REACTIONS TO COSMETICS by Anton de Groot. ISBN 90-900-2597-9 SCENTED FLORA OF THE WORLD by R. Genders, Publ. Mayflower. STURTEVANT'S EDIBLE PLANTS OF THE WORLD 1919 republished 1972 by Dover. THE CHEMISTRY OF ESSENTIAL OILS BY DAVID WILLIAMS. ISBN 1-870228-12-X AROMATIC PLANTS AND ESSENTIAL CONSTITUENTS. ISBN 962-238-112-X END OF FILE	THE BRITISH PHARMACEUTICAL CODEX 1934, or old US PHARMACOPOEIAS. ADVERSE EFFECTS OF HERBAL DRUGS vol. I & 2 by De Smet. ISBN 3-540-55800-4 TEXT BOOK OF PHARMACOLOGY & THERAPEUTICS 1901 by W. Hale-White M.D. F.R.C.P. A MODERN HERBAL by Mrs M.Grieve. Various publishers. CHINESE HERBAL REMEDIES 1984 by A. LEUNG. THE ESSENTIAL OILS by E. GUENTHER. Publ. Van Nostrand. New York. BOTANICAL DERMATOLOGY 1979 by Mitchell and Rook. (out of print) ADVERSE REACTIONS TO COSMETICS by Anton de Groot. ISBN 90-900-2597-9 SCENTED FLORA OF THE WORLD by R. Genders, Publ. Mayflower. STURTEVANT'S EDIBLE PLANTS OF THE WORLD 1919 republished 1972 by Dover. THE CHEMISTRY OF ESSENTIAL OILS BY DAVID WILLIAMS. ISBN 1-870228-12-X AROMATIC PLANTS AND ESSENTIAL CONSTITUENTS. ISBN 962-238-112-X END OF FILE
TEXT BOOK OF PHARMACOLOGY & THERAPEUTICS 1901 by W. Hale-White M.D. F.R.C.P. A MODERN HERBAL by Mrs M.Grieve. Various publishers. CHINESE HERBAL REMEDIES 1984 by A. LEUNG. THE ESSENTIAL OILS by E. GUENTHER. Publ. Van Nostrand. New York. BOTANICAL DERMATOLOGY 1979 by Mitchell and Rook. (out of print) ADVERSE REACTIONS TO COSMETICS by Anton de Groot. ISBN 90-900-2597-9 SCENTED FLORA OF THE WORLD by R. Genders, Publ. Mayflower. STURTEVANT'S EDIBLE PLANTS OF THE WORLD 1919 republished 1972 by Dover. THE CHEMISTRY OF ESSENTIAL OILS BY DAVID WILLIAMS. ISBN 1-870228-12-X AROMATIC PLANTS AND ESSENTIAL CONSTITUENTS. ISBN 962-238-112-X END OF FILE	TEXT BOOK OF PHARMACOLOGY & THERAPEUTICS 1901 by W. Hale-White M.D. F.R.C.P. A MODERN HERBAL by Mrs M.Grieve. Various publishers. CHINESE HERBAL REMEDIES 1984 by A. LEUNG. THE ESSENTIAL OILS by E. GUENTHER. Publ. Van Nostrand. New York. BOTANICAL DERMATOLOGY 1979 by Mitchell and Rook. (out of print) ADVERSE REACTIONS TO COSMETICS by Anton de Groot. ISBN 90-900-2597-9 SCENTED FLORA OF THE WORLD by R. Genders, Publ. Mayflower. STURTEVANT'S EDIBLE PLANTS OF THE WORLD 1919 republished 1972 by Dover. THE CHEMISTRY OF ESSENTIAL OILS BY DAVID WILLIAMS. ISBN 1-870228-12-X AROMATIC PLANTS AND ESSENTIAL CONSTITUENTS. ISBN 962-238-112-X END OF FILE
CHINESE HERBAL REMEDIES 1984 by A. LEUNG. THE ESSENTIAL OILS by E. GUENTHER. Publ. Van Nostrand. New York. BOTANICAL DERMATOLOGY 1979 by Mitchell and Rook. (out of print) ADVERSE REACTIONS TO COSMETICS by Anton de Groot. ISBN 90-900-2597-9 SCENTED FLORA OF THE WORLD by R. Genders, Publ. Mayflower. STURTEVANT'S EDIBLE PLANTS OF THE WORLD 1919 republished 1972 by Dover. THE CHEMISTRY OF ESSENTIAL OILS BY DAVID WILLIAMS. ISBN 1-870228-12-X AROMATIC PLANTS AND ESSENTIAL CONSTITUENTS. ISBN 962-238-112-X END OF FILE	CHINESE HERBAL REMEDIES 1984 by A. LEUNG. THE ESSENTIAL OILS by E. GUENTHER. Publ. Van Nostrand. New York. BOTANICAL DERMATOLOGY 1979 by Mitchell and Rook. (out of print) ADVERSE REACTIONS TO COSMETICS by Anton de Groot. ISBN 90-900-2597-9 SCENTED FLORA OF THE WORLD by R. Genders, Publ. Mayflower. STURTEVANT'S EDIBLE PLANTS OF THE WORLD 1919 republished 1972 by Dover. THE CHEMISTRY OF ESSENTIAL OILS BY DAVID WILLIAMS. ISBN 1-870228-12-X AROMATIC PLANTS AND ESSENTIAL CONSTITUENTS. ISBN 962-238-112-X END OF FILE
BOTANICAL DERMATOLOGY 1979 by Mitchell and Rook . (out of print) ADVERSE REACTIONS TO COSMETICS by Anton de Groot. ISBN 90-900-2597-9 SCENTED FLORA OF THE WORLD by R. Genders, Publ. Mayflower. STURTEVANT'S EDIBLE PLANTS OF THE WORLD 1919 republished 1972 by Dover. THE CHEMISTRY OF ESSENTIAL OILS BY DAVID WILLIAMS. ISBN 1-870228-12-X AROMATIC PLANTS AND ESSENTIAL CONSTITUENTS. ISBN 962-238-112-X END OF FILE	BOTANICAL DERMATOLOGY 1979 by Mitchell and Rook . (out of print) ADVERSE REACTIONS TO COSMETICS by Anton de Groot. ISBN 90-900-2597-9 SCENTED FLORA OF THE WORLD by R. Genders, Publ. Mayflower. STURTEVANT'S EDIBLE PLANTS OF THE WORLD 1919 republished 1972 by Dover. THE CHEMISTRY OF ESSENTIAL OILS BY DAVID WILLIAMS. ISBN 1-870228-12-X AROMATIC PLANTS AND ESSENTIAL CONSTITUENTS. ISBN 962-238-112-X END OF FILE
SCENTED FLORA OF THE WORLD by R. Genders, Publ. Mayflower. STURTEVANT'S EDIBLE PLANTS OF THE WORLD 1919 republished 1972 by Dover. THE CHEMISTRY OF ESSENTIAL OILS BY DAVID WILLIAMS. ISBN 1-870228-12-X AROMATIC PLANTS AND ESSENTIAL CONSTITUENTS. ISBN 962-238-112-X END OF FILE	SCENTED FLORA OF THE WORLD by R. Genders, Publ. Mayflower. STURTEVANT'S EDIBLE PLANTS OF THE WORLD 1919 republished 1972 by Dover. THE CHEMISTRY OF ESSENTIAL OILS BY DAVID WILLIAMS. ISBN 1-870228-12-X AROMATIC PLANTS AND ESSENTIAL CONSTITUENTS. ISBN 962-238-112-X END OF FILE
THE CHEMISTRY OF ESSENTIAL OILS BY DAVID WILLIAMS. ISBN 1-870228-12-X AROMATIC PLANTS AND ESSENTIAL CONSTITUENTS. ISBN 962-238-112-X END OF FILE	THE CHEMISTRY OF ESSENTIAL OILS BY DAVID WILLIAMS. ISBN 1-870228-12-X AROMATIC PLANTS AND ESSENTIAL CONSTITUENTS. ISBN 962-238-112-X END OF FILE
END OF FILE	END OF FILE
	Back to top