

Articles by Martin Watt & others are below

Articles not by Martin are indicated

With about 30 years of writing articles you will find some repetition but I improved them in 2018. Many articles are old but serve as a history of the aromatherapy trade.

Miscellaneous issues

Lynette Bosman an Obituary - an important figure in the trade
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A tribute to an esteemed colleague.



Lynette Bosman

It is with great sadness that I am reporting the loss of a valued colleague who passed away on April 17, 2020.

Lynn was one of the few aromatherapy teachers that I recommended. We were in touch since the middle 1990s right up to two months prior to her passing.

Lynn founded the Mississauga School of Aromatherapy in Canada and the International Aromatherapists & Tutors Association (I.A.T.A.).

Lynn was a fellow fighter against deceptive aromatherapy education and claims. When she first made contact it was for help trying to establish sound standards for Canadian aromatherapy. *There are reviews on the awful courses she came across in articles in other files.* The trade organisations in Canada were "approving" teachers promoting inaccurate and dangerous information.

Lynn was involved in dealing with Canadian Government agencies in her efforts to try and reform aromatherapy education. However, their civil servants were only interested in 'procedures and protocols' rather than ensuring students were taught accurate and safe information. They even accepted wrong information for essential oil monographs based on "trade norms" and when told this information was wrong they did not want to know.

Due to the above Lynn went her own way. I provided education materials that she could use in her courses and she sold my publications. Any issues she needed advice on I would always try to help with.

In 1999 Lynn organised the IATA conference in Toronto with some good experts in essential oil production, trade, education, safety etc.

As the multi level deceivers started to make inroads into Canada with their lies and dangerous advice, that prompted Lynn to set up a web site devoted to safety issues: [essentialoilssafety.ca](#)

The loss of Lynette is a huge blow to the aromatherapy, spa and beauty trades in Canada. She was constant voice in promoting higher aromatherapy education standards.

I will miss her greatly.

By Martin Watt

More details here:

<https://ecofuneral.ca/tribute/details/497/Lynette-Bosman/obituary.html>

<https://www.everhere.com/ca/obituaries/on/brampton/lynette-bosman-107523232>

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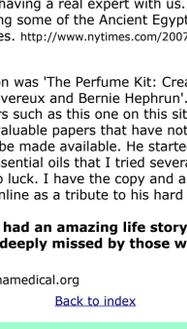
Bernie Hephrun

A tribute to an old friend.

By Martin Watt

Bernard Joseph Hephrun

7th September 1926 - 4th February 2014



This name will not be known to many people in aromatherapy these days, particularly my readers in the USA. Therefore I am putting this page online to show how certain individuals contributed substantially to the aromatherapy world without being on blogs, newsgroups or by publishing popular books.

I first met Bernie and Sandy his Son in 1985 when they came to the herbal training clinic in London. Bernie suffered from asthma and wanted to know if herbal medicine could help. At the time they had just started an essential oil supply business and were looking into various aspects of the supply trade. I wrote asking if I could visit and look at the colours of the essential oils as that aspect fascinated me. He agreed and I visited them at their home in Southall nr London from where they were starting the business. It was then that I realised what a bibliophile Bernie was with numerous books on a wide range of subjects. That love of books grew over the years to occupy a huge office/library in their current house. Bernie was a retired school teacher with a diverse range of interests, but with a zest for trying to find out the truth behind what he was involved with.

My visit made me realise that there was a lot to be investigated about essential oils. It started me on a course that was to set the rest of my working life. During my herbal training I had become concerned that not all was as claimed with herbal tinctures. After delving into research papers in the Science reference libraries, I found out that the way herbal tinctures were produced, meant the essential oil component of the plants was lacking in some tinctures. That blew a hole in herbalist claims that they "only used the whole plant". This was an aspect that was kept under wraps by the suppliers at the time despite a couple of others making the same findings as myself. Therefore, my idea was "well if the oil is lacking in tinctures, why don't we add it back using distilled essential oils". Hence my further trips to visit what was now becoming Butterbur and Sage the company established by Bernie and Sandy.

In those early days they visited many suppliers and established connections far and wide. Others who were trying to get into the aromatherapy market visited Bernie and picked his brain for vital information. **Some of these people then set up rival businesses with no acknowledgement as to where they first gained their knowledge.** People travelled from around the world to visit him and gain some of his knowledge. I did warn him about that, but Bernie was a lover of education and a jovial host which tended to blind him to spongers. Several people took advantage of the good nature of both Bernie and Sandy over the years and a few ripped them off financially.

As the house in Southall became too small for the expanding business, this forced a move to Reading, UK where they managed to buy a factory and separate house. After a couple of temporary moves they ended up with the large house in Calcot and a factory on the Thames industrial site. Both Bernie and Sandy worked extreme hours to build Butterbur and Sage into an International supplier of a wide range of aromatherapy and beauty therapy related products. Sandy did most of the physical work and Bernie the researcher, contact maker, organiser and bottle filler when necessary.

It was not long before Bernie came to realise that the small aromatherapy suppliers badly needed a trade association to represent them. It soon became apparent that the small traders were being sold adulterated essential oils by a variety of sources. Therefore Bernie proposed an organisation to conduct tests on behalf of members. After a lot of effort this did materialise in a limited manner and EOTA was born. Other aromatherapy suppliers were not happy with the systems Bernie was establishing and broke away to form other associations. One thing Bernie was never credited with was the huge amount of efforts and money he put into various organisations often with little financial or physical support from members.

The first major event he organised for aromatherapy was the NORA Conference 1988 in Reading University, UK where various experts gave lectures. A few years later in 1994 he did a lot of the work involved in organising the NORA conference in New York. Bernie with his academic background was able to engage University experts and oil industry specialists who would not normally have anything to do with aromatherapy.

Bernie loved throwing parties and was a great cook. He had an interest in Chinese cooking and had many cook books. When Bernie stopped taking such an active part in the day-to-day business, Sandy always had a meal ready for him lunchtime after his early morning starts, as well as in the evening when he got back. Any visitors always knew they would get fed even if the cupboards were getting low in stocks. I never forget the times when I stayed for a couple of days when taking my visitors from overseas to see their business. Always a good feed and a comfortable bed. You just had to watch hairs from Nelly the cat who ruled the roost for many years.

Bernie had a deep interest in archaeology and especially Egypt. Numerous books were purchased as well as contacts made. In 1991 after Bernie became friends with the Egyptologist Lise Manniche, he organised a tour to visit Egypt, but greatly enhanced by having a real expert with us. Later he conducted experiments on re-creating some of the ancient Egyptian formulas and was mentioned in the NY-times. http://www.nytimes.com/2007/09/27/fashion/27SKIN.html?pagewanted=print&_r=0/

His best known publication was 'The Perfume Kit: Create Your Own Unique Fragrances: by Charla Devereux and Bernie Hephrun'. He also produced dozens of guidance papers such as this one on this site 'bernie buying oils.pdf'. There are many other invaluable papers that have not seen the light of day but maybe in time they may be made available. He started and never finished an excellent dictionary on essential oils that I tried several times to persuade him to complete it but with no luck. I have the copy and am hoping I may be able to finish that and put it online as a tribute to his hard work.

This old friend of mine had an amazing life story far too much to write about here. He will be deeply missed by those who knew him.

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Trade and professional organisations around the world

Review by Martin Watt

[Aromatherapy as a profession. University courses.](#)

[What to ask the association you wish to join.](#)

Update 2014 - Aromatherapy organisations:

Please bear in mind that all these organisations are run by members of the aromatherapy trade. They are NOT independent validating organisations as many would have you believe. Trade organisations have a vested interest in promoting their founders and directors who often have training schools and may sell oils. The name of the game is keep the ball rolling by constantly training new members as past members leave due to disenchantment. They rarely tell new people about past and present problems within the trade. Those problem can include; financial mismanagement; take-over bids using disreputable behaviour; loading committees with their friends; keeping real experts at arms length or blocking members knowledge of them, etc.

Numerous organisations around the world continue validating teachers and courses who provide the standard trade hype. Some give students the impression that they are approved validation authorities, when in reality some are private companies. Some are based around a charity or not-for profit. Accounts may not be submitted to authorities due to the low turnover, and/or are only seen if a member attends an AGM. That makes holding leaders to account for inappropriate spending difficult.

Most of their member schools still teach the same old junk that has been taught for years. **The real standards of teaching accurate verified information on their therapy do not exist.** When I have challenged that some of these validating organisations are allowing their members to teach, I was met by a firewall of hostility. They do not like their real standards challenged. Instead, they prefer to put up with convincing web sites packed with misleading educational jargon, logos of a plethora of organisations, etc.

USA: Beware of organisations set up to look like independent aromatherapy research bodies. For example:
Center for Aromatherapy Research and Education.
Association For International Research of Aromatic science and Education. These and others are all part of the Young Living Empire. That sinister organisation and its distributors have set up hundreds of web sites and blogs in order to ensnare the gullible, and Christians. They do this by using incorrect information and lies about 'biblical oils' and 'messages' from their God.

Aromatic Science.com set up by a doctor? as a way to promote doTerra oils. Convincing looking research papers unless you know what to lookout for.

Learning About Essential Oils.com a site that carried numerous links to oil suppliers and other sources of commercial sales. Seemingly a site established as a money making exercise and with wrong information.

NAHA in the USA was allowed by members to fall into the grips of one person Jade Shutes. I am informed by older members who used to take an active role, that they have left, or been driven out. The President has the power to remove anyone they do not like from the various committees. What a crazy constitution, that's even assuming the societies rule book is adhered to. Ms Shutes who was actively promoting the internal use of essential oils despite the grave problems associated with that activity. She also had links on her own site to suppliers that made illegal medicinal claims and were/are selling oils with no known safety data or verified therapeutic use.

The Alliance-aromatherapists.org are an organisation claiming to set standards and offering examinations. They are still largely an organisation of training schools some of whom still teach the typical aromatherapy nonsense on the therapeutic uses of essential oil. At least they do not promote the internal use of oils, so that's something. They also have publicly accessible accounts - unlike similar organisations.

Beware of Young Living & doTerra and their distributors, almost all they say is a lie and they use mind control techniques to create their cult followers. Believe nothing that David Stewart says about God the bible and essential oils or oil frequencies. These are all marketing lies. The whole thing about frequencies of essential oils is still being invented in France by one individual and was dismissed as nonsense years ago, but the craziness is still used to sell oils. See Pages 35 to 40 of the review of Gary Young's book for more.

Canada: I see little changed since I wrote the articles on those courses in the archive. They continue trying to make themselves look even more professional by claims to adhere to general educational standards. Some of these organisations love to fool people with educational protocols and standards which makes them look good, but when it comes to standards of the subject matter, i.e. aromatherapy they are very lacking in sound facts.

Several of their course providers continue to teach the **continuity nonsense emanating from teachers from France**. Several continue teaching the therapeutic uses of essential oils based on the above faulty chemistry.

Japan: Has several schools and associations who teach the nonsense on **therapeutic uses of essential oils based on the major chemical groups in them.** These schools tend to use teachers from France or trained in France whose work was discredited many years ago by leading researchers. The fees charged by these schools are outrageous and most of them only seem interested in getting people who they think are 'big names' to validate their courses. Some are purely business ventures aimed at extracting as much money as they can from students and to hell with quality of education.

Even health professionals have been misled by these so called 'names'. As they use the chemical composition theories this sounds more logical to those with a science background. The fact that these teachers from France get the chemistry completely wrong-see *other articles*-seems only to be noticed by a few of Japans deeper thinkers.

Look to see if the association also sells essential oils. If it does then it may be set up simply as a business and not just an educational organisation.

I know that some of the schools in Japan have obtained validation from UK organisations just so they can mislead their students into thinking their course is of high quality. Their students then set up practice using the faulty and misleading knowledge some of which has the potential to cause physical harm.

The Far East: Several UK and US aromatherapy companies have managed to trade in your countries. So have the biggest confidence tricksters in the UK, US and French essential oil supply trade. You have a habit of believing that if someone has written a book, or is a teacher, that they must be very knowledgeable. That might have been the case in your countries in the past, but most large publishers care nothing about accuracy of books, only profits.

In China: I am informed that some business people are setting up courses just to ensnare students into parting with large sums of money. Please, if you can read this, pass that on to anyone there who may be thinking of paying for an aromatherapy course. Attempts have been made by business people to pirate my course. I have heard the Chinese Government Education department are validating some courses based on UK trade organisations models. See below and other articles for what I think of them!!

In Korea some courses are run by Doctors. The hope is those who I lectured to will only teach safe ways of doing things. However, I suspect some are also teaching the unverified and dangerous information originating from certain well known French therapists. Others are teaching the nonsense in certain well known aromatherapy books. So beware and ask questions.

UK: Leaders of some UK aromatherapy organisations continue to mislead people (particularly overseas) by giving the impression they are **the** leading trade organisation. Numerous other UK organisations continue down their own paths most of which are still based around beauty therapy trade hype. ITEC give overseas students the impression that they are a respected UK approved validation authority, when in reality they are simply a private company.

The 'standards' all these organisations say they adhere to are a joke. The real standards of teaching accurate verified information on their therapy do not exist. The only change is that UK Government validation authorities are giving credibility to these organisations courses; mainly due to being beguiled by the efforts of certain of the trade's representatives, not on the basis of sound information. The whole educational system in the UK has become embroiled in "procedures and protocols", "codes of conduct", and fixing numbers of hours of study, but NOT quality of information provided. All rubber stamped by a plethora of incompetent Government organisations.

General advice to members of all trade organizations
Do not assume that as an individual member of an aromatherapy organization that you cannot be held responsible legally for their misdeeds. In the UK, two such associations ran for years with **every member being liable** for any costs awarded against the organization in a court, or for any financial misdeeds of their officers. Due to membership apathy, these organizations can be a target for professional confidence tricksters as a means of making a nice comfortable living. You need to ask many questions to find out what your legal obligations are, i.e.:

1. What are the individual members legal obligations in the current structure?
2. Have you been provided with a summary of the accounts? If not why not?
3. Is the organization fulfilling its legal obligations such as submitting tax returns, copies of accounts, etc. to the respective authorities?
4. If it has not done that what are the individual members legal obligations?
5. Have the membership or its officers been consulted on issues of staffing?
6. Is the President given such powers to act alone in the constitution?
7. If a member of staff is dismissed illegally, what does this mean for individual members? Could for example the wronged person sue all the members as individuals. Could the organization go into bankruptcy if a wrongfully dismissed staff member sued the organizations? What are your obligations if the organization goes bankrupt?
8. Is the constitution being adhered to in respect of elections? If not what does that mean in legal terms?
9. Do you know if debtors to your organization are being actively pursued?
10. Do you know what expenses are allowed to be claimed by the officers? Is a ceiling on expenses fixed or can they claim whatever they can get away with?

Those and many more should tell you what your obligations as an individual member may entail. **Apathy equals dictatorship, abuse of power and possible debt for members!**

Membership apathy prevails in most aromatherapy trade organisations, that equals dictatorship and abuse of power which is common in most complementary medicine associations.

Many Aromatherapy organisations are far from being well founded. The Canadian and US Governments do little to enforce their laws on honest trading.

Aromatherapy as a profession

The sausage machine of private and public funded training schools continues its work unabated. The trade organisations have never attempted to restrict intake into the trade to make it more professional. They dare not because most of their founder members run schools. Many of these schools started life as beauty training outfits a trade that is notorious for training young therapists, most of whom drop out after a few years through lack of employment opportunities as they age. Thus the cycle continues unabated as a money making racket for the course providers. [When I ran my course I stopped accepting new students in the UK that wanted to make aromatherapy a career.](#) This is because prospects for anything other than part time work are remote. I know that even some top name aromatherapy authors cannot make a full time living in aromatherapy.

The poor training endemic in this cottage industry continues unchanged. 99% of aromatherapy education worldwide continues to be based around the error ridden popular books on the subject. See the two articles on AT training for more details on why these books are so poor. **To this day you will see unverified and misleading claims of therapeutic activity for essential oils on leading training school websites including those claiming to be trade association founders.**

In some **UK Government funded centres** students still do not get accurate referenced safety information. Students from these courses have told me that their teachers still use the popular trade books/novels as source materials. They still teach the unreferenced nonsense in most of those books on contraindications of certain oils. I hasten to add that most of these teachers are 'approved' by the trade's leading organisations!!

In some countries the market has not been flooded with thousands of badly trained part timers like it has in the UK, and therefore career prospects are better. On the other hand, in most countries aromatherapy education is still based around the UK and US models which are very low in quality and accuracy.

University and College courses

In the UK & USA, many of these courses are of highly suspect quality. Any scientific aspects such as microbiology, horticulture, A/P etc. are often fine. However, **where they fail**, is their reliance on the works of popular aromatherapy figures for their information about therapeutics. They also rely heavily on incorrect extrapolations of therapeutic activity based on single chemicals as is mentioned in several of my articles. Most of these courses use lecturers on essential oil chemistry who have no experience or training within the essential oils or analysis trade.

Several of the leading name teachers on these University courses have been appointed simply on the basis of them publishing books and research articles that gain them a 'name'. The fact their so called 'research articles' have been castigated for their inaccuracy by real experts, rarely becomes public. Scientific and Medical journals are notorious for not printing exposures of errors in such articles. Beware of peer reviewed articles in aromatherapy, the "peers" rarely know enough about the subjects that they are reviewing.

The University administrators assume if a teacher or course is approved by a trade organisation then they should be OK - **far from it!**

I have had reports from students in UK colleges of further education who say their teachers refuse to answer vital questions. Often the teacher will instruct a student to find the answer themselves, that is fine for teaching them how to do documentary research, but is not fine when the answer comes out of an aromatherapy book or from a suppliers web site which it commonly does. Often the teachers use such research done by students to improve their own lacking knowledge.

Therefore, never assume that because courses are validated by a University that they must be accurate. This is NOT the way modern Universities operate. Their main activity now is putting backsides on seats and to hell with educational quality.

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An old letter I found that is just as relevant today as when it was written.

Sorry but I have lost which journal it went to.

By Martin Watt

Some comments on the article "Hope for 1990".

I am a qualified Medical Herbalist but have refused for numerous reasons to join my "appropriate organisation" the N.I.M.H.

Therapists only being allowed to practice if "registered" by these professional bodies annoys me greatly. Membership of these bodies provides no more protection to the public than does being an independent practitioner. Many people join these organisations for cheaper insurance; ability to fill their business cards with initials and for fear of not being a member.

The medical profession and its organisations are a prime example of what these organisations 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 compensation for their members negligence?

Who does the torturing in third world countries?
Who performs mandatory abortions in some countries?
Who allows people to get hooked on tranquillisers?
Who are involved in transplants of organs stolen or obtained from the poor overseas?
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 organisations rarely police what their members are doing anyway. **Note: Since first written, the mad rush for statutory regulation will mean those who refuse to join such trade organisations will no longer be permitted to use the title "Medical Herbalist".**

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 loose on the public without a clue on medicine or much else.

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 organisations. Many have overlapping functions, but no one ever dares suggest they amalgamate to save money. The Royal Colleges in the UK medical profession are a massive waste of resources.

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 worse than any harm caused by any Complementary practitioners.

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Statutory regulation

Only for UK readers

By Martin Watt

Update 2014. It seems that the idea of statutory regulation has been dropped. Instead a plethora of so called "regulatory bodies" in various complementary therapies have been established. Most of these in aromatherapy are a joke as far as setting good standards of education are concerned. Instead we have fallacious standards of conduct, etc., most of which mean nothing if no one enforces them. Establish the truths about which methods of health care really work, oh no that's just beyond these organisations! Why do that when you can set up a lousy course using "approved" teachers who have learnt most of what they know from the popular trade novels and from pseudo experts?

April 2006.

From the minutes of the aromatherapy regulation committees meetings in 2006, it is interesting to note that the various interests continue chasing their tails round in circles over an utterly useless endeavour. Everything is still on track to try and register around 30,000 people practising some form of aromatherapy in the UK. Registration will do absolutely nothing to protect the public from badly trained therapists. The whole enterprise is aimed at keeping politicians and their moronic Civil servants happy, as well as keeping some people with bad track records of dishonesty well entrenched and funded at the head of trade organisations.

At the beginning of April 2006, a media investigation of the UK nurses registration organisation showed that they only checked a handful of nurses to see if they complied with the rules, yet they register hundreds of thousands! So much for registration protecting the public - **hogwash**. Registration has never protected the public when it is administered by trade run organisations and that includes doctors, lawyers and even our politicians. Don't be fooled by morons in the media and politics who demand these crazy money wasting concepts, we have mountains of laws to protect the public and prosecute offenders, but enforcement has always been almost none existent.

As an example of the incompetence of these standard setting organisations, the NOC standards 'March 2005' **still include benzoin** on their list of oils to be taught. **There is no such thing as oil of benzoin and it is a sensitising agent**. So these groups are supposed to be protecting the public from badly trained therapists are they? Perhaps the people setting the standards need to upgrade their knowledge from sources other than trade novels!

Sept. 2004.

The joke of trade committees advising on how to set standards continues. I decided to leave the committee working on statutory regulation alone for a while to see how their efforts worked out. However, now, some of their leading members represent businesses who deliberately flouted medicines control regulations for years. One company over a period of years were the subject of at least 3 separate complaints to the Medicines Control Agency. While everyone else was complying with the regulations, they carried on publishing illegal medicinal claims on their websites. Not only were the medicinal claims illegal, they were classic aromatherapy nonsense proving they had not undertaken any significant research before extracting fees from their students.

Another member of that committee is responsible for huge blunders in information provision mentioned in an old article 'misinformation'. The same person published illegal medicinal claims in her literature as well as simply outrageous medicinal claims in respect of serious disease processes, also reported to the MCA.

Others in this committee are responsible for a string of trade misdeeds some of which are mentioned in other old articles of mine.

These same people are now advisers on how to regulate the trade - wow now isn't that a clever piece of self-marketing!!!! What a terrible indictment of the lousy moral standards in the aromatherapy business world.

The facts are that most of these trade committees are used as a mechanism for unscrupulous con artists to gain influential positions. They then use their membership as a lever to make students (particularly overseas) think they are highly regarded in the trade. Regrettably, the few honest people serving on them seem unwilling to put in place procedures enabling them to kick the trades rogues out.

After a couple of years or more working towards statutory regulation, a Government spokesperson has said "**they have no plans for statutory regulation of aromatherapy**". So thousands of Pounds of the funds of various organisations has been spent chasing phantoms. At long last it looks as if many of the Civil Servants responsible for promoting educational committee fiascos are due for redundancy.

The original article

Statutory regulation - buzzwords being used to confuse therapists and fool the public.

This regulation mechanism is simply something to keep politicians and civil servants happy. The Civil Servants and Ministers involved in putting this together have not the first clue about how the respective trades operate.

The system is supposed to help prevent the public being exposed to rogue practitioners, but in reality the whole concept is a vast waste of efforts and funds. Only one thing has ever restricted rogues in any profession and that is the normal laws of the land. These are already there, but enforcement authorities are lax in the extreme in enforcing them. The medical profession themselves have historically been appallingly lax in dealing with their own fraudsters. The legal Ombudsman has even said that she needs more powers as the UK legal profession are not policing themselves properly.

Self policing rarely works in any trade. That is the fundamental mistake made by all recent Governments. The UK is more riddled with fraudulent businesses and individuals than any time in our history. All Government departments have completely failed to tackle this major and fast growing problem.

The UK Osteopaths scheme (who are now in theory statutorily regulated) has fallen apart at the seams. No one has been prosecuted for calling themselves an Osteopath but not being registered by the respective body.

The heart of the problem is that Civil Servants just assume such organisations are respectable and represent the majority of people in the respective trades but they do not. Most aromatherapy training is still based around the books of the popular trade novelists. **This fairytale training is endorsed by the UK Department of Education via the numerous Further Education Colleges and even some University courses!**

There is no way I would wish to be registered by any UK aromatherapy or Herbal organisation. I know that there are other practitioners who will likewise refuse to register with the plethora of money wasting and incompetent UK complementary therapies organisations.

Statutory regulation would do nothing to improve education. You would simply get an existing appallingly bad aromatherapy education structure given a rubber stamp.

Such regulation would not prevent a member of the public in the UK consulting someone not within the regulatory framework. To do that the Government would have to remove the common law right we have in this country to consult whoever we like about our health.

Statutory regulation does **not** address the fundamental problems of how to improve standards of education and practice. Neither does it protect the public from ill-trained therapists. Instead there will be lots of time wasting meetings with funds coming out of aromatherapy organisations budgets, i.e. out of your pocket, or from charitable funding organisations who would do far better investing their money in proper research.

So ask yourself:

Are the high costs involved in pushing for statutory regulation justified?

What as a therapist will you gain?

What do the public gain?

In my view not a lot, it is just another way of certain organisations and individuals trying to get one up on the rest. These people really do not care that most aromatherapists are lucky to make a livable wage, yet they continue to squander your membership fees on unproductive projects for their own self-esteem.

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Mergers and failed mergers

among aromatherapy organisations (UK)

By Martin Watt

The below may seem like ancient history, but I believe people new to aromatherapy should know the history of their trade and its early founders. This is but a snippet of the history and the way the leaders pulled the wool over the eyes of ordinary members.

Please also read the article on Statutory regulation which relates to this page, and is more up to date.

Latest update Jan. 2003.

I have been taken aback by a decision taken by the IFA council to rejoin the AOC. It was hoped by many that the AOC would fall apart and that the ICM would take its place. However, this decision by the IFA council will simply resurrect an organisation that I have not a shred of respect for. The AOC includes some of the people involved in the underhand dealings over the IFA/IPFA merger plans. So I will go back to my old position of attacking all these incompetent trade organisations. **From NAHA in the USA, to the CFA in Canada and to all the UK organisations, it seems none of them want to get to grips with lousy education and the con artists endemic in the trade.** Instead they constantly hoodwink their members, the public and politicians that they are respectable and respected organisations.

Having just read the IPFAs three journals published to date, it is quiet obvious that this organisation have no intention of telling the truth to their members. There is no mention in the latest journal of the clashes that occurred at their Annual conference which led to several members reconsidering their support for it. Gabriel Mojay was very upset when a member had the audacity to refuse to vote for him and he made his feelings known publicly. So much for their claims to be a democratic organisation, what a joke! **Some talk a lot about democracy but that is simply to pander to their jilted followers.**

It is very interesting that leading members of the former ISPA can get away with teaching subjects such as essential oil chemistry when they themselves have had no experience in the oils supply trade or in analytical methods specific to that trade. Of course many students seem to think that if someone declares they are a DR, that this person must be knowledgeable on what they teach. Please never ever make such assumption and ask straight questions on what your lecturers qualifications are in. Could it perhaps be their degree is in religion, or rubber technology perhaps.

Update Oct. 2002:

The IFA has issued a statement about events leading up to the planned merger which fully vindicates my earlier statements:

The IPFA and its supporters have frequently claimed that "the majority voted for a merger". The latest data from the IFA shows a very different story. **Out of 1800 IFA members only 644 returned ballot papers and 605 voted in favour of exploring the possibility of a merger not on the actual merger as the IPFA tries to imply with its usual spin.**

The IFA document also states: "at no time was the IFA council given permission to go ahead and sign papers to form a new association". Also, "at no time were members consulted on the format for the constitution of the new association".

Update: I have had an astonishing piece of information from the UK Charity Commission where they say: "Charity trustees do not act on behalf of their membership, rather their concern is in the proper and effective administration and its property for public benefit". The reason this is astonishing, is because it means officers of any organisation can establish a new charity without any mandate from the members of the organisations they represent.

So the moral of this is - do not expect UK authorities to protect you from any abuse of power by the people you elect to leading positions. Thank goodness some people in the IFA recognised potential abuse of power and took actions to inhibit it on behalf of their membership.

As most of my readers know, I have been a strong opponent of the majority of aromatherapy organisations for many years. The reasons why are spelled out in other articles on this site.

All I ever see are attempts by a few individuals to gain power for their own purposes. The lofty statements made by the leading figures involved just look like the usual hot air commonly used in aromatherapy to fool a gullible audience. The AOC has been doing just that for years, so perhaps these people have learnt something from them.

The bulk of the members of most of these organisations only join to get their insurance and take no part in running the organisation. Therefore, this leaves it wide open for clever confidence tricksters to take over organisations for their personal benefit.

People may be interested to know of what happens to those people such as myself and others who oppose attempts by a tiny clique to take the trade over. We are called by those individuals "destructive to the trade" and "negative", and the minds of therapists, Civil Servants and others in Complementary medicine are poisoned against us.

2018 update: Most of the people who tried to inject some honesty into the aromatherapy world dropped out years ago in utter despair. I hang on in there by trying to keep these articles alive. However, I know few get to read them as most of the sheep now only use social media blogs and suck in everything they are told.

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THE EUROPEAN UNION AND HOW IT HAS AFFECTED ESSENTIAL OILS AND HERBS

By Martin Watt

This article is mainly for British readers as we have now left the European Union. I have been following how European regulations have affected the herbal and essential oils trade since the time we joined the EU.

So for younger readers here are some facts.

1. The UK used to host large companies in the essential oils and natural extracts trades. Over the years - as it became apparent how EU regulations would increase their costs - they shut down and moved operations to mainly India and China. Similar closures happened to some of our herb importers with companies that had been in the UK for generations.
2. Unelected committees in the EU started to produce advisory regulations based on the most appallingly inaccurate science. When this was pointed out to them they simply ignored advice from the real experts in the trades that these regulations covered. Most of these so-called "expert" committees **did not have any experts from the trades their advice would affect.** Instead they consisted of mostly university professors and members from government agencies.
3. The advice from the above committees was submitted to the European Parliament via the EU commission (**unelected**). Most of their advice became EU law because our MEPs were and still are incompetent. They simply accepted that the commission must know what was best for Europe's population and rubber-stamped their submissions.
4. Here in the UK our civil servants mainly put these laws into place via the mechanism of 'ministerial orders' submitted by the speaker late on a Friday afternoon with just half a dozen half-asleep members in the house to vote the orders through **without democratic debate**.
5. So what happened in other European countries? In France not a lot, some of their essential oil sellers continue to this day making illegal medicinal claims on their websites years after the EU laws came into force. Likewise in Italy and Spain most of the laws on "medicinal substances" were widely ignored. It has always been the case that different EU countries pick and choose which laws to enact. The EU churned out millions of pieces of legislation but very little was enacted in every country but it costs the UK budget Billions for this gross waste of resources. **See also my article on 'doterra in Europe'. Despite being informed of illegal and dangerous medicinal claims, the Czech republic Ministry of Health have done nothing about those breaking EU medicines laws.**
6. A few years ago there were several debates in the EU hosted by green party MEPs over the proposed new regulations on the registration of chemical substances which included essential oils and herbs. Members of the European medicines agency accepted that the rules were not fit for purpose when applied to natural extracts. However, they stated they could not change them without Parliament approving changes to their setup which was never done. The result was the REACH regulations which when applied to complex mixtures of chemicals in plants are ridiculous.

I could go on for pages but this should be enough to show you that the EU is an antidemocratic Institution. They do not care about small traditional industries despite declarations in their founding treaties of supporting them, only big business gets a look in by paying millions for lobbying.

See more articles, some are old but still relevant.

<http://www.saveourherbs.org.uk>

<https://www.dr-rath-foundation.org/tag/brussels-eu/>

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EEC regulations - the dangers of marketing interests and civil servants making the rules.

By Martin Watt

The article [below](#) written 2002-3

See earlier articles below.

I have heard with great alarm that a couple of essential oil trade organisations in the UK have accepted that the sale of essential oils is to fall under the European cosmetic regulations. In that case they will, by default, have to carry the new 'sensitisers' warning labels.

I consider that the respective committees' policy to accept this classification is incorrect. The consequences for the vast areas of business that these organisations do not represent seem to have been ignored. Even potential adverse effects on the businesses of their own members are open to question. I believe any such decisions should be challenged, for the following reasons:

1. The EEC cosmetics directives are supposed to be targeted at products classified as "cosmetics". I believe that essential oils sold bulk or retail should have no such classification; they are simply **'raw materials'** no different in principle to a barrel of crude oil. I would maintain therefore that the cosmetics regulations labelling requirements **are not applicable** to the wholesale or retail sale of essential oils.
- Essential oils - whether in barrels or in 10 ml. bottles - may be used to create many products, for example: in candles; room fragrances; non skin contact perfumes; as pest repellents; as starting materials in the manufacture of a variety of chemicals; as home medication remedies; in the cough and flu, as food flavourings, etc. Home use may or may not be as commercial use. Therefore, a member of the public purchasing a bottle of an essential oil may not ever intend using it for a "cosmetic purpose". Conversely, if a supplier sells an essential oil and states on the product or in associated literature that it can be used in the bath or on the skin, then it is correctly classified as a cosmetic.
2. Any substance sold as a raw material has to comply with the UK CHIP regulations and any known hazards should be declared. Under EEC laws it is left to each company to declare any known hazards. Trade organisations may give guidance to their members but that is not law. A Material Safety Data Sheet only has to be supplied if someone asks for one, and in any case is not legally required for those materials which have no scientifically valid risks. It does not have to be automatically attached to the product. **It is for the customer to decide on the end use of raw materials not the supplier.**
3. It has been said that essential oils must be classified as something and that if we do not accept the classification as being "cosmetic" that the bureaucrats might class them as "medicinal products". I would point out that numerous essential oils have never been used as medicines and therefore could not fall under that classification. On the other hand, some essential oils (e.g. garlic and asafoetida) **have never been used in cosmetics** and probably never will be. It follows that it is wrong to classify any raw material under a category that defines the end use of that material in a consumer product.

What we seem to have here - once again - is trade committee members agreeing to interpretations of laws. Such classifications may be biased, or incorrect and have nothing to do with protecting the interests of the public, yet they will be viewed as law by various enforcement authorities. Nothing is law unless it is in writing, approved by the respective Parliaments or has been the subject of a court decision. I have not seen any official documents stating that: pure essential oils sold as raw materials to the public are "cosmetic products".

The implications of having to label essential oils under the illogical European guidelines for cosmetic products are horrendous. Implications for small companies getting continued insurance coverage do not bear thinking about. For therapists practising complementary medicine, you can put money on it that your premiums will go through the roof because you will be using products labelled as containing "sensitisers".

A huge problem for small essential oil suppliers is that the levels of so called "sensitisers" are so low that only sophisticated and expensive analysis will detect the 0.001% criteria for leave-on products see article below. Any essential oils coming from small distillers direct to aromatherapy suppliers will not have that kind of analysis routinely done. The only way a supplier will know exactly what is in this oil is to pay for analysis far in excess of what would normally be considered sufficient. That kind of cost can only be recovered by increasing the price of the oil to the end user.

Just a few more tweaks upwards to unemployment caused by the tunnel vision of the idiot bureaucrats in the European Commission, their numerous advisory hangers-on, and now it seems endorsed by a small clique of trade associations.

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European regulations.

Earlier article written around 2001

A huge threat to essential oil supplies worldwide.

A mass threat to natural plant extracts in cosmetic products.

Please note most of the below has subsequently been imposed.

This article is primarily for European readers but the implications are International and I know there are great concerns in America over these proposals.

For those that are not aware of what is happening with EEC legislation, below are some details:

To put the following proposals into perspective, the reason for them is that an EEC committee of dermatologists are reporting a steady increase in cases of skin sensitisation in the European population. **However, getting verification of the accuracy of these figures seems impossible.** In addition, they seem to be completely ignoring the fact that spicy foods in particular can trigger skin sensitisation, the regular consumption of which has increased dramatically over the last 30-40 years. Instead, their first line of attack is to blame the fragrance trade without considering other possibilities.

My concern is that the next trade in line will be the food flavouring industry. But perhaps the Eurocrats will worry about taking on the big American fast food outlets! You could end up with warnings on your chili sauce, mustard, cinnamon sticks, black peppercorns, etc. "might cause an allergic reaction" and peppermint and orange liqueurs would probably have to be banned.

Under Amendment 38 Article 1, Point 6 A (new), Annex III - Part I (Directive 76/768/EEC) it is proposed that 26 chemicals are listed as "sensitisers" among the following: Benzyl Alcohol - Benzyl Salicylate - Linalool - Cinnamyl Alcohol - Cinnamal - Citral - Coumarin - Eugenol - Geraniol - Isoeugenol - Anise Alcohol - Benzyl Benzoate - Benzyl Cinnamate - Citronellol - Farnesol - Limonene and Linalool.

If any of those chemicals are used in any cosmetic product then the product must bear a warning label. The proposed maximum levels of use below which labelling is not required are:

0.001 % in leave on the skin products like colognes, creams and antiperspirants.

0.010 % in wash off products like soap and shampoo.

Many essential oils contain one - or often more - of the listed chemicals at significantly higher levels than the above. For example Rose oil contains geraniol at around 20%, as well as linalool and citronellol. Therefore, any cosmetic containing rose oil must be labelled "may cause an allergic reaction" or similar. Even if a whole essential oil has been scientifically proven as an anti-inflammatory, the above based on the individual chemicals that it contains still applies - crazy or what?.

Another chemical on the list is *d*-limonene which occurs in all the citrus peel oils as well as many others. Indeed in orange oil it can be 90% or more.

Another chemical on the list is linalool is a major constituent of lavender oil - **widely used as an anti-inflammatory and skin healing oil.**

Non of the above limits are based on sound science. It is just based on the opinions of so called "expert" dermatologists - advised by chemists - who do not have the first clue about natural essential oils. Yet despite this unbelievably inept science these proposals are about to become European law.

So how does all this affect essential oils supply?

The bulk of essential oils are still used in the fragrance and flavour trades. Raw materials suppliers to the International fragrance and flavour trade deal in oils by the Tonne. Aromatherapy use is a drop in the ocean by comparison.

The danger with this new EEC legislation are that the big fragrance users will: a) Steer away from using natural oils. Instead they will increase their use of those synthetic chemicals not needing to be labelled as "sensitisers". **Note: 5 years after this was written this had already occurred.**

b) They will process essential oils to remove any chemicals in the EEC list, but that will inevitably increase their costs. Also these processed oils will inevitably find their way into the aromatherapy market.

The net result has to be that farmers who produce aromatic crops will be forced to:

- a) reduce production; this will increase the price of oils - less sales for farmers equals out of business.
- b) produce a surplus; this will initially reduce the costs but equals farmers still go out of business.

I expect many of you will think: "So what, most aromatherapy suppliers get their oils from small farmers and by wild harvesting?" Sorry but that is just the marketing hype endemic in our trade. Yes there are a few small producers around who will be relatively unaffected, but the fact is that the majority of essential oils on sale via aromatherapy outlets are from mass-produced agricultural crops.

You might be delighted by a reduction in the price of your oils, but what you should consider is the effect that will have on the overall production. What will happen is more producers will stop growing aromatic crops, which will then push the price up even higher than previously.

The **utter madness** of the Eurocrats is that they always fail to realise what the wider implications of their crazy laws are, in this case on their own countries farmers. On third world country farmers the results could be catastrophic. Farming world wide is in a perilous financial state and this kind of unjustified regulatory nonsense based on poor science does not help one bit.

To make the whole thing even crazier, if more European farmers are put out of business, **the more you taxpayers have to pay in social support for them.** In particular, the EEC budget has to pay considerable sums of our money to support farms, yet in the case of aromatic crops - if left alone - those farms could be perfectly viable.

This latest round of Euro madness is in my opinion the biggest threat the aromatherapy trade has ever seen. In the past we had to worry about such things as "could practitioners continue" but that seems to have been put on temporary hold. However, if you restrict the producers of the materials that practitioners use, what a clever way of achieving the objectives of the pharmaceutical/medical establishment. I am not suggesting this is a deliberate attempt to hammer complementary medicine, but buy will certain people just rub their hands in glee.

Another problem related to these proposals is that I have heard one insurance company has already significantly increased their premiums to bulk essential oil suppliers. The reason was they are aware of these new proposals on the limits of supposed "sensitising chemicals". Therefore, they are worried that essential oil suppliers staff are suddenly going to start suing their employers for any kind of skin problems that might crop up. That will surely work its way through to insurance for therapists - another nail in the coffin of complementary therapies.

Perhaps the biggest problem with all these European regulations - as well as many in the UK - **is that our laws are increasingly being set by committees of vested trade interests, not by our elected politicians.** This is far from being democracy in action and may be one reason the European population are starting to reject the whole merry-go-round of the EEC and the politicians in the countries that support it. Talks on the above regulations have been going on for around two years in the secretive cloistered world of advisory committees, yet what have you the electors been told about it? Answer nothing! No advice has been sought from people outside of the trades concerned, no advice or input from the general public or from the numerous other trades that might be affected. It is a typical case of the way democratic procedures are being increasingly sidelined.

In theory the final decision rests with the politicians, in practice many such regulations will be read as amendments to existing laws at times when only a couple of MPs or MEPs are in their seats. Where the rest are I will leave to your own imagination! The Civil servants are well versed in such devious practices and know exactly how to get new legislation enacted with little if any political debate on their wider implications.

Only a public reaction can stop these stupid and illogical regulations. We did it once in the UK a few years back over draconian Traditional Medicines regulations, we can do it again. This time though maybe on an International scale.

So only you the reader can do much about this by making representations to your politicians or letting the media know how big the threat to natural products in cosmetics is.

Below is a much older article but many points are still related to the above.

Controls on Natural Remedies

In the UK, it part of our common law rights to utilise whatever health care regime an individual wishes. This is contrary to most European countries where

an individuals access to health care of their choice, and practised by anyone other than registered medical practitioners is uncommon.

If the EEC place severe restrictions on the AVAILABILITY TO THE GENERAL PUBLIC of so called natural medicines, this will result in one of our fundamental freedoms being eroded. It is against The Treaty of Rome to enforce new laws that can interfere with the cultural traditions of a given state.

Here is a clause from The Treaty of Rome:

2. The Union shall respect fundamental rights, as guaranteed by the European Convention for the Protection of Human Rights and Fundamental Freedoms signed in Rome on 4 November 1950 and as they result from the CONSTITUTIONAL TRADITIONS common to the Member States, as general principles of Community law.

Currently various UK government departments are working on the implementation into UK law of a number of EEC directives. The cumulative effect of these regulations is a potential severe impact on the public availability to traditional remedies.

We have a biocides directive; this is aimed at producing a positive list of substances that may have anti microbial effects or insecticidal or insect repellent activity. If a substance does not appear on this positive list then in future it may not be sold in the EC. The UK Health and Safety executive have asked essential oil suppliers to provide them with a list of essential oils that they consider have the above properties, so they may be added to this positive list.

Now just to complicate matters further, the UK Medicines Control Agency are formulating a set of proposals that if fully implemented, would classify those products mentioned in the biocidal directive as medicinal substances thus requiring full medicines licenses in the same way as drugs. End result; the trade gives the HSE the information that another department (the MCA) can hang us with!

It does at least now look promising, that the MCA may decide on a method of assessing herbal remedies differently to drugs. However, this has only been after they ran into a lot of opposition to their plans from the natural medicines lobby.

The UK Medicines Control Agency is now going to appoint a committee to assess the status of 'medicinal products'. They say it will be independent, and **yet they appoint the members.** Very strange use of the word 'independent'!

No one in the Common market or in the UK Government, seems to have enough BRAINS to look at the wider picture of the consequences of producing a plethora of uncoordinated bits of legislation. In the EEC in particular, there is a continual process of churning out mountains of ill thought out legislation, I could not believe my eyes when I looked at just some of it. Remember the fiasco on the size of bananas!

Some examples of idiotic regulations are as follows:

The INCI list. This is a list of botanical names, that a producer of cosmetic products must use if they include botanical extracts in their products. The concept was fine; that anyone in a European country should know what was in their product. However what we have now is a huge list of INCORRECT botanical names produced by a trade committee whose members obviously had not the first clue about plants. The killer is that this inaccurate list is now UK law.

The proposed UK evaluation committee to assess the status of so called 'borderline products'. If this is allowed to pass unchallenged it will, despite much lobbying, set up our MCA as judge, jury and executioner as to the status of all traditional remedies that the public perceived to have any medicinal value.

The above provisions are contrary to the following:

Common provisions among the European Union.

Article F

1. The Union shall respect the national identities of its Member States, whose systems of government are founded on the principles of democracy.

Treaty of Rome Rome, 25 March, 1957

Preamble:
"Affirming as the essential objective of their efforts the constant improvement of the living and working conditions of their peoples".

Anything that can put people out of work, is an infringement of this fundamental principle. The restriction of traditional remedies to pharmacies only would have resulted in massive unemployment and bankruptcies in the UK natural remedies trades.

"Recognising that the removal of existing obstacles calls for concerted action in order to guarantee steady expansion, balanced trade and fair competition"

By requiring license fees for natural medicines this promotes unfair trading practices because then only large companies can afford the licensing procedures.

Article 6.

3. This Article shall not prevent any Member State from maintaining or adopting measures providing for specific advantages in order to make it easier for WOMEN to pursue a vocational activity or to prevent or compensate for disadvantages in their professional careers.

Well, if aromatherapists will be unable to obtain their essential oils because their suppliers are forced out of business, then the aromatherapists will be out of work. 90 percent or more of aromatherapists are women. Therefore attempts to suppress the availability of their working materials are contrary to the treaty of Rome!!!

Article 3.

(o) a contribution to the attainment of a high level of health protection;

(p) a contribution to education and training of quality and to the FLOWERING OF THE CULTURES of the Member States;

In the UK, freedom of health care provision is part of our cultural identity. Therefore any activity that threatens that is suppressing not supporting the flowering of the cultures.

Article 39. 1. The objectives of the common agricultural policy shall be:

(b) thus to ensure a fair standard of living for the agricultural community, in particular by increasing the individual earnings of persons engaged in agriculture.

Since many small organic growers supply goods to the herbals suppliers and essential oils markets, if the medicines control restrictions damage that market, then the objectives of the above clause are not met and the opposite will occur.

Another major objective of the treaty is the improvement of agriculture and the standards of living and health in underdeveloped area of the community as well as in third world countries. The plants that are used as herbal medicines and for essential oil production frequently originate in deprived rural locations in France, Italy, Spain and Greece. Therefore any laws that can damage the traditional markets for these products will be contrary to the stated objects in the Treaty Of Rome. In addition, it will require extra funds from the community to support the people whose livelihoods these new laws are damaging.

(e) to ensure that supplies reach consumers at reasonable prices.

If natural medicines are forced from the open market and into the hands of pharmaceutical interests, then prices will inevitably INCREASE.

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GOOGLE ARE PIRATES and FAR WORSE

By Martin Watt

[See below for other disreputable google activities](#)

Google books project

In early 2013, I discovered that part of the 'Aromatherapy Practitioner Manual' by Sylla Sheppard-Hanger was available as a .pdf download from a UK website. I informed Sylla, who then contacted the site owner about this copyright infringement. The owner claimed he "got the copy via google books". This prompted me to search google books where I found my oldest version of 'Plant Aromatics' was also listed. Some years ago Sylla used to sell her manual and mine as a set, this made me suspect both have been copied from the same source. I then contacted google books and they replied that "their link was only meta data and that my manual had not been scanned". After several exchanges, they refused to remove the link despite me telling them that the manual was no longer sold and the version they listed was out of date.

Next I discovered google books had been involved in court cases in the USA over copyright infringement issues. Their system is to do financial deals with University libraries and then it seems scan everything in that library. They do not seem to bother checking if what they are scanning may be private publications intended for a specific audience, or even if they are collections of private papers donated to a library. Google seem to assume everything is there for the taking, **some call that stealing!** Google claim the law in the USA allows them to do this, yet many of the books and publications are written by authors in countries where US laws do not apply.

My concern is about the people around the world who produce instruction manuals for use exclusively in their own trades. These works can require great expenditure in time and money in order to create them. These costs are then recovered by small sales via fees to students, small business publications etc. Google by scanning such works and making them available via their systems **are acting as pirates.** They may also severely damage small businesses and/or the finances of individual authors.

Following the court cases against google, it would seem the big publishers will be able to get their hands into googles treasury. However, individual authors may not even know that their hard work has been pirated and thus not be able to claim remuneration. In either case it falls on google to declare how many files have been downloaded. **Do you trust pirates? Not me!**

Google as an International company have no worldwide rights to put extracts or whole publications online without obtaining permission. This is a classic example of where the UN or the International court should be the ones to pass judgements on issues of International importance, not judges in just one country. Google say they are only scanning "out of copyright" materials", I do not believe that after my experience of them listing my work without asking.

April 2016: A US court has said that google are allowed to place online the extracts from out of print books. Note that they have already scanned hundreds of thousands of books without permission of the authors or their publishers. **Who gave judges in the USA the right to issue judgements over International issues? Do these judges not understand that books are written and published in countries other than the USA?**

Authors, check if your books are on google here:
<http://books.google.com/books>

Removal request form here:
http://support.google.com/books/bin/request.py?&product=books&contact_type=eb_dmca

Just some of the history and ongoing news on google services

2017: 1.6 million patient records going back 5 years that contained person identifiable information were given to the Google Deep Mind project by the Royal Free Hospital, London. The Information Commissioner's Office reported that the hospital had breached privacy regulations but did nothing much about it. <https://iconewsblog.wordpress.com/2017/07/03/four-lessons-nhs-trusts-can-learn-from-the-royal-free-case/>

10 European Union countries back stronger tax plans for Google, Amazon, Facebook. This is because these disreputable companies use every trick in the book to avoid taxes and then blame the tax laws of the countries concerned.

EU authorities have increased pressure on Facebook, Twitter and Google to amend their user terms to bring them in line with EU law after proposals submitted by the tech giants were considered insufficient.

The EU courts will hear a case with a massive impact on Facebook and other American internet service companies. If courts continue to find U.S. protections for European Citizens data insufficient, it could result in U.S. internet service companies being unable to do business with Europe without setting up specialized servers there.

The EU Commission fined US social media giant Facebook 110 million euros for providing incorrect and misleading information on its takeover of WhatsApp.

July 2016: The BPI organisation in the UK have also experienced issues with google and its owned companies over online music piracy. Go here for their article:
<https://www.bpi.co.uk/home/bpi-response-to-how-google-fights-piracy-2016-update.aspx>

21 June 2013:
The UK ICO has served an enforcement notice on Google following a serious breach of the Data Protection Act relating to the collection of payload data by Google's Street View cars in the UK.

In the UK google only paid £2 million in tax, despite extracting many billions from UK based advertisers. This is due to them using legal tax avoidance mechanisms. Such schemes indicate a company that has no social responsibility. **At a time when low paid people are struggling to survive, google executives and their advisors are earning a fortune at the expense of ordinary tax payers.**

Google have been fined \$7 million (coffee money to google) by a US court over their collection of private data during their street photography projects.

The European Union has issues with them over the same piracy activities where private wifi data was collected.

In 2012 google were fined \$22 million by the US Federal Trade Commission for ignoring the 'Do Not Track' option enabled by users of Safari web browser.

Other piracy activities

It seems you just cannot get away from the spying activities of google. I have noticed that most UK based official web sites such as **Parliament.gov** and **local authorities**, use google analytics on the pretext of "gaining usage data". Even online banking services are doing the same. This is hogwash because all site owners need to do is go to their site hosting company and look at the stats kept by their server.

As soon as you click on a site using google analytics and other google services you are being connected to google without noticing it. What is being sent to google, your guess is as good as mine, but if you do not delete the spyware called 'cookies' after each session, the chances are **all your web use is being tracked by a lot of google.**

There are a lot of Internet postings about the way google collect and store data. With gmail they claim only to auto scan emails for keywords that advertisers will need to target their ads. With **facebook** if you join up, but later decide to delete your account, **they do not delete your data** but retain it along with any personal information that you may have supplied to sign up. Doubtless the same with **youtube and their other internet services.**

Google claim to only pass on none identifiable information to third parties such as advertisers, but they collect data on everything you do on their linked services along with which other web sites you visit. Most cookies collect your IP address which can identify where you live. That is spying on a massive scale. I suggest you delete all cookies after every web session.

Conclusions:

This company seems to have grown too big for its boots. They now ride roughshod over every countries legislative systems designed to protect the individual from having private and business data stolen. They also use every tax avoidance system in the book and then say "it is up to Governments to change their tax systems". **Dishonourable as well as pirates.**

I now refuse to use google search engine. I refuse to have a gmail account. Gmail has become a spammers paradise, almost every spam email detected by my server has a gmail address. With these services there are plenty of others you can use. It costs very little to set up your own website where you can send emails direct to contacts without going via google's monitoring systems.

Here is an excellent article on how to get google out of your life: how-i-divorced-google:
<http://www.itworld.com/it-managementstrategy/259252/how-i-divorced-google>

Other useful services

<https://forget.me/> - this free tool helps people with Bing and Google removal requests (i.e. your name/address is somewhere on the web and you want to remove it from Google/Bing).

<https://www.torproject.org/projects/torbrowser.html.en> - Tor software protects you by bouncing your communications around a network of relays run by volunteers all around the world: it prevents somebody watching your Internet connection from learning what sites you visit.

<https://thebestvpn.com> - They have reviewed 30 service providers and rated them by logging policies, speed and encryption levels.

Free cookie clearing software of which there are several available, some are free.

In your web browser make sure you go to the 'view' settings and ensure you have the 'status bar' enabled. This sits at the bottom of the screen and lets you see what auto links are being used when you visit a web site. Also in 'settings' disable third party cookies. If a site insists you use them then avoid the site if possible.

If you have a wired modem keep an eye on the lights. If they keep flashing when you are not using your computer then that means data is being transmitted to/from your computer. It might just be an operating system update, but check the originating URL.

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Despicable social media companies

By Martin Watt

Update Jan. 2019.

A slight update due to an error on the old file. I was led to believe that google were the owner of the tumblr blog sites. Seems I was misinformed and in fact they are now owned by yahoo and verizon. In reality it makes little difference because nearly all the tumblr sites auto link to google, facebook, twitter and several other social media companies.

The UK Parliament Science committee has now published its report on the effects of social media on children you can get it here:
<http://www.parliament.uk/science> go to 'publications'. And there is a .pdf file. The same week we had parents reporting that their children were self harming as the result of seeing this on social media.

It is sad and disgraceful that most Governments, most internet companies, banking services, media etc., continue to use google, yahoo, twitter and similar services despite it being proven how disreputable they are. When I first wrote the below it was circulated to UK Government departments and many organisations. I knew that other people also circulated it to various organisations who should have immediately stopped using these services but despite that nothing has changed.

Modern writers of website software automatically build in the spy mechanisms which give auto links to ad agencies as well as back to google in particular - often breaching the new EU regulations. There is no doubt that google and others have evolved into the biggest spying network in the world.

The European data protection agencies have imposed massive fines on google for various underhand activities. Despite that other EU websites continue to use google.

This reluctance by Governments to take action by boycotting google deepens one the impression that the links between google and themselves go far deeper and probably involve various security agencies accessing the data that google collect.

I find it shocking that people in aromatherapy insist on using disreputable organisations such as facebook and similar social media companies despite all the evidence of gross data collection and its misuse. These companies seem to think they now own the internet but there are always alternatives to using them.

Please see the below and while some of the sites mentioned may no longer be online. At the start of Feb. 2019 I proved that similar ones are still operating from the same services. The below prove that these companies are only interested in making money by serving ads to these shocking sites. **If you have shares in verizon, google, yahoo and suchlike shame on you! You are making money off the most gruesome human activities imaginable and manipulating young minds into evil ways.**

Update December 2018.

Apple withdrew their app from tumblr due to the significant amount of child porn being carried on their blogs. Later apple reinstated that app presumably following the recent decision by tumblr to ban all adult content. It will be interesting to see how long it takes tumblr to remove the thousands of such blogs.

I had been accessing tumblr.com blogs to gather evidence to send to the UK Parliament committee investigating the effect of social media on children.

Anyone can sign up for a tumblr account. The only age check is a box where you put your age. You then have to give a valid email address to confirm you are a human. It is easy to set up an anonymous email account making parenting difficult. Bear in mind most children are more internet savvy than their parents or even regulatory organisations. So in reality there are no valid checks.

The worst part is you don't have to create a tumblr account; many of their blogs are accessible to normal web browsers. Once on a blog you can view all the images and more importantly find numerous links to sites with similar content.

Tumblr do take down sites or convert them to require a sign-in, but as explained, that is not going to stop a child who is computer literate. The problem is that due to their inept sign up procedures once a site has been taken down it can spring up again under a similar name, even as tumblr as adding a different number such as: guns.tumblr.com to guns2.tumblr.com

I have found hundreds of sites featuring photos of:

- Autopsies with dead babies still inside their mother.
- Aborted foetuses.
- Dead and injured children including their bodies smashed to pieces in accidents; tsunami victims; drownings; you name it they have it.
- Babies and young children burnt and in agony. Their mutilated bodies after death from wars accidents and murders.
- Autopsies and mutilated bodies of adults are numerous.
- Bodies naked, smashed and cut in pieces from trains running over them.
- As above from traffic accidents.
- Guns of all kinds including teens showing them off.
- Children holding and reenacting shooting with automatic and single shot guns. Knives being displayed as trophies by teens.
- Teens performing self harm and many bloody images of it.
- Teens and others using drugs.
- Aftermath of school shootings.
- Beheadings, both photo and video.
- ISIS executions and playing football with the heads - photo and video.
- Cutting throats.
- Murder victims.
- Stabbing victims.
- Shooting victims including ex President Kennedy live as it happened.
- Aftermath of mass shootings including their bodies.
- Anal sex is all over the place with hardly any using protection.
- Muslim women revealing their body in public places.
- All kinds of torture and SM images.
- Sex with dead bodies.
- Rape victims.
- Sex with animals and all kinds of sexual activity.
- Preschool children posing in provocative swim suits and other "modelling".
- Hangings.
- Animal mutilations.
- Can you imagine the distress caused to the parents of a child killed in a road accident to find images online? **The desensitisation of our children to such images is a huge problem** as well as them being lured into similar activities seen on such sites.

Images of stabbings, shootings, drug taking (and how to do it), self harm etc. are all posted to social media platforms for the perpetrators to gain glory. We have always had such activities, but in the past it was not so easy for them to influence youngsters around the world.

I am pretty sure images similar to the above are on other social media sites. However, at least some of those do make accessing them much more difficult.

I should add here I am not an advocate of censorship for most sites accessible only by adults as that is their choice. With children they have not developed the necessary skills of discriminating what is acceptable and what is not and are easily led into unsafe ways.

See also the file 'google are pirates'.

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AVICENNA / Ibn Sina

By Dr. Tahmineh Nikookar

Dr. Tahmineh Nikookar was born in Iran and has a Master's Degree in Chemical Engineering. She lives in Canada where she runs a practice offering a variety of therapies. <https://ilionsgateacupuncture.ca/>

I have noticed in many books, articles and different publications "Avicenna", has been referred to as being an Arab. As the history shows, this is completely untrue. Rather, he is Persian/Iranian. I recently interviewed Dr. Houshang Seyhoun, the famous Iranian architect, and the designer of Avicenna monument, which is located in Hamadan- Iran. **The comments below are from this interview.**

- Avicenna was born in **Old Persian land**, and not in an Arab country.
- None of his parents were Arab. In fact, both were Persian.
- His mother tongue language has been Persian or Farsi, and he has written books in Persian.
- History documents show that Avicenna never stepped into any Arabic Country.

- Unfortunately, his life coincides with the time of a few centuries invasion of Persia by Islamic Arabs. The history shows that due to the power of Arab rulers, using their language (Arabic) was a must, by those people whose land was occupied by Islamic Arabs.
- In spite of the fact that all the countries which had been invaded by Arabic people, finally forgot their original language due to the reasons explained above, Iran/Persia, is the only country that resisted this change and kept their original language (Farsi or Persian), up to this date.

- Therefore, if the scientists at that time have written books or articles in the Arabic language, it does not mean their nationality is Arab. In fact, it is due to the political pressure from Arab rulers. One has only to refer to the content of "Avicenna Life History" to determine that indeed, he was Persian.

I hope it helps, to prevent future historical mistakes of this nature.

Dr. Houshang Seyhoun

Above is Dr Houshang Seyhoun, the famous Iranian architect of monuments and mausoleums like Avicenna. He is not only an architect, but a great artist too. He has many art shows either group show or solo, and one of his art shows was with Salvador Dali & Pablo Picasso.

Avicenna Mausoleum, Hamadan, Iran, (1951)

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Source: aromamedical.org Copyright: Dr. Tahmineh Nikookar

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Call to Action: The United Aromatherapy Effort

By Sara Holmes, RA

When you talk with Sylla Sheppard-Hanger it is like visiting with your best friend. She is so humble about her talents, work ethic, and compassion that you forget you are talking to an Aromatherapy icon. Sheppard-Hanger created **The United Aromatherapy Effort** with her friend Doug E. Rasmussen, a Licensed Massage & Bodywork Therapist and Executive Director of the Emergency Response Massage International (ERMI). Rasmussen was Executive

director of an earlier team, the Carolina Emergency Response Massage Team (CERMT), which travelled to New York City in 2001 after the September 11th attacks on the World Trade Center.

"The purpose of the UAE is to collect and disseminate donated aromatherapy products through the emergency response massage teams ERMI and CERMT. Thus far, ERMI/CERMT's purpose is to provide a stress relieving 15 minute chair massages for relief workers responding to disasters and emergency efforts. It has been shown that these treatments offer the first responders a chance to become more relaxed and refreshed before their required debriefing; so post traumatic stress (PTS) is mitigated," says Sheppard-Hanger.

Sheppard-Hanger gives Rasmussen most of the credit for providing the United Aromatherapy Effort a venue for dissemination. "Without Doug E.'s previous work, the UAE would be less effective as this is how the products get to the first responders. She says, "He is an awesome guy!"

Rasmussen is a graduate of Sheppard-Hanger's Atlantic Institute of Aromatherapy and he and his wife were principal tutors of her Key West branch.

Sheppard-Hanger says, "Doug is really the one who started the ball rolling for massage therapists becoming involved in supporting rescue workers through massage therapy after the Oklahoma bombings. He helped form the first Florida team, then went on to form the Carolina team (CERMT) and now an international team, ERMI, that any therapist from any state or country can be a volunteer team member. Aromatherapy to enhance the relaxation experience for these heroes has always been a part of the one-day training for volunteers who learn the massage routine, aromatherapy introduction and some emergency management/incident management protocol."

Sheppard-Hanger says the idea to add donations to Rasmussen's work was one of those "creative insights" she sometimes gets during a massage with a client. The idea for the UAE came from one of those. After the massage, she immediately told Rasmussen she was joining the CERMT team, and that they were going to have aromatherapy to give out. She put the word out through the internet aromatherapy network. Sheppard-Hanger believes that without Kelly Holland Azzaro and NAHA's help the UAE effort would not have been as effective since they are primarily responsible for getting the initial word out for both 9/11 and the Gulf Coast disasters. The products poured in from people who knew they would take it where it was needed. The initial website, www.unitedaromatherapy.org was an early contribution which also helped get the word out.

Afterwards, one of Sheppard-Hanger's clients donated time to maintain it. The site allows for updates, pictures, and wish list of monetary and aromatherapy product donations.

Sheppard-Hanger shared some impressive statistics

"The UAE/CERMT team worked four separate deployments in NY, gave out over \$10,000 worth of aromatherapy and performed over 3,500 massages to FDNY, NYPD, PAPD, etc. at Ground Zero, the landfill, and fire stations all over the five Burroughs.

In addition, twenty-two fire stations were 'adopted' by the aromatherapy community and were provided with diffusers, vaporizers and oils. It was only ten percent of the 'houses' in NYC but we hope we made a little difference.

Now in the Gulf Coast effort, ERMI has worked for four weeks in Mississippi and two weeks in Louisiana and CERMT has worked six weeks in MS with sixty therapists giving 2,500 massages!"

Sheppard-Hanger is quick to tell you how much this "contribution of a lifetime" meant to her personally and professionally.

"It is truly a life changing experience to volunteer for this type of work. It is a group effort and no matter what else I do, nothing will ever mean more to me than my work during 9/11 and now the Gulf coast effort. Giving and receiving are so powerful and it is such an awesome feeling."

Interview with Sylla Sheppard-Hanger

Sara Holmes: Reflecting on your most recent Gulf Coast trip, what aromatherapy blends did you find most useful?

Sylla Sheppard-Hanger: Well, I want everyone to know that we don't just set the aromatherapy donations out on a table and let people choose one. Each massage therapist or aromatherapist personally places a spray, roll-on, or inhaler in the hand of the intended user.

Almost all of the responders react positively and are thrilled with the aromatherapy! They will tell you that when they come in the building, they can tell we are here because it smells so wonderful. We try to address each responder's physical or emotional condition based on their individual needs if we have time and a product they can use. We have had several memorable experiences and one neat thing in Biloxi was when we asked if they had ever had massage or aromatherapy before many answered "yes," they saw us in NY!

Another incident I remember clearly was a lady who was having a terrible migraine headache. She had suffered with this headache for a couple of days and she was hoping the massage would help. I took out a peppermint/lavender spray that had been donated to us and that was exactly what this lady needed. She came back the next day totally amazed; said it helped her migraine immediately, she was able to sleep the first good night since her deployment. She was SO grateful for us! It almost brought me to tears to see this lady who had suffered for days find relief and leave the cubicle where we were working cheerful and pain free.

I also want to mention, that you (Sara) received feedback from a gentleman on the Disaster Mortuary Response Team (DMORT) who had received a mosquito repellent blend that you and your Parkland College class had prepared and donated. It is so exciting to hear about someone successfully using aromatherapy as a first responder and sharing such positive feedback with you.

SH: What changes have you seen in the UAE since 2001?

SSH: I have learned so much since then. This work is emotionally addicting. You get an endorphin rush from helping people and so you don't realize how much the devastation and emotions are affecting you. Doug is excellent about scheduling us so we don't wear out; he monitors our body mechanics while we work, helping to prevent strains. Typically we are scheduled six hours a day max! We can only work one week on and three weeks off. After 9/11 I actually suffered post traumatic disorder (PTSD) because I overdid it physically, emotionally, spiritually and financially. It is easy to get caught up in the emotions without even realizing it. I worked hard to move through this. Now I am better prepared, and take care of myself physically, emotionally, and spiritually. I also fund-raised for gas money before I go, instead of going into debt myself like I did in NY, racking up thousands of credit card bills to get myself and my daughter there to volunteer.

SH: What direction would you like to see the United Aromatherapy Effort go from here?

SSH: I have to tell you, we have come such a long way. After I spoke at the Aromatics in Action conference in Denver (October 2005) and the response to the ABMP website we had over 300 massage therapists and aromatherapists volunteer. Even though Doug trains each massage therapist to use aromatherapy in the field, I would like to see an aromatherapist assigned to each team. I would also like to have funds available so that we don't have to worry about the UAE's sustainability. We have had wonderful response to donations for supplies, but we always need cash for additional supplies, hotel rooms, meals, etc.

Right now we need inhalers to get into New Orleans. We have found that inhalers are one of the easiest and most effective ways to get the benefits of aromatherapy out there where they are needed. The results of combining aromatherapy and massage in this type of work are amazing. Together the two are unbeatable. I truly believe we are breaking new ground in aromatherapy. And the way it seems, the disasters are coming faster and closer together, so its important to get therapists trained in every state so locals can take care of their communities, and perhaps the UAE can supply products from here on out.

SH: What should someone reading this do if they would like to be involved?

SSH: They contact me via www.AtlanticInstitute.com if they would like to donate products or make a financial contribution. If you are a massage therapist and would like to volunteer on location, realize it is not a picnic, we sleep 10 to a room on cots in fire stations, and you may be uncomfortable. If you are a team player and can contribute support in a cooperative and helpful way please get in touch.

Whole sections of the coast of Mississippi were crushed along with Louisiana. We still finished in Gulfport/Biloxi, Baton Rouge and finally in New Orleans working with the Police Department. We start back up in January and hope to get local therapists to take over eventually. We hope to keep supplying some aromatherapy as long as we can. Anyone who wants to help should enlist the help of their family, friends and clients to support you to go. A client and friend bought my first ticket to New York. Everybody wants to help!

Sara Holmes owner of Botanical Healing Arts in Tuscola, IL USA has a bachelor of science degree from Greenville College in Greenville, IL. Sara is a Registered Aromatherapist, Instructor at Parkland College in Champaign, IL teaching Basics of Aromatherapy and Advanced Aromatherapy for certification and college credit. She is a Professional Member of National Association for Holistic Aromatherapy, Aromatics in Action, and International Aromatherapy Association. She is active in the United Aromatherapy Effort and the Salvation Army.

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A selection of emails to newsgroups such as: IDMA; ATFE; oils_herbs_etc. There are many others buried in my files.

A selection of emails to newsgroups such as: IDMA; ATFE; oils_herbs_etc.

Not in dated order.

There are many emails in the zip file 'oldemails' which you can download.

October 2000

To those that feel despair and despondency after reading my articles.

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 utilising aromatherapy. You can, and they will be enormously grateful.

I hope that helps the despondency a little.

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. A few aromatherapy books have made a small fortune for certain publishers; writers of course are lucky to get 10% of the cover price.

The trades associations who cannot get to grips with quality control on what teachers are telling students. This is because most of their teachers have not got 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 really 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.

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. Are those references to the use of the oil, or another herbal extract and not relevant.

Purchase [sound referenced safety information](#), never accept such information from unreferenced aromatherapy sources. I do get very irate with the numbers of people who ask safety questions that could be properly answered, if only they took the bother to purchase one of the 3 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 that is dealing with health care issues, you owe it to your clients and yourself to make 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 weekend 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 found out as a herbalist which equipped me with a basic knowledge. However, I trained as most I know about aromatherapy by ferretting it out from all kinds of intelligence. No reason others can't do this if they have a reasonable level of placcence. 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 their classes.

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 gross dishonesty.

Trade censorship.

In the past, and to a degree still so, the aromatherapy press has been the subject of self-censorship. Journals have not dared print certain articles criticising the icons of the trade and of course they did not want to loose revenue from their advertisers. Only a couple of Journals had the guts to publish such articles; when they did, they immediately came under fire from "trade interests". This is what is so great about the internet-uncensored views, like it, lump it, or sue me!

My articles give a different picture of this trade than the rose tinted fairy tails that are the norm. Aggressive they are, yes, **I always get angry when I know people are being swindled out of their hard-earned cash because you can hook more people with honey"**, that's not my style. I just hope those that read my materials have enough brainpower to read the stuff, even if they don't like what they hear, and then to check out what I say for themselves.

I have little financial gain from attacking bad education. The gain is exposing the trades endemic poor standards to public scrutiny. *Martin Watt.*

My harsh words.

I have been involved with this trade in various capacities since 1985. During that period I have known many of the leading members both personally and indirectly from their work. I have also had a good exposure to the supply side of the oils trade. So when I come out with statements like con artists, fraudsters, etc. I know exactly what I am talking about, and I am **not referring to people like this just because they have different opinions to me**. Such people have made certain they get themselves into positions of influence within the trade by charming the pants off people. There is nothing different in that respect between aromatherapy and many other trades. However what is different (as I have said time and time again) is that aromatherapy treats **health problems**. In that case we should try and ensure we get the finest information resources and products possible. Sadly that has historically not been the case, and the market is flooded with false products and appallingly inaccurate and dangerous education.

It is also true that in the essential oils trade, and aromatherapy education, are many people who do not know what the word 'truth' means. **In some cases, they have become such expert liars I am sure they believe themselves.** One reason has been that until newsgroups formed, rarely were their statements ever challenged.

My position is this: I am always ready to help and support people who have been misled and genuinely want to get their act together. Several people on this group can confirm that. However what I have always steadfastly refused to do is to help re educate people that for years have been extracting cash from gullible people by selling rubbish services.

That is where I part company with people who believe that you can make honest people out of crooks by re educating them. For example as soon as I saw suggestions on this group that people should help educate Young Living distributors, and give Gary Young a voice at a conference, then I cut my ties with those promoting these ideas. In my opinion, trying to re-educate people with a consistent history of lying and cheating just gives them greater professional standing and a license to print money.

I am often accused of being negative, my reply to that is my **positive contributions** to this trade have been bigger than many people know. For many years I have been banging the drum of safety and I know that has influenced some of the associations and companies. I also have a huge amount of information resources that I use for educational purposes.

So what is the answer? To be honest the easiest one for me is to get out of the trade and let the con artists carry on unchallenged. If I could find myself a job I liked, I would do that tomorrow.

It seems to me most of the trade associations in the UK and the USA have no real desire to turn aromatherapy into the respectable and useful profession it should be. All they do is tinker around with things like length of training, subjects taught, exams and desperately trying to win influence and power at all costs. All of this is setting the cart before the horses. You can never hope to have a truly professional trade until you ensure that tuition is accurate and goods being used are genuine. You also need to ensure that there is a limited intake of students. Of course in the UK this would mean probably 70% of schools having to close--great! Historically aromatherapy schools have only continued in existence because of the massive numbers of practitioners leaving it. People qualify, but soon realise few can make a good living because of all the hot competition-unscontrolled by any trade associations.

Yes this is all gloomy and negative, I do not see any significant changes coming along and I really do not know how aromatherapy will end up. It is a real shame because aromatherapy has got so much to offer with treating a wide range of health problems. For my part all I can do is continue producing materials that I shall from now on be mainly targeting at the medical profession. The only reason being because only they have got the kind of training necessary to treat some of the conditions essential oils are ideal for. Believe me I have no love of the medical profession, but on the other hand I can't see the average aromatherapist being competently trained in other health matters in the foreseeable future.

I have been delighted to see on this group a huge growth in people willing to challenge trade organisations and the way they function. It is only by the members continually challenging these people that the trade has any hope. Keep it up, and to those that curl up and die when they hear dissent, I would say you should not be in the business of helping people with health problems. Suppressing whistle blowers is what has led to thousands of cases of medical negligence. Regretfully suppressing dissent is also very common in the whole of complementary health care. *Martin Watt.*

Date May 2004

to: ATFE or Oils-Herbs?

Academic studies on plant extracts.

Just a few words of caution for those not familiar with evaluating scientific studies such as those Liz Tams pointed you to.

When reading such papers it is critically important to *not take at face value* what they say. Time and time again I have come across major errors that make the authors 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 my own database on oils for a variety of reasons.

Here are just a few factors to examine:

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

It is very common for aromatherapy authors and teachers to turn this "a superb trial on a herbal extract used internally, suddenly gets confused into "this essential oil does the same thing if rubbed onto someone's skin in aromatherapy".

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 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 purchases in the local market, or from a trial distillation from plants grown in the local botanic garden. In all these circumstances the results may well not have any connection with the use of a commercial oil.

3) Has the researcher had the oil they are using analysed?

Frequently not and therefore they have no idea on what they are using. Please do not forget that such tests are often done by undergraduates who main interest is getting a convincing set of results for their degree and then getting out to the local bar asap :)

4) Have the tests been conducted on cell cultures and then assumptions made of activity within a living body?

This is becoming increasingly common and I have grave doubts that you can extrapolate such results to real people. This is particularly so where anti viral actions are being tested. This type of testing is why increasingly the scientific community are misleading the legislators over the toxicity of herbs and other so called "toxins".

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 considered 'natural medicine'.

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

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. To get purified synthetic chemicals is possible, but they are very costly indeed and therefore most labs use the cheaper grades with all their impurities.

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 simply because the publishers chose reviewers who they thought knew their subject but did not.

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 their courses. *Martin Watt.*

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If you send me an email and do not get a reply within a few days the following may explain why.

There is a problem with the Internet where certain commercial companies are causing whole servers to be blocked. This means an email you send me may not arrive and it may not be returned to you as undeliverable. The situation is explained below, but if that happens to you, please try using my other address on the 'new' tab which may get through.

It is shocking that these companies are allowed by ICANN to remain in business, but they are a useless organisation who refuse to get involved in such issues. They never give a reasoned response as to why they cannot stop rogue business's messing with Internet activity. They are the only organisation that control the registration of the larger Internet providers who in turn register these rogue companies. ICANN are a "not for profit" organisation given a license to print money by the US Congress. They may not officially make a profit, but they do sure know how to spend your money in order not to make a profit.

The statement below is from my telecoms provider The Phone Co-op who in turn route via the Talk Talk network in the UK.

Regarding the Spamhaus issue, This is a known issue and has been running for a long time now. Talk Talk have issued the following statement for all customers and resellers of theirs:

From Talk Talk: We are sorry to hear that you have recently encountered difficulties in having emails sent through TalkTalk IP addresses rejected as spam. Unfortunately this has happened because a third party organisation has blacklisted some of TalkTalk's IP addresses, and this includes some of your IP addresses with us.

Many organisations consider blacklisting to be valuable in the efforts to control and block spam email. Usually blacklisting takes the form of publications of relevant IP addresses or networks, the output of which is then caught, usually through a DNS blacklist mechanism that operates on mail servers as they receive email.

In this instance, we believe that the organisation responsible is a company by the name of UCE Protect. This company offers a spam protection service with Blacklists available for download. **UCE Protect operates by blocking IP ranges, rather than an individual suspect IP address.** The consequence of this approach for TalkTalk has been that UCE Protect has blacklisted significant portions of the TalkTalk network when there will at any time be only one or a few customer IP addresses within that IP range potentially causing an issue at any time. Because UCE Protect operates on receiving mail servers - it is the choice of the owner of the mail server to choose to use a DNS blacklist service - it is not a matter that TalkTalk Group can control.

The only means by which TalkTalk is able to deal with this e blacklisting of an affected IP range is either to wait for a specified period **or make an immediate payment.** In each case, this does not ensure that future blacklisting of the entire range will not take place. UCE Protect is unwilling to alter its practices in relation to "innocent" IP addresses in the affected ranges.

TalkTalk takes spam very seriously. TalkTalk provides its Smartest service, which has full anti virus and spam content filtering for all email passing through it. The hosts also have full rDNS on all their IP addresses that can be tracked back to us correctly.

TalkTalk are proactively lobbying the main Industry bodies to achieve a satisfactory outcome but at this present time there is no solution in place for any operator.

Kind regards, Technical Support Team.

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Update 2018: This problem is now far worse than the above. I frequently get emails blocked by the badly configured spam catchers of major internet services. Of course I only know about it when someone tells me they have found my email in their spam box. I go into the spam box on my server almost every day to see if something has been wrongly attributed as spam and it is rare. However, major internet services particularly those servicing Government, local authority, schools and suchlike have badly written software which blocks emails but does not bounce it back to origin so that you can tell a message has not got through. The worse company I have come across in this issue is mimecast an American based email service used by most of the above.

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