



















Very little research has been done on their antiviral effects. A few trials have tested oils in vitro (in lab dishes) and found highly variable effects depending on the oil chosen. However, that work certainly cannot be assumed to have any relevance to their potential to kill viruses once they are in our body. A few trials have been done on the effects of some obscure essential oils given in capsules in massive amounts. However, this has little relevance to the use of these oils in aromatherapy. The vast majority of the reports quoted by aromatherapy authors, are in fact reports of tests conducted on the water-soluble part of the plants. Generally this has nothing whatsoever to do with the essential oil from that same plant. A lot of plants do have antiviral properties, but these are invariably due to the water-soluble portion of the chemicals, not the oil. Hence the use of herbal teas to treat many ailments. If essential oils were antiviral we would have had a cure for the common cold years ago.

**Reporter:** Have you ever come across any research that says a virus causes scoliosis, and that essential oils can cure it. The reason I ask is because Gary Young says in his book that the neat application of essential oils can cure the problem.

Martin: Well I find such a statement beyond belief. Scoliosis is caused by a misshapen vertebral column, often of congenital origin. Once the individual vertebrae are formed into an irregular shape, nothing short of surgery can correct them. The only other form of treatment that might help a little is osteopathy or chiropractic, but even that will not cure the problem. There is no evidence whatsoever that the condition is caused by a virus. Certainly there is no way that any essential oils have the ability to physically change the shape of bones. To suggest the use of neat essential oils applied down the spinal column flies in the face of all internationally accepted safety information. To suggest this method of use **"burns the virus out of the body"** is **crazy quack medicine practiced by people who should be in jail for fraud**, and it also has the potential to cause severe skin damage.

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Date and group lost.

**"What would be the best aromatherapy books to add to ones collection?"**

There are very few AT books that I have any respect for. Of those that I do, most of the books written by Daniel Ryman are pretty good.

A good basic starter is 'The Essential oils book' by Coleen Dodt.

I recommend Chrissie Wildwood 'Bloomsbury Encyclopedia of Aromatherapy'.

Even in these though there are properties attributed to essential oils that are based on herbal medicines, but at least these authors tried to do the background research rather than just copying from others.

Gattefosse's Aromatherapy is an excellent historical work written in 1937 republished by C.W.Daniel and Co. ISBN. 0-85207-236-3. However, you need to be aware that he mostly used deterprenated oils not whole ones as many AT writers assume.

For those with this desperate need to live in a fantasy world they can buy any of the rest of this trades novels. In that respect people should stop and think why it is that the biggest selling books in the world are **novels or semi novels**. It is lovely to be able to escape reality by being told that if you rub a bit of lemon oil over your liver that it will cure your gallstones! Those people who write well researched technical books do it for the love of what they are writing about, not money. That applies to all good technical works of any kind.

The list below is for those who are prepared to pay for good information resources. Many more good technical works can be added to this list.

Martin

PERFUME AND FLAVOUR MATERIALS OF NATURAL ORIGIN by Steffen Arctander. Available from allured Press, USA.

ENCYCLOPAEDIA OF COMMON NATURAL INGREDIENTS. ISBN 0-471-50826-8

POTTER'S NEW CYCLOPAEDIA OF BOTANICAL DRUGS AND PREPARATIONS. ISBN 0-85207-1973

THE BRITISH PHARMACEUTICAL CODEX 1934, or old US PHARMACOPOEIAS.

ADVERSE EFFECTS OF HERBAL DRUGS vol. 1 & 2 by De Smet. ISBN 3-540-55800-4

TEXT BOOK OF PHARMACOLOGY & THERAPEUTICS 1901 by W. Hale-White M.D. F.R.C.P.

A MODERN HERBAL by Mrs M.Grieve. Various publishers.

CHINESE HERBAL REMEDIES 1984 by A. LEUNG.

THE ESSENTIAL OILS by E. GUENTHER. Publ. Van Nostrand. New York.

BOTANICAL DERMATOLOGY 1979 by Mitchell and Rook . (out of print)

ADVERSE REACTIONS TO COSMETICS by Anton de Groot. ISBN 90-900-2597-9

SCENTED FLORA OF THE WORLD by R. Genders, Publ. Mayflower.

STURTEVANT'S EDIBLE PLANTS OF THE WORLD 1919 republished 1972 by Dover.

THE CHEMISTRY OF ESSENTIAL OILS BY DAVID WILLIAMS. ISBN 1-870228-12-X

AROMATIC PLANTS AND ESSENTIAL CONSTITUENTS. ISBN 962-238-112-X

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