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rosemary (4 oz), nettle (1 oz), and licorice root or sarsaparilla (1 oz), says Crawford. This mixture should last about 30 days and should be taken for six months for best results. She recommends a dosage of one teaspoonful in a cup of water, diluted juice, or herb tea, to be taken in the morning and again in the evening.

If you prefer, make a tea from the dried herbs of these same plants, using 5 oz of wild yam root, 4 oz of rosemary flower/leaf, 2 oz of nettle leaf, 2 oz of licorice root or sarsaparilla, and 2 oz of lemon grass leaf. Let $\frac{1}{2}$ oz of this blend steep, covered, in $\frac{3}{2}$ cups of boiling water for 15 minutes. Strain and drink one cup hot or cold three times a day, Crawford says.

Combining comfrey, sandalwood, calendula, and chamomile makes a healing rinse for both the skin and hair. These are wound-healing herbs and as such extend their benefits to dry or vulnerable areas on the skin and scalp, Crawford notes. Lemon

grass, lemon balm, rosemary, and sage are good moisturizing plants to include in daily hair rinses, she adds.

SOURCE—Amanda McQuade Crawford, *The Herbal Menopause Book: Herbs, Nutrition & Other Natural Therapies* (1996), The Crossing Press, 97 Hangar Way, Watsonville, CA 95076; tel: 800-777-1048 or 408-722-0711; fax: 408-722-2749.

HOW TO USE ESSENTIAL PLANT OILS AS A BASIS FOR YOUR SKIN CARE

According to certified aromatherapist Roberta Wilson, essential plant oils can form the basis of a natural skin-care program using simple preparations easily and inexpensively made at home.

Mister—For a floral mist which you can spray on your face throughout the day as a refresher, Wilson suggests mixing the essential oils of lavender (3 drops), rosewood (2 drops), chamomile, neroli, and rose (1 drop each) with distilled water (4 oz). Add the distilled water to a spray bottle, blend in the oils, and shake well before using, says Wilson.

Cleanser—To make a cleanser for oily skin, Wilson recommends mixing essential oils of cedarwood and ylang-ylang (1 drop each) with one teaspoon each of water and French green clay powder. Add the water and oils to the green clay powder in your palm, then blend well until it is pasty. Massage the cleanser into your skin until it feels clean then rinse with warm water, says Wilson.

Rejuvenator—Rejuvenate your facial skin with this blend of essential oils, recommends Wilson. Combine borage and vitamin E oil (10 drops each), geranium, neroli, and rosewood (3 drops each), fennel, frankincense, and sandalwood (2 drops each), vetiver (1 drop), and $\frac{1}{2}$ ounces of jojoba oil as a base. Gently massage several drops of this formula into your skin in the morning and evening after cleansing and toning, says Wilson.

You can also use essential oils in baths or apply them in massage to

benefit your entire complexion even if they never touch your face, explains aromatherapy practitioner Chrissie Wildwood. Oils are absorbed into the deepest layers of the skin which is where they work to promote healthy skin cells, cell waste elimination, and the retention of moisture, along with aiding capillary function. The oils then enter the bloodstream through the skin (as in a bath) and by being inhaled (as in an aromatherapy burner) and work their beneficial effects on the entire body, from the inside out.

Dry Skin—This formula is for skin that tends to feel tight after washing with soap and that flakes and develops facial lines, says Wildwood. She recommends trying any of these three blends. First, blend essential oils of rose otto (1 drop), sandalwood (3 drops), extra virgin olive ($\frac{1}{3}$ oz), and macadamia nut ($\frac{1}{2}$ oz). Second, mix neroli and sandalwood (2 drops each), rose otto (1 drop), borage oil (2 capsules), and safflower oil ($\frac{2}{3}$ oz). Third, combine chamomile (1 drop), lavender (4 drops), avocado oil ($\frac{1}{3}$ oz), and peachnut oil ($\frac{4}{5}$ oz). Any of these blends will help moisturize dry skin, says Wildwood.

Ageing Skin—Generally, this is a skin type that needs nourishing and toning, explains Wildwood. Here again she offers three aromatherapy blends. First, mix the essential oils of sandalwood (4 drops), frankincense (2 drops), passionflower (2 capsules), wheatgerm ($\frac{1}{5}$ oz), and sunflower seed (1 oz). Second, combine rose otto and myrrh (1 drop each), avocado ($\frac{1}{3}$ oz), and sunflower seed ($\frac{1}{2}$ oz). As a third option, Wildwood suggests a blend of neroli (2 drops), myrrh and geranium (1 drop each), macadamia nut ($\frac{1}{3}$ oz), and apricot kernel ($\frac{1}{2}$ oz). □

SOURCES—Roberta Wilson, *Aromatherapy for Vibrant Health and Beauty* (1995) Avery Publishing Group, 120 Old Broadway, Garden City Park, NY 11040; tel: 800-548-5757 or 516-741-2155; fax: 516-742-1892. Chrissie Wildwood, *The Encyclopedia of Aromatherapy* (1996), Healing Arts Press, One Park Street West, Rochester, VT 05767; tel: 802-767-3174; fax: 802-767-3726.

Among other intriguing Orjene products is their Fresh Vegetable Toner. As with their fruit acids, Orjene draws upon natural sources for their formulation. The Toner combines vitamins, minerals, and enzymes with extracts of lettuce, spinach, watercress, and parsley for a light but refreshing skin lotion.

Another unusual product is Orjene's NaPCA Creme which uses a form of sodium to draw moisture from the air into the skin. "They say if you put sodium PCA in a petri dish in the middle of the desert, eventually you'll find water there," says Machicao. "As it draws water from the atmosphere, this product moisturizes the skin with water instead of oil."

Established in 1928, Orjene was one of the first natural cosmetics to be sold in American health food stores. The company was ahead of its time in producing cosmetics that work "with nature, not against it," and in their cruelty-free policy of not using animal testing (still, unfortunately, frequently used in the cosmetics industry) to judge the effect of their formulas.

Machicao states that Orjene products contain no artificial colorings, mineral oils, or synthetic fragrances, relying instead on various combinations of herbs, vitamins, and essential plant oils such as geranium and chamomile to impart a mild aroma to the formulas. "We don't use colorings or fragrances because a lot of people have allergic reactions to them. When we add fragrance to a product, we only use essential oils and we only do that when the combination of ingredients we've used gives off an odor," says Machicao.

HAIR AND SKIN CARE AT MENOPAUSE Herbs That Can Help

At menopause, a woman's skin and hair begin to lose their natural moisture as a result of shifts in nutrient and hormone

levels. Adjusting your diet, getting exercise, and taking supplements are important to help offset these changes, but you can also help prevent dry skin and hair by applying moisturizing herbs topically as rinses or by taking them as extracts or teas, says medical herbalist and nutrition consultant Amanda McQuade Crawford.

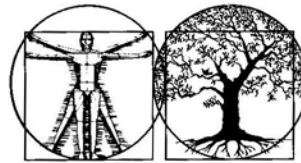
As a tonic to nourish the skin and hair during or after menopause,

Crawford suggests combining extracts of wild oat (2 oz), horsetail (2 oz), dandelion root (1 oz raw, 1 oz roasted), dandelion leaf (1 oz), nettle leaf (1 oz), yellow dock root (1 oz), and alfalfa (1 oz). Mix one teaspoon of this blend in a cup of water, diluted juice, or herb tea in the morning and evening, Crawford advises.

For another herbal drink to rejuvenate the hair and skin, combine liquid herbal extracts of wild yam (4 oz),

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BY KURT SCHNAUBELT

Aromatherapy is becoming established and commercialized. What used to be a field for a few idealists has now turned into one of the hottest sales concepts of the hair and beauty industry.

Aromatherapy once meant the use of or the playing with essential oils casually, for beauty or well-being, or more ambitiously for medical treatments, as pioneered by the French. But it always included, in one form or another, the application or the use of an essential oil. Today almost everything in beauty and hair is aromatherapy: the shampoo, the conditioner, the lotion and even the sunscreen. And it's all ready-made! And, of course, everything is natural and "botanical" and sure sells a lot better than old fashioned "from plant." Terminology and romance of aromatherapy have become commercialized quickly and it is essential to be aware of the erosion of meaning when this terminology is employed by big corporations. A look at the regrettably low level of quality of the most common substances generally used in practically every shampoo on the market may explain this.

Consider a typical shampoo ingredient. Lauryl sulfates can be excellent detergents, but they are too aggressive because their carbon chain is too short, and the strip (degrease) skin or hair much too much. These sulfates become less aggressive when an ether group is inserted between the carbon chain and the sulfate group. These result in the also very popular laureth sulfates. Ether sulfates are actually somewhat milder but present the additional hazard of containing the toxic side product dioxan. It seems that this side product is present (in different trace amounts) in all shampoos or cleansers which utilize laureth-sulfates. Ether sulfates are very popular among manufacturers because of technical advantages - good wash active properties and customer satisfaction with their high foam level. They keep the shampoo makers particularly happy because they can be thickened with salt to form thick and heavy gels. Chances are that a shampoo with sulfates or ether sulfates as detergents has been formulated into a gel by adding, among other problematic thickeners, salt. The question is does the average consumer intend to purchase dissolved salt?

Sodium lauryl sulfate and related detergents have been reported to cause eye irritations, skin rashes, hair loss, scalp surf similar to dandruff, and allergic reactions. According to a report released by the FDA in 1978 they can combine with other chemicals and create the cancer-causing N-Nitrosamines. Not so

surprisingly, the above-cited report was never released to the general public and was only written up in trade journals. ("Natural Organic Hair and Skin Care," Aubrey Hampton, Organica Press, Tampa).

It is quite amusing to think of all the high-flying promotional literature for all the latest shampoos and the to read the following excerpts of an industrial manufacturer's spec sheet of sodium(ammonium) lauryl (laureth) sulfates: "Sodium lauryl sulfate is manufactured from a mid-cut fatty alcohol containing an average of 2 moles of ethylene oxide by chlorosulfation. (Yes, one of the main achievements of the "botanical" shampoo makers is to effect the miraculous metamorphosis from a synthetic chlorosulfation product to the very broad interpretation of the term "derived from coconut oil." Most lauryl and laureth sulfate detergents are fully synthetic.) Viscosity response and foam richness are enhanced by incorporating (the aforementioned) sodium chloride (salt.) As with most surfacants in concentrated form, it is irritating to skin and eyes. Skin and eye protective devices should be worn, etc. Complete skin, eye and acute oral toxicity data are available upon request."

It is sadly indicative of the state of the industry and the respect it has for its customers that these surfacants are still the primary wash active agents in the business. I also wonder how honest it is for all these companies to join the very popular campaign against animal testing. In my opinion, the elimination of animal testing is an extremely worthy goal, but it is rather appalling to see how this worthy goal is turned into another meaningless advertising hook by companies that like to praise themselves as nothing short of the saviors of the environment and the earth as a whole.

It seems to be a massive contradiction to state publicly not to test on animals and to oppose animal testing, but not to have a problem with using substances which have been tested on animals to the hilt. Or is it excusable because the testing was done by another company and is maybe 10 years old? With respect to lauryl sulfates the situation is particularly aggravating because manufacturers, being so very happy with the low cost salt-thickenable sulfates, never expose the public to any other more advantageous detergents. In the more recent past, to a large part stimulated by growing environmental



Know Your Label...

Continued from page 21

awareness and independent consumer information in the countries of Europe, the raw material suppliers have begun to offer gentler detergents, which do not create adverse effects, even if they remain on the skin for longer time periods. (Aromatherapy Course Part IV, Cosmetology 2nd Edition, San Rafael.)

But the problem is not limited to lauryl sulfates. Thickeners are another group of common cosmetic ingredients where little progress or attempts have been made to replace some very problematic materials. Substances like Cocoamide DEA and similar ones have been found to contain cancer-causing N-Nitrosamines. A sample by the FDA of over 100 cosmetic products found that more than half were contaminated with N-Nitrosamines. The amount of carcinogenic materials applied to the skin during one application of a contaminated cosmetic was estimated at 50- 100 mcg. By comparison, a person consuming sodium nitrite- preserved bacon is exposed to 1 mcg. of N-Nitrosamine.

And there is yet another develop-

ment which merits the attention of all concerned with aromatherapy with any degree of idealism. It is part of our basic cultural web that strong companies try to monopolize a certain market, turning the concept of a free market economy upside down. The pharmaceutical industry is a prime example of eliminating competition and actually subjecting a whole area of our lives, namely health care and medication to a closed market situation. Example: everybody in aromatherapy and many medical professionals know about the effectiveness of lavender oil to treat (at least) minor burns. The formal barriers that have been erected to prevent vendors of lavender oil from saying just that keeps these vendors out of the burn market, despite the fact that lavender certainly is a safe and effective remedy for minor burns. What keeps the market closed is the exorbitant cost that is involved in moving such a product through the administrative process of drug approval.

This is not to say that there should not be a sufficient degree of protection for the consumer of actual quackery or fraudulent products. But the whole tendency to discount the merits of tra-

ditional healing methods (do you remember how effective grandma's recipes could be?) has led to the overconfidence in technological solutions which exactly led to the disenchantment of consumers who now look for natural alternatives. The one thing aromatherapy has going for it is that it can provide effective remedies for many ailments at a fraction of the cost of conventional treatment. Therefore it is a threat and it is only natural that strong companies try to suppress it or to monopolize it.

But while this is a situation well known to all in aromatherapy, it might be less commonly known that we face the same threat from within. How else would one have to understand the following excerpt from an interview with the chairman of a large corporation marketing aromatherapy products, recently published in a trade publication.

"Q: Aromatherapy is becoming more accepted as an alternative to conventional medicines and cosmetics. Should that information be kept from the public?"

A: Essential oils are not accepted in this country as pharmaceuticals,



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