



# Message Scent News

ANCIENT SECRETS FOR A MODERN AWAKENING

**Young Living's International Grand Convention** included people from all walks of life, cultures and countries - a far more eclectic group than I have previously witnessed at our Conventions.

With over 5,000 people in attendance, we had a fantastic celebration of our diverse backgrounds and shared passions. The food and entertainment were wonderful, and the shared research, skills and positive energy set a new standard!

I particularly loved the presentations on Super Learning and Genius offered by Dr. Paul Scheele. (www.DropIntoGenius.com) Tell him you heard about it from me! I find that continued success comes from a passion for learning. How many people think that learning about the actions and uses of Essential Oils are the only things they need to know about creating a successful business? Product knowledge is important, but when it comes to generating income, unique business knowledge is the key to success! Some of the highest earners in Young Living come from backgrounds with little or no experience in networking or healthcare.

During Convention I had a steady stream of people coming up to me, asking, "How have you built such a huge business? What tips do you have for us to create our own success?" I was surprised by this, since many Young Living distributors seem to be content with using the products and purchasing them at the discounted prices offered to distributors and Essential Rewards participants. Many are seeking significant part time income!

If you choose to learn more about creating a successful Young Living business, there are several books that are "must reads." Network marketing has its own experts, skills and specialized knowledge. Here are quotes from *Your 1st Year in Network Marketing* by Mark Yarnell:

*"The 1st cause of failure occurs in network marketing when marketers listen to people who don't know what they are talking about."*

*The 2nd cause of failure results from their NOT listening to those of us who do know what they are talking about."*

*"The primary cause of failure in our profession stems from people getting excited about the tremendous earning potential and charging out to tell their closest friends and relatives before having the slightest idea of how to do our business. It is critical that you not say anything to anyone until we have taught you a successful approach."*

*"Rejection by friends and family is by far one of the biggest challenges in network marketing. But you can only change their attitudes by changing your own."*

I have certainly made many mistakes in building my business, usually due to not understanding some aspect of the business model. For example, how a person is first introduced to Young Living is how they think they have to introduce others. We can create barriers when we present ourselves as experts; sharing can be as easy as offering another person an oil to smell and applying it topically. Enhancing communication skills is also very useful.

*The 45 Second Presentation* and Jim Rohn's *Building Your Network Marketing Business* offer inspirational lectures on CD. *"Profits are better than wages! Wages make you a living, profits make you a fortune!"* says Jim Rohn. *"A little ingenuity and you are on your way. It is SKILLS that create your future success, not just knowledge. Work full time on your job and part time on your fortune, until you can work full time on your fortune! 10-15 hours a week can make you successful in less than a year! The same wind blows on us all. It's the set of the sail that makes the difference in our destiny!"* Learning sets a better sail regardless of the economy.

All in all, Grand Convention was spectacular! I hope to see you next year at a regional convention or meeting, or at the next Grand Convention in 2012. You'll love it if you show up! Gratitude, Carl



**Compliments of**  
**James Niederland, LCSW**  
Psychotherapist & Wellness Consultant  
201.906.2994  
[www.essentialoiltherapies.com](http://www.essentialoiltherapies.com)  
[oilman@essentialoiltherapies.com](mailto:oilman@essentialoiltherapies.com)

## In This Issue

### Sharing the 2010 ONE GIFT Young Living Grand Convention

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Published by Carl Janicek  
Produced by Ruby Gibson  
© 2010 Medicine Wheel Consultants, Inc.  
Contact: 303-670-7300  
[messagescent@earthlink.net](mailto:messagescent@earthlink.net)  
[medicinewheelconsultants.com](http://medicinewheelconsultants.com)



## SUMMER SKIN CARE WITH YOUNG LIVING

### Sunscreen & Sunblock

From the book *Saving Face* by Dr. Sabina DeVita:

**Sunblock:** Mix 3-6 drops Helichrysum with 100 drops of sesame oil or olive oil. Apply on skin every few hours.

**Sunscreen:** 1 oz. sesame oil, 1/2 oz. coconut oil, 1/2 oz. olive oil, 10 drops Helichrysum, 5 drops Lavender, 3 drops Chamomile. Mix and apply.

In *Saving Face*, Dr. DeVita says, "Certain natural vegetable oils and essential oils have been found to provide some protection against the sun. Sesame oil can block or reduce about 30% of the burning rays; coconut and olive oils about 20% and Aloe Vera inhibits about 20%. Helichrysum has been researched for its ability to effectively screen out some of the sun's rays."

I have had wonderful results with Patchouli. After I wash my face, I use 2-3 drops of Patchouli. In the Higley's book it says it may help acne, protects against UV radiation, tightens loose skin, prevents wrinkles, heals chapped skin, and so on. My face has never looked better! I receive compliments frequently. Plus, this summer my face never burned in the sun. This is a great oil for both men and women. Enjoying the sun, Barb

Something to keep in mind when using coconut oil for tanning: Remember to wet down your body before applying the oil. The oil needs the water in order to penetrate the skin to the maximum and provide proper protection. I'll bet that most of the folks who are saying that they tried coconut oil as a suntan lotion but it did not work, did not put water on their body before applying the coconut oil. - Glenn

### Our Boswellia, Sandalwood & Wolfberry creams are back!

Now even better with Shea butter!

Benefits of Shea Butter:

1. **Anti-Aging:** Diminishes appearance of lines and wrinkles by moisturizing and renewing skin; promotes cell regeneration and increased circulation.
2. **Moisturizing:** Shea butter contains a number of beneficial fatty acids, which are needed to retain skin moisture and elasticity. It melts at body temperature, so it absorbs quickly into the skin.
3. **Protection:** Shea butter contains vitamins A and E to fight free radicals, and contains cinnamic acid, a constituent known to help protect skin from harmful UV rays.
4. **Restoration:** Shea butter has been used to soothe burns and reduce the appearance of stretch marks.
5. **Environmental Consciousness:** Shea butter is 100% natural, nontoxic, and harvested from the seeds of mature trees. The trees are not damaged in the harvesting process, and can live up to 300 years. Also, shea trees grow in the wild, so the harvesting of shea butter causes none of the negative effects farming has on the environment, including ground erosion, pesticides, and other disruptions.



### LavaDerm Testimonial

Although I am as white as the snow and burn after just a few moments in the sun, I thought I would lie in the sun for a short period to put some color on my newly shaved head. I fell asleep. An hour and a half later I awoke. I did not feel any pain at first. Then later, the redness appeared and I could tell that I was in for a restless night. I had a bottle of LavaDerm Cooling Mist with me, but never had a reason to try it. I misted my entire face/head and body where redness was beginning to show. The pain disappeared in a matter of seconds! AMAZING PRODUCT! About an hour later some of the pain started coming back, and I applied more LavaDerm. Again, the pain subsided. I continued this therapy for a few hours. I slept like a baby. Today I feel nothing. It is as if I was never in the sun at all! I did get a sun blister on my lip. I have been applying Lavender on it, but what could have been a very painful experience for me was not.

By the way, I also had applied Sun-sation Tanning Oil. I am now a nice shade - one exposure to the sun. With repeated use, I think that I could probably reach a very nice shade. I saw so many people on the beach using various tanning products. I have often thought, "Is it really the sun that causes skin cancer or could it be the propylene glycol and other chemical additives found in the numerous sunscreens and tanning lotions/oils that people put on their skin?"

Think about it. If you were to place straight antifreeze on the skin and then lie in the sun, what would happen? Nobody would be silly enough to try it, but this is what thousands do every day.

LavaDerm, get some for your Summer Vacation! Jay Kruiuzenga

What a phenomenal week at the International Grand Convention! Between the passionate distributors, the knowledgeable speakers, and the great entertainment, there was enough electricity to light up all of Salt Lake City. Now it's time to ride this powerful wave of emotion and energy to greater heights of Wellness, Purpose, and Abundance. Below are some updates for the region that are important for everyone to know.

### New Convention Products

Here is a list of the newest products released at convention (wholesale pricing):

- #4524 ● Aria Ultrasonic Diffuser ● \$225.00
- #4640 ● Progessence Plus Serum ● \$35.00
- #4495 ● TheraPro Premium Diffuser ● \$150.00
- #3091 ● Common Sense Essential Oil ● 5 ml ● \$30.00
- #3550 ● Sacred Frankincense Essential Oil ● 5 ml ● \$50.00

We have also released some of our most popular skin care items that have been recently reformulated:

- #5145 ● Wolfberry Eye Cream ● \$44.75
- #5141 ● Boswelia Wrinkle Cream ● \$64.75
- #5148 ● Sandalwood Moisture Cream ● \$59.75

### ❖ Post Convention Tour Dates ❖

These are the fixed dates for July and August so that we can continue to spread the message of **The One Gift** found at convention. These meetings are designed to offer key information to those who could not attend convention, as well as offering an event for new guests who have interest in our products and the Young Living Lifestyle. At each event there will be products to purchase, incentives for new enrollees, and prizes to be won.

- July 7th ● Mona, UT ● The Young Living Farms
- July 12th ● Pleasanton, CA ● Hilton Pleasanton at the Club
- July 13th ● Anaheim, CA ● Anaheim Marriott Suites
- August 10th ● Portland, OR ● Embassy Suites

### ❖ Denver Super Saturday Event ❖

We are excited to have a special all day product and business training in Denver, CO on August 21st at the Grand Hyatt at 1750 Welton St. More details will be coming, but know that we will have special corporate presenters and top field leaders training on product and business.

### ❖ Other Dates of Interest ❖

- July 10 ● Lavender Harvest Festival ● Mona, UT
- July 22-24 ● Silver Club ● Coeur D'Alene, ID
- August 12-14 ● Mexico Grand Opening ● Mexico City, MX

Convention was just the beginning of a great period for Young Living. With so many great leaders, wonderful products, and a generous compensation plan, we are primed to share the Young Living message with the entire world.

We would like to thank all of you for your hard work, passion, and dedication for all that you do.

## Natural Deodorants You Never Heard Of!

by Gailann Greene

Almost every antiperspirant on the market contains aluminum: a heavy metal that can stress your body. And your body doesn't have a mechanism to easily rid itself of metals.

Why burden part of your excretory system with a heavy metal when there are natural alternatives that are often less expensive?

Here are some to keep you smelling good this summer:

■ Baking soda - Keep a box at your bathroom sink and sprinkle on your palm and apply it under your arm like a powder.

■ Corn Starch - Keep a box at your bathroom sink and apply under your arm.

■ Vinegar - Dilute white vinegar with water and splash under arm.

■ Young Living Essential Oils Lavender, Melaleuca (tea-tree), Rosemary, Thyme, and Grapefruit. Use only therapeutic-grade. Splash a few drops under your arm.

■ Combine baking soda, cornstarch, and your favorite essential oil in a container and use under your arm. It's best that you don't apply anything immediately after shaving.

■ If you are feeling industrious and want to make your own solid deodorant at home, here's a recipe:

- 1 1/2 tbs. beeswax (yellow is best)
- 1/2 Tbs. cocoa butter
- 1 tablespoon coconut oil
- 15 drops Thyme essential oil
- 15 drops Rosemary essential oil
- 25 drops Lavender essential oil
- 3 drops castor oil

Melt beeswax in a glass jar standing in hot water, add the cocoa butter, and when it has melted, add the oils. Stir to mix thoroughly, then pour into a clean, empty deodorant stick case and leave to cool and set. Enjoy!

## The Magic Bullet for Women? by Debra Raybern

For many women, this new Young Living *exclusive* product just might well prove to be the magic bullet for their health concerns. **Progressance Plus Serum** is much more than just a progesterone supplement.

First of all, what can progesterone (P4 -the exact kind the body produces naturally) do for you and who can use it?

If you are over the age of twelve, or younger but already having a menstrual cycle, and suffer from:

- ◆Migraine headaches
- ◆Endometriosis
- ◆Fibroids
- ◆Post Partum Depression
- ◆Mood swings
- ◆Insomnia
- ◆Metabolic Syndrome X
- ◆Insulin resistance
- ◆Hot flashes
- ◆Night sweats and day sweats
- ◆PMS
- ◆PCOS
- ◆Endometriosis
- ◆TMJ
- ◆Hair loss
- ◆Lowered libido
- ◆Muscle wasting
- ◆Weight gain
- ◆Fibromyalgia
- ◆Bone health issues (osteoarthritis)
- ◆Nerve damage
- ◆Low energy levels
- ◆Pituitary problems or damage (most common cause of low progesterone)
- ◆Low thyroid
- ◆Interstitial Cystitis
- ◆And other conditions not mentioned.

And if you want to:

- ◆Reduce your risk of breast cancer
- ◆Kill breast cancer cells
- ◆Reduce the risk of heart attacks

Then **Progressance Plus Serum** may be your magic bullet! OK, I hear you. *"I've tried progesterone creams before and they did not seem to help; or they did for a while and then stopped."*

**Progressance Plus Serum** is different. This USP grade wild yam (P4) progesterone is super-micronized to less than 5 microns, then melted into the essential oil infused serum containing vitamin E, and essential oils of **Frankincense** (boswellia sacara), **Copaiba**, **Bergamot** and **Peppermint** that absorbs into the skin and balances out progesterone levels like never before.

Oral hormones have an undesired side effect, according to the International Journal of Pharmaceuticals. That side effects is increased estradiol. They suggest topical applications over oral troches or sub-linguals.

Dr. Dan Purser has spent his professional life researching and education both physicians and women on the dangers of regular hormone therapy, and the preferred safe alternative of progesterone. His research concludes that 98% of all women, ages 12 and up, would benefit from the use of progesterone cream if they have any of the symptoms listed above. Girls as young as 12, he says, with heavy periods, cramping, and PMS will benefit. Even women with complete hysterectomies and nursing moms will be helped. Women can safely use **Progressance Plus Serum** through the tenth week of pregnancy, and by then the body should be making sufficient amounts on its own.

Dr. Purser said, "Taking just ONE birth control pill increases your risk for breast cancer for the next TEN YEARS". This should never be an option when **Progressance Plus Serum** will help you overcome the symptoms the birth control pill is often prescribed for. In his quest to bring his patients the very best, his lab partnered with Young Living to create **Progressance Plus Serum**, sold exclusively through Young Living.

### How to use:

It is not necessary to use according to your female cycle, daily use is fine, but you can use according to your cycle. Apply to clean dry skin, such as after a bath or shower. As oils build up on the skin during the day, better absorption will occur if the skin is clean and warm.

Use as often as desired, generally one to two drops on the neck over the carotid arteries, temples, jaw, forearm, spine, etc. every hour or until symptoms are gone. Once you are feeling better, then adjust the amount used. Symptoms of nausea may occur within the first couple hours as the body gets used to the progesterone; apply more and they will dissipate. **Do not use with medically prescribed progestins or hormonal birth control.**

### Testimonials:

#### *Weight control by Tracy*

I struggle with weight loss unless I eat 6 to 7 small meals a day, measuring out portions and tracking calories. While at the convention, I ate nutritiously but the portions were large. I ate only two meals a day and a PowerMeal for breakfast. I used two to four drops of **Progressance Plus Serum** each day since convention. This morning I weighed myself and was pleasantly surprised to find that I lost 4 pounds in one week's time! I believe this new product will be life changing for me and every woman who uses it!

#### *TMJ by Teresa*

For years I have suffered from TMJ. Everything I ate had to be cut up as I could not open my mouth wide enough for a sandwich. After one application of **Progressance Plus Serum** over my jaw, I could open my mouth fully!

#### *Painful periods, menstrual migraine in a 20 year old*

Pain, headaches, nausea, heavy flow were all a part of my life during my cycle. It hit hard while attending convention, and I applied **Progressance Plus Serum** to my temples and arms. The headache began to subside, but the nausea was intense. Then out of desperation I applied 20 drops of **Progressance Plus Serum** to my spine and feet. (Dr. Purser said I needed to use more to get over the hump.) Within 15 minutes I was completely out of pain, no symptoms. I continues to use **Progressance Plus** three times daily, one to two drops on the neck.

Don't suffer any longer! Order a bottle or two today. Share with your lady friends. This one is going to change lives; why not start with yours today! Send in your testimonials for all to enjoy.

**Progressance Plus Serum Code # 4620**  
**Wholesale price \$35.00, 15ml**

## New Ultrasonic Diffuser!



Young Living's Aria™ Ultrasonic Diffuser is a unique, stylish way to bring the benefits of essential oils into your home or workplace. This system combines the latest in diffuser technology with a variety of useful features. The included remote lets you choose from a selection of soothing, built-in sounds or enjoy the multicolored LED lights. With the built-in speakers, you can plug in your own personal music device and enjoy the music of your choice. Item No: 4524

## CHOCOLATE THAT'S GOOD FOR YOU!

That's right! Five years in the making and it's yummiel! The beneficial properties of the gallic acids and boswellic acids are:

- ★ anit-fungal and anti-viral
- ★ protects cells from oxidation
- ★ good for heart and veins
- ★ destroys cancer cells without harming normal cells
- ★ 3 nuggets a day good for IBS
- ★ reduces blood pressure
- ★ good for arteriosclerosis.

The gallic acids are also found in red wine and green tea and are powerful anti-oxidants, however, the cacao from Ecuador is much higher in these gallic acids than in typical wine and teas. The cacao beans are roasted at a lower temperature and there is no fermentation. Yacon is the sweetener which is very beneficial – with 0% glycemic index, will not stimulate insulin and it's fine for diabetics. Total processing time is 11 days and includes frankincense and other oils. The chocolate should be available for purchase within the next few weeks.

Watch for the Young Living E-newsletters for more information on the availability of the chocolate. - Jeanne Natre

## FRANKINCENSE

### The One Gift



### Quotes from D. Gary Young

Sent in by Richard & Shauna Dastrup

"There are several varieties of Frankincense trees and therefore varieties of Frankincense Resin, but Young Living uses only the purest resin and I know the differences between them all. We chose the very best resin that has been harvested properly and then distilled properly. There are many Frankincense resins, but most grades are only good enough for perfumes, yet many companies use them as Essential Oils and claim they are pure when indeed they are not. There is not a pure Frankincense sold in the U.S. except for Young Living, due to my quest for the best. We are the only essential oil company with the best!"

"Most companies "selling" Frankincense are just marketers. They do not know the first thing about their products purity. Yet they say they are pure and the best, while not knowing this for sure. Basically, they are lying to you."

"Only in Young Living do you now have two Frankincenses: Frankincense Boswellia cartieri (for immune system) and our new Sacred Frankincense Boswellia sacra (for spirituality)."

"We now have our own distiller in Oman. Young Living is the only company that has proven and tested pure Frankincense oil."

"Frankincense is replacing steroids. Steroids are caustic to life and the body itself, damaging the thyroid and parathyroid, and damaging the immune system. Frankincense has no adverse side effects."

"Burning the Frankincense sacra resin was a tradition of people for 10,000 years. Ancient people were closer to God and lived their religion 24/7. Frankincense was part of their everyday lives. The smoke coming from the burning of the resin assesses the emotions working on depression and anxiety. Emotions play a part in the degeneration of our bodies. Frankincense plays an important part in repairing our bodies and emotion state. The people of old used it to purify their clothing and bedding getting rid of (killing) sand fleas, lice, ticks, mold and bacteria."

"In 3 years, Frankincense could be used as chemotherapy! Frankincense oil as a whole can be used for cancer therapy and chemo

prevention. In hospitals in Yemen they did not have cancer wards because there were not enough people with cancer. They use Frankincense! Only four cases of cancer and those four people were not from Yemen or Oman, but from outside of the area and just working in Oman . . . so they don't count."

"Chew Frankincense resin to make your teeth strong. I would like to formulate Frankincense toothpaste sometime in the next 2 or 3 years."

"Use Frankincense oil for all kinds of arthritis, chest infections, Chron's Disease, colitis, and asthma."

"The 3rd cut of resin from the Frankincense tree is the better resin. Collection of the resin must be a sustainable process; we don't want the trees destroyed."

"Frankincense is too beautiful to leave in the bushel basket any longer."

"Frankincense was the first oil appointed by God himself"

"There is a legend that the old people in Oman told me. When God put Adam and Eve out of the Garden, He gave them 3 things.

1. Frankincense
2. Myrrh
3. Balsam (also know as Gold)"

"God created different plants for different countries. Palo Santo is the Frankincense of the Americas. Frankincense is for the old country."

"We now have partners that do the distillation of Frankincense. One in Spain who has been with us for a long time and one in Kenya. We are the first company to distill our Sacred Frankincense in Oman which is from Boswellia sacra. It is the rarest and most sought-after aromatic in existence. It has a deeper spiritual connection."

Gary reviewed the grading of Frankincense and the different species of Frankincense. To our competition he said, "their oils are not even a good joke."

"I have spent fifteen-plus years in my quest for knowledge and finding the most perfect quality's of Frankincense. Our labs in France, Utah and Ecuador are set up for testing and sharing results. No company in the world has better testing than Young Living. We don't tell you it is a good oil, we prove it!"



## Farm Day by Karesa Bullock

June 18, 2010

It's Farm Day here at the Young Living International Grand Convention, and gratitude is the attitude. As least it is for me as I experience this special place, the very manifestation of Young Living's mission statement: "We honor our stewardship to champion nature's living energy, essential oils, by fostering a community of healing and discovery while inspiring individuals to wellness, purpose, and abundance."

Here I sit in the shade of a weeping willow tree, my bare feet resting on a carpet of cool grass, my eyes feasting on the beauty all around, snowy mountain peaks in the distance to my left, and the tranquil stillness of a peaceful pond to my right. The late afternoon sun glistens off the water reflecting the tops of surrounding trees and a clear Mona, Utah, sky. Like a protective circle of angels' wings, the branches of the willow sway lazily in a gentle breeze that stirs the air with a breath of perfect coolness. Birds sing and laughter rings from a nearby pavilion, evidence of my fellow oilers, adults and children alike, reveling in the sights, sounds and scents of this blessed place.

For me, gratitude is healing, and as I sit here experiencing such gratitude for all of creation, I understand more fully than ever that healing is an experience. The act of healing is not a collection of facts and figures or scientific experiments. The act of healing is an experi-

ence, like the experience of gratitude washing over me now, deepening my breath, calming my spirit.

Convention offers both the experience of healing as well as the scientific knowledge to explain the experience. All that I learn here from the lectures and literature strengthens the foundation from which I create more healing experiences for myself and others.

For example, during the last two days I have learned that Frankincense oil repairs DNA and fights cancer, that Progescence Plus Serum can eliminate migraine headaches in woman suffering from hormone imbalance. Just to name a couple of the amazing discoveries that I will share with others when I return home. While I am grateful for all the learning, the sheer volume of information can feel a bit overwhelming.

That is why Farm Day is so precious to me. It is an opportunity to process and assimilate in an attitude of gratitude with friends all that we have learned in the first two days of convention. Here we truly "foster a community of healing and discovery."

Convention provides both the scientific foundation and the healing experiences to help me "champion (my) steward of nature's living energy." I return home full of new discoveries to share! In this beautiful natural setting, breathing the honey-sweet scent of a chamomile field in bloom, surrounded by a sea of tiny fragrant blossoms, one cannot help but be inspired to "wellness, purpose, and abundance."



**Congratulations!**

**Jeffrey Lewis**

**on becoming  
Young Living's Newest  
Diamond Leader!**

**Jeffrey's One Piece of Advice  
See yourself there!**

**I saw myself there a long time ago  
when I first came to convention.**

**I saw others on stage getting  
awards and I said, "I can do that."**

**I maintained the dream in my mind  
over the years and other people  
showed up to help me.**

**You can do it, too!**



### Young Living Essential Numbers

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Live Order Entry Operators  
1-800-371-2928 Mon-Fri 7am - 7 pm MST

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## **German Chamomile An Intoxicating Fragrance at the Young Living Farm** by *Linda L. Smith RN, MS*

For all those who attended the Young Living convention this year, we had an opportunity to visit the farm and walk among the many plant species being grown there. It was way too early for the lavender to be in bloom but to our surprise and enjoyment, the German Chamomile was prolifically in bloom. The aroma from the fields was absolutely intoxicating with a sweet apple-honey fragrance. Many of us were drawn to simply sit in the fields and let the vibrational frequency of chamomile shift our own vibrations to one of joy and down-right “giddiness.”

German Chamomile (*Matricaria recutita*) is a delicate looking plant that is surprisingly hardy. It has fern-like foliage and tiny flowers that look like miniature daisies. Roman Chamomile (*Chamaemelum nobile*) is often used as a groundcover or creeping plant and is cultivated as a perennial. The German Chamomile on the other hand can grow up to several feet in height, is also a cultivated perennial plant that spreads quite well in any garden. Both the leaves and the flowers are used for tea but the leaves are bitter compared to the flowers. Although these two Chamomiles belong to different species, they are used to treat similar conditions. The German variety is the stronger of the two and produces a dark blue, almost black colored essential oil. The Roman or English variety produces a pale bluish yellow essential oil and is a milder form of Chamomile. If we notice the botanical name, ‘*Matricaria*’, literally means ‘caring for the womb’. Now that’s a hint on how this plant has been used for thousands of years.

### **Healing Properties of the Oil**

The sedative action of German Chamomile produces a tranquilizing and calming effect upon the mind and emotions. It is especially beneficial for treating migraine or tension headaches and other stress-related complaints. You can use German Chamomile as a cool compress or in your diffuser to soothe nervous tension and anxiety. German Chamomile essential oil is an excellent sleep aid and helpful for treating insomnia, sleep disturbances and night fears! Inhale German Chamomile just before bed time to sleep peacefully like a baby. A restless mind finds stability in its aroma, which is a great relief to insomniacs.

Chamomile oil also benefits those suffering

from depression and anxiety. Chamomile oil can induce a feeling of happiness. Just smelling chamomile oil can benefit overcoming depression and provide an uplifting feeling. Perhaps that’s why those of us at the farm were wallowing in the chamomile! We were storing up our happy feelings for later! For emotional use, German Chamomile can ease anxiety, worries, nervous system shock, tension, anger and fear. It gives a sense of patience, peace, and calms the mind.

Besides having relaxing qualities, chamomile also has anti-inflammatory, antispasmodic and vasodilating qualities. As an anti-inflammatory, it’s good for rheumatism, arthritis and painful swellings. As an antispasmodic we could use Chamomile for menstrual cramps, stomach cramps, irritable bowel syndrome, indigestion, diarrhea, gas, and colic. It relieves gas pains and is a very mild but efficient laxative. Chamomile is excellent for skin care and is used in many cosmetics, soaps and perfumes as well as massage blends, skin creams and bath oils. You can use chamomile essential oil for dermatitis, boils, acne, skin rash, eczema and psoriasis. German Chamomile balances sebum production and is useful for both oily and dry hair and scalp conditions, as well as sensitive skin types. It has also been reported as useful for treating shingles.

An infusion of Chamomile flowers can be used as a hair shampoo, especially for fair hair. The flowers can be added to cosmetics as an anti-allergenic agent or made into a salve for use on hemorrhoids and wounds. The dried herb can be made into potpourri and herb pillows, and the dried flowers burned for aromatherapy. Chamomile can be applied externally as a wash or compress for skin inflammations, sunburn, burns, and added to bath for relaxing tired, achy muscles and feet, and softening the skin.

The dried German Chamomile flowers can be made into an herbal tea. Take two teaspoons of dried flowers per cup of tea, which should be steeped for 10-15 minutes while covered to avoid evaporation of the volatile oils. It makes a great bedtime relaxing brew.

Chamomile tea can also be used as a liquid feed and plant tonic—I have seen it referred to as the “plant doctor” since it is thought to help the growth and health of many other plants, especially ones that produce essential oils. It is thought to increase production of those oils, making certain herbs, like mints, spearmint, sage, oregano and basil stronger in scent and flavor. Chamomile tea is useful to suppress fungal growth: for example, misting it over seedlings may prevent damping off.

### **What about pregnancy and small children? Is it safe for them to use?**

Pregnant moms especially enjoy the many uses of German Chamomile oil since it helps them to stay calm, rested and relaxed. I suggest diffusing or applying the oils neat or diluted to the soles of the feet or where needed. German Chamomile is a traditional remedy for colicky babies. It is used to relieve colic, intestinal cramps and gas, as well as to ease teething pain. Because of its gentle and benign nature German Chamomile oil may be used to soothe diaper rash. You might want to make a dilution before applying to an infant’s irritated skin. Often you will find that the Roman variety is sweeter to the taste—that is the one I would use with infants and small children. One drop of Roman Chamomile on the tummy will relieve gas bubbles and one drop on your finger and rubbed on the teething infant’s gums will relieve pain.

### **The chemistry helps us understand how german chamomile works**

German Chamomile is a very powerful anti-inflammatory due to presence of a terpene compound called Azulene. Chamazulene is the molecule that gives the German Chamomile its deep blue-black color. It provides antihistamine properties to the oil. Studies have found that chamazulene prevents the formation of leukotrienes (much better than the drug Singulair). Leukotrienes produce toxic free radicals that promote an allergic response. Chamomile oil is high in bisabolol, an oxide which promotes healing and is also a great tissue regenerator.

### **What do the scientific studies reveal?**

Studies have shown that German Chamomile essential oil reduces the body’s production of adrenocorticotrophic hormone (ACTH), a stress hormone which may be helpful in reducing stress related weight gain and regulating Cushing’s disease. German Chamomile essential oil also inhibits the protein that allows cancer cells to attach to new sites within the body. German Chamomile essential oil also prevents cancer cells from growing their own blood supply. German Chamomile essential oil stops the formation of interleukin-8; which may be beneficial in lupus, cystic fibrosis, meningitis, pneumonia, pulmonary bacterial disease, Hodgkin’s Disease, HIV, inflammatory bowel disease, Grave’s Disease, Renal Disease, and RSV. German Chamomile essential oil counters the effects of H Pylori, the bacteria known to cause peptic ulcers, some forms of stomach cancer and lymphoma.

Contact Linda: [www.ishahealing.com](http://www.ishahealing.com)









Medicine Wheel Consultants, Inc.  
306 S. Lookout Mtn. Rd., Suite C  
Golden, CO 80401



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