

Essential Oils – The Aromatic Pharmacy



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Essential oils have been used therapeutically for thousands of years, but modern times seem to have forgotten the power of these ancient medicines of the earth. These concentrated aromatic compounds which are distilled from plants, trees, shrubs, roots, seeds and flowers are most commonly known to people by the term "aromatherapy". Because of the pleasing scents of essential oils, most people assume their value is one of charm or fragrance, which is a mistake. Body care products and consumer products such as candles, room sprays and cleaning products very rarely contain genuine essential oils. Most manufacturers of these products typically use lab created imitations of these natural fragrances which have no therapeutic effect whatsoever.

Essential oils are very different from vegetable oils in that they are not greasy and don't clog pores like many vegetable oils can. Unlike chemical drugs, which must be taken orally, essential oils can be applied topically or inhaled, thereby avoiding the digestive system where they would come in contact with digestive juices and other matter which could alter their chemistry. Essential oils are noninvasive to the human body. They enter and leave the body with great efficiency, leaving no toxins behind.

Essential oils have a chemical structure that is similar to that found in human cells and tissues enabling them to be readily identified and accepted by the body. They also have the unique ability to penetrate cell membranes and diffuse throughout the blood and tissues. In the human body, some essential oils, because they decrease the thickness of blood can enhance circulation and immune function. Other essential oils stimulate the secretion of antibodies, neurotransmitters, endorphins, hormones and enzymes.

Essential oils can also improve the environment of our home and work place. For example, most people have at some time experienced symptoms such as lethargy, stuffy nose, dry throat, dry and itchy eyes or headaches while working in climate controlled offices of the workplace. Studies have shown that people who work in offices with apparently sophisticated air-delivery systems often have twice as many colds, coughs and sore throats. Various essential oils can actually help to alleviate many of these "office induced" symptoms. For example, a water air spray made with grapefruit, eucalyptus and lemon essential oils can relieve lethargy and a spray of tea tree and rosemary can relieve a stuffy nose.

What does this all mean for us as human beings? Well, we have the capability of taking better care of our health without polluting ourselves and our environment with chemicals. It means fewer reactions to stressors in our lives, more relaxed sleep, elimination of pain, better digestion,

increased energy, improved focus and concentration. All in all, a more vital, healthy and energized life!

For more information about essential oils please visit the website

www.TheMagicOfEssentialOils.com . To order or discuss specific questions regarding essential oils and your health call Maria Antonopoulos, Lic. Acupuncturist at 516 395-0966

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