

Holistic Aromatherapy Balancing

by Paula Broset, MT



Touch for health is a complete Holistic Health Maintenance System. What more could we want or need? Aromatherapy is a natural complement to Touch for Health. Aromatherapy Essential Oils applied to Neurolymphatics, Neurovasculars, Luo points, Acupressure Holding Points or Meridians add depth, speed and duration to balances.

Holistic Aromatherapy is a synthesis of aromatherapy with Touch for Health and Educational Kinesiology, Acupressure, Massage, Reflexology, Nutrition, Herbology and Hydrotherapy.

Aromatherapy is the art and science of utilizing aromatic essential oils of herbs, flowers, grasses, fruit rind, roots, woods, resins, and seeds for their therapeutic effects. It is one of the folk medicines proven in the laboratory of life over thousands of years in every culture--long before scientists, in their isolated labs, began to prove their effectiveness.

Essential oils are odoriferous liquid substances formed in specialized cells, ducts, or glands in different parts of the plant. They regulate and actively participate in the development and functioning of flora. Essences defend the plant against bacteria, fungi, pests, heat and cold and are a major factor in their sex life. The essences have been referred to as the energy, hormones, life force, personality, and/or "soul" of the plant. Their chemistry is complex: derived from phenylpropane (precursor to amino acids - the building blocks of life) and terpineols (acetyl coenzyme A). Therefore, essences are in total biochemical harmony with the human body and are non-invasive electromagnetically.

Quality control: only the whole, unadulterated, organic or wild plants that have been harvested, steam distilled, and stored properly are appropriate for Aromatherapy. The more Essential Oils are interfered with - physically or chemically - the more the therapeutic powers are reduced, changed and unpredictable. Since variations in chemistry obviously varies effects, botanical family, species and chemotype must be specified.

Aromatherapy Avenues of Effectiveness

Essences work via the same homeostatic controls and utilize the same homeostatic tools as a Touch for Health balancing.

Homeostatic Controls: Essential Oils

- Stimulate the olfactory nerve, the shortest route to the midbrain, the major homeostatic (health maintenance) control - 1st level and short-term. This stimulation sends an instantaneous balancing message, coded in a language it understands, to the part of the brain which regulates heartbeat, breath digestion, etc.
- Balance the sympathetic (fight-or-flight) and parasympathetic (rest-and-digest) nervous systems.
- Stimulate the pituitary gland, the master of the endocrine system, the secondary and long-term homeostatic control.
- Balance energy flow through acupuncture meridians.
- Balance emotions through the limbic system within the midbrain.

Homeostatic tools: Essences

- Affect the cutaneous nerve plexuses and reflexes.
- Increase blood and lymph circulation.

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- Are absorbed by the skin. Through the capillaries E.O.'s enter the blood stream where they "hone-In" and affect the organs and systems with which they have an affinity.
- Evaporate and oxidize producing pure oxygen to kill bacteria.

Precautions and counter indications

As with any dynamic health tool aromatherapy must be utilized with respect and response-ability.

- What makes aromatherapy effective are the chemical constituents of essential oils; therefore, use with as much caution as a drug.
- Check all the properties of an essence.
- Anyone can be allergic to anything -- even if natural.
- Always pre-screen all selections with muscle testing. No matter how right your knowledge-base or intuition tells you something is for someone and their symptoms -- always submit to and honor the response of their innate intelligence that has years of experience with that min/body/spirit/system.
- Never use one E.O continuously for more than 1 - 3 weeks, alternating is very important -- even small amounts could be toxic long term.

- Some herbs such as camphor, hyssop, mugwort, pennyroyal and others are so toxic that they should never be used.
- There are many common essential oils that should not be used during pregnancy, amongst which are basil, fennel, marjoram, jasmine, nutmeg, sage and many others. Some aromatherapists would even caution against any aromatherapy during pregnancy.
- Cedar, camphor, cinnamon, nutmeg, rosemary, sage and thyme are counter indicated for those with high blood pressure.
- Those with epilepsy should never use cinnamon, fennel, camphor, hyssop, rosemary, sage or thyme.

Keeping these precautions in mind, and given the large selection of essential oils to choose from, aromatherapy is a very effective and supportive tool in Touch for Health balancing. 15 to 20 essences, carefully selected for low toxicity, wide range effectiveness and lower cost, can add a new dimension and greatly enhance your balances.

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