



Webcast Questions from Session 7 - 10/12/16

-1h 53m 12s - Thank you for the preliminary information on hiatal hernia and stomach cancer. Please expand upon these subjects. Thank you!

For symptomatic treatment of hiatal hernia the oils, synergies and treatments listed for general digestive support could be helpful. Aromatherapy can be a helpful adjunct during chemo and radiation treatments, which we will cover in some detail in module 16.

-1h 52m 38s - I have had no success following repeated attempts to connect with the Facebook group. Has the group been discontinued?

This is a question for Colleen and customer service.

-1h 52m 34s - How does webcast participants able to go to break out.?

Colleen explains this each week.

-1h 40m 28s - When you do a chest rub is there a direction that you should massage in, as you do for abdominal massage?

Nothing specific is required. There are different strokes that are used in various systems, but it is the inhalation that is most important.

-1h 39m 52s - I have a physician friend who has started using oregano essential oil under her tongue to strengthen her immune system and improve her digestion. I suspect that the traditional "oil of oregano" remedy that this practice is based on is NOT essential oil, but rather an infusion or tincture, but I can't find anything to clarify that. Am I correct that there is a difference between the two?

There is a big difference between oregano essential oil and oregano infusion or tincture. Many people are putting the essential oil directly under their tongue...you can see some of the results in the file that I gave on adverse reactions.

-1h 39m 21s - for depression/dementia in the elderly for whom sense of smell is diminished, would be it possible to still use EO in different forms, i.e. in food, smell, massage?

Yes, we will be discussing this this week.

-1h 37m 53s - Your oils for cellulite - you mention grapefruit and cypress and "3 other kinds of oils" - what might those be?

Those two are the only ones I recall mentioning for this condition...check the transcript or audio.

-1h 36m 37s - what will you recommend as a carrier oil for digestive system massage

Any of the carrier oils listed in the file from module 2 can be used....each of them have slightly different properties, which are listed.

-1h 36m 8s - When you say "lavender" - are you always relating to *Lavandula angustifolia*. Or do you think lavandin at times?

I am always referring to *Lavandula angustifolia*.

-1h 35m 48s - with so many variables in the use of EO, would it be helpful also to consider the V/P/K dosha of the person for whom the blend is for?

To some degree yes, but oils are also very tridoshic and there is less concern than with using oils. I will elaborate in the next class.

-1h 30m 56s - Would there be a more specific E. O to be more beneficial with opioid medications as they tend to slow the GI tract for treatment of constipation

Essential oils are not laxative. However, when used with abdominal massage, they can definitely help with various kinds of constipation, as we learned from the research studies last week.

-1h 18m 39s - Synergies formula in 1 oz only

Multiply accordingly.

7d 2h 37m 59s - I am half pitta, half kappa, a third vata. But I seem to have various chronic respiratory problems related to moisture and excess mucous/kappa. So I am wondering if when I use a vapour diffuser whether it could exacerbate the problem? Or are essential oils basically so dehydrating that they negate the moisturizing effect of the diffuser?

Sometimes steam and vapor inhalation helps loosen and expectorate, even with a damp condition. You could try the ionizing water diffuser and see how it works, or the pump type that put out only essential oil and no water.

8d 5h 45m 53s - My 3 year old son suffers from Asthma that is triggered by allergies. What would be the best oils to diffuse on a daily basis to increase his respiratory immune system?

This is a situation where one doesn't know what the reaction will be to specific oils, or if aromatherapy is the best treatment or not. As I mentioned, it is always best to start by strengthening the immune system by removing all problematic foods from the diet first, then using simple herbal teas such as ginger and tulsi, and then starting with one oil only to see how the child reacts. Eucalyptus is general thought best to avoid for young children, but it also seems very helpful in many cases. You could try starting with one of the conifer oils such as silver fir.

8d 9h 53m 30s - I have a 2-part question: With Eucalyptus Dives a substitute for peppermint, and Patchouli being from the peppermint family, 1. can Patchouli be used as a substitute for peppermint also, and 2. why is it that Patchouli alone smells rank and dirty yet, when blended with the gorgeous Ylang Ylang, they blend to create an aroma most pleasing through the olfactory system. gorgeous aroma?

It is the mint family, not peppermint family, officially called the Lamiaceae family. This family includes the genus of basils, lavenders, sages, thymes, oreganos, rosemaries, etc...and sometimes has up to a 1,000 species in each genus. Therefore, just because patchouli is in the mint family does not mean that it has any relationship to mint from the olfactory or therapeutic standpoint. Eucalyptus dives has a high content of menthol compounds and therefore some similar properties, but it is not generally regarded as a substitute for peppermint, although it might be used that way by some. A nice patchouli smells pleasant, so it is partly the quality of the oil. Many strong oils soften and smell lovely when blended with floral oils.