



Webcast Questions from Session 10 - 11/09/16

-1h 51m 13s - Hello David, The more I learn on this course, the more fascinating I find it. I just want to thank you for all the wisdom you share.

Thank you!

-1h 49m 7s - Can helichysum help repair broken capillaries, not just protect them?

Yes, but it will take time. It should be combined with dietary and nutritional treatment, and herbs as well.

-1h 48m 18s - Dear David, what about men? They too have andropause, mid-life issues... i imagine there hasn't been much by way of studies. So empirically, would one want to extrapolate from a 'hormone-balancing' female EO or blend, or from an Ayurveda or TCM perspective for mood, yin yang, etc?

When it comes to which oils affect which moods, it is very individual. We might start with oils that are known to be hormone balancing for women, but they may not work very well for them; on the other hand, they may be helpful for some men, and conversely, some of the more masculine fragrances may be more effective for moods for women. As I mentioned, trying to equate the functions of essential oils with hormone balancing is challenging; the model of oils affecting the limbic system is easier to understand.

-1h 46m 29s - I have used turmeric powder mixed with ghee as a poultice for almost miraculous effect on bruises and injuries. The pain is quickly reduced and instead of dead blood resulting in purple/green skin, the skin is just very rosy with increased circulation at work healing. The most interesting experience happened when my big toe nail got bent backwards in half. I was in great pain for about 1/2 hour before doing the turmeric poultice occurred to me, then the pain quickly subsided. There was no ensuing discoloration and the nail reattached instead of dying and having to regrow. I thought of this when you were talking about increasing capillary circulation.

Yes, turmeric is a great medicine, and this is a great way to use it...thank you.

-1h 45m 15s - I have a number of Aura Cacia Essential Oils and am wondering if this is a trustworthy brand. I hope to buy more from Floricopia, but just want to know whether to use the Aura Cacia in a diffuser. Thanks!

It is not the company that is the primary determining factor of quality, it is the species of oil. Aura Cacia has many oils that are rarely adulterated, but they also have many that are high risk species. I can't comment on their quality controls other than that, as I have not tested their oils...we only test ours.

-1h 41m 11s - If flowers are particularly good for women hormonally, will you be talking about what is particularly good for men?

In general everything we are covering in this course also applies to men, including sleep, musculoskeletal, respiratory, digestive, nervous system, etc. The most obvious place where we can make a comparison between male and female hormonal balance is in modules 12, 13 and 14, where we will be focused on the limbic system and emotional wellbeing. Flower oils can also be very helpful for men's health, both physical and emotionally, but they work in different ways.

-1h 38m 3s - for flowers that are harvested at the peak of their biorhythm, you mentioned that these flowers are also distilled at the hour of their biorhythm--does this mean it is harvested and then immediately distilled; is potency lost if it is harvested then distilled at later time or even same time next day?

In general most plant material is distilled as soon after harvesting as possible. For flowers, this is even more important than for things like conifer branches, that retain their essential oils a longer time.

6m 40s - I used Cornmint for my husband's headache instead of peppermint. I looked it up afterward in the Essential Oil Safety Book (Tisserand and Young) and it says Cornmint is fractionated, reducing the 80% menthol to somewhere closer to 30% (going off of memory on that number). Can you explain the reason for fractionating this mint? The book said due to being fractionated aromatherapists do not tend to favor it medicinally. The result, incidentally, was my husband's headache went away within minutes, relief lasted 2 hours. We reapplied the cornmint and his headache again went away completely after 5 minutes (and this time did not return).

Fractionating means that the oil has been separated and some components taken out. Usually this is done to extract a specific compound for commercial uses, such as the menthol in this case. It sounds like it had a good effect for your husband's headache, and that might have also been due to the reduced menthol content.

12d 3h 53m 53s - I have been losing my sense of smell gradually through the use of an asthma (steroid) inhaler. But I find the most effective oil or blend for restoring my sense of smell has been your "Forests" blend that I first started using for my asthma and other respiratory problems. Then slowly I began to smell other EO's such as Inuli, Tulsi, Rosemary, Sandalwood, and so forth. It has really been a substantial improvement! Then on some days when I can't smell anything I go back to the Forests blend again, which I can always smell, and my sense of smell returns again. Just thought others might find this useful or interesting. Thank you David Crow for this wondrous improvement!

Thank you, very glad to hear. Until we lose our sense of smell we don't know how important it is. The Forest blend is: Silver fir, Pine, Pinon pine, Juniper, Spruce, and Angelica root