



## **Webcast Questions from Session 14 - 12/21/16**

**-1h 43m 23s - Love the mystical properties. Would you ever do a class on something like that**

Thank you, glad you enjoyed it. It was a big focus in the 7 and 12 week Medicinal Plants and Spiritual Evolution courses, and there might be an opportunity to do something specific on this in the future.

**-21m 12s - Taking the safety precautions into consideration in regard to Wintergreen and Birch...In the case of a normal healthy person with a hematoma that is taking a while to heal, is this an appropriate use of wintergreen or birch in high dilution to help thin the blood to eliminate the bruising and/or hard lump that is often present afterward with a hematoma?**

Yes, that is fine, and it is the perfect scenario for using birch or wintergreen. You can alternate with helichrysum and frankincense as well.

**-3m 52s - What are good oils/blends for mourning, which is different than depression.**

Rather than thinking "this oil treats that", it is better to think holistically about the overall effects of the olfactory system on the limbic system and emotions. Therefore, any fragrance that produces a sense of pleasure when smelled has the capacity to uplift the mood. For some people it might be something that reminds them of a pleasant memory, such as conifers and time in the forest. However, the two primary groups of oils that have the best potential are the flowers and the sacred scents; from the flowers the one with the most potential is rose, and any of the sacred scents, especially if they are used with a personal ritual or ceremony to heal the pain.

**-40s - Regarding the question about using oils that are years old, do I understand correctly that as long as we know they were unadulterated it's fine to diffuse them? How will they affect us differently diffused than if used topically? Thanks.**

As I mentioned, essential oils don't ferment or go rancid. However, they do oxidize over time. Some oils can oxidize relatively quickly, especially if exposed to heat and/or sun. Oxidation increases the likelihood of adverse reactions in general, but the highest risk would be for topical use. If used in a diffuser even older oils can be fine, but if they are really old and oxidized be aware that some people may have respiratory reactions to them. The majority of high quality essential oils should have a shelf life of at least 5 years and usually much longer, especially for a diffuser.

**10h 33m 46s - If you had to pick just 5 or 6 Essential Oils to travel with (a wide range of trips) what would they be?**

Lavender and/or geranium, helichrysum, frankincense, tea tree and/or niaouli or ravensare, eucalyptus or a conifer, palo santo. However, it is very individual. If you are going to visit temples in India, sandalwood, agarwood, and attars. If you are going somewhere romantic, rose and jasmine. If you are going somewhere with a lot of air pollution, more respiratory oils, etc...

**1d 12h 23m 7s - Thanks to the student discount, I have been fortunate to acquire a few more oils from Floracopeia and they are simply divine! I also have the Renewal Flower Essence, and can certainly taste and feel the difference between Floralchemy and drinking EO's in water. (Yes, I was one of the silly gullible people that believed the words from the so-called 'experts' of the MLM regime that EO's were safe to drink. But isn't it amazing grace that I wanted to be knowledgeable before I began pushing sales, found your company and courses, and learned otherwise. I have since been passing this info on to everyone, regardless of if they want to hear it or not. For some it has had a wonderful impact in terms of their mind-sets changing and being so much more cautious with how they 'apply' oils and they are passing this safety issue on to others. Peace.) A few months ago I purchased Bupleurum as I wanted to review it here before our course concludes in January, but it seems to be lost in transit somewhere after Breathe was accidentally put into my parcel!! GlobalShopEx are tracing it... Will there be somewhere other than the Facebook page I will be able to share my comments on my journey, using Bupleurum ability as a nicotine replacement therapy aid when I do receive & begin my journey making my own Craving Control Blend? A friend created an inhaler stick for me using Black Pepper, Eucalyptus and Lemon from the MLM supplies she has, but it smells sooo amazing and is such a great sinus reliever during the cold & flu season, that I found I was inhaling it simply for the scent tickled my olfactory nerve! It didn't alleviate cravings at all; it was a wonderful cold support though! Merry Christmas and may the New Year be full of**

**wonderment and joy for you and Sara and your team; you have certainly brought the same to me during this year with AAT!**

Thank you for the nice feedback. Essential oils and flower essences are very different...I will explain in the class. You can stay in touch on the FB page, and through the personal email address, and you can also contact me through Floracopeia.