

In this newsletter we will try to help you further your knowledge and use of essential oils.

Physical ailment Bunion and Big Toe Pain

by Penny Keay

Summer is nearly over and for millions of people in the Northern hemisphere that means, gone away are the sandals and bare foot days. Now you have to keep those little tootsie's warm and snug in some not so comfortable shoes!!

If you have ever had discomfort of the big toe joint either from 'stubbing' it or if you have had a bout of gout, arthritis or other injury to this joint, you know how it can affect your whole body. It can cause pain all the way to the top of your head as you shift your body weight to help relieve the foot discomfort.

Bunions are usually seen in older people where repeated years of wearing too tight shoes and or high heels can cause the joint capsule to bulge. Eventually, the body will build up scar tissue and the only option at that point, if the pain is too bad, is for surgical intervention.

Typically if your feet aren't too uncomfortable as long as you can go with out shoes you may be able to get by with a few foot baths. But when the weather doesn't cooperate and you need to wear shoes again, your nagging toe joint appears.

Of course, try to find less restricting shoes is a must. No matter what, when you have had a long day, wearing those too tight or uncomfortable dress shoes, you will want to give your toes and feet a little TLC.

You may want to give yourself a nice relaxing foot bath. Normally, hot water will help relieve a lot of the pain and discomfort. Adding a few drops of essential oils will make it even more pleasant. Try adding a few drops of one or more of the following lovely essential oils: Lavender, Peppermint, Eucalyptus or Roman Chamomile to your foot bath.

Other essential oils that may help include. Cajeput, cedarwood, coriander, Cypress, ginger, Juniper berry, Marjoram, rosemary, Thyme and Vetiver. Many of these essential oils are heating oils and will penetrate deep into the joint and muscles. As always essential oils have antibacterial and antifungal properties. Although the type of discomfort we are talking about in this article usually is not caused from any type of infectious process, although of course, one should 'never say never'.

If you do suspect an infection, you may need to seek medical assistance. If you are older or if you have diabetes, foot infections are very serious and should not be ignored.

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After your foot bath or if you do not have time for a full foot bath, apply the following cream to your feet. Not only will it help them feel better, it will make the skin on your feet nice and soft too!

Foot Cream for Sore Feet

2 Ounces Sorbolene Cream

Marjoram - 15 drops

Rosemary - 15 drops

Juniper berry - 8 drops

Blend well and apply to your cleaned feet 2-3 times a day if necessary.

You could also blend several drops of our Free & Easy Blend into some Sorbolene Cream or Moisturizing lotion and apply that to your sore feet too.

If you get no relief, you should see your physician to be sure that you do not have some other underlying health issue that may need to be addressed.

In the mean time - enjoy any of the nice warm days we have left before winter really arrives!!!

Emotional Concern

Peace and Peaceful

by Penny Keay

Having a feeling of peace or peacefulness inside can be easy to achieve for some, and yet for others can be elusive.

In aromatherapy, often times we tell folks that as you smell different essential oils, and especially when you find an oil or two that you just can't seem to get enough of - (smelling that is). Your body is subtly telling you that you can use some of the minute chemical constituents in those oils to help restore balance to your very own chemical makeup.

Feeling peaceful and at peace is not the same as being calm and relaxed. Although some folks may feel more relaxed and calm when they are at peace. Several essential oils can be used to help 'settle' you down inside and help you feel more at ease.

Some of the better known essential oils so help you feel more at ease include: Roman Chamomile, Neroli, Frankincense, Rose Otto, Melissa, Angelica seed, Spikenard, Yarrow, Jasmine, Juniper, German Chamomile Sandalwood and Mandarin.

Of course, if you have your favorites by all means you should diffuse those.

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We have several premixed synergy blends that may be useful to help you feel more at peace. Wearing a few drops on a Terra Cotta Pendant where your body heat can slowly diffuse the essential oils all day may be just what you need.

There are several blends you may want to try and they have one or more of the above essential oils in the blend. You may want to wear a little of any one of the following blends: Peaceful blend, Calming Blend, Beautiful Blend, For Women Blend, Meditation Blend or My Angels blend.

Have fun and enjoy several essential oils, create your very own favorites too. Remember to write down your recipes so you can duplicate them again and again.

We do hope you will find just the right essential oils to give you and your family the inner peace we all look for each day. Then - Simply sit back enjoy!

Health and Beauty

Hemorrhoids

by Penny Keay

Talking about a Pain in the butt!!! Yep, you got it. Hemorrhoids are varicose veins of the anal/rectal area. They can be both internal and external. Either type are painful, itchy, and some may even bleed. Hemorrhoids are and can easily be flared up with strenuous exercise to cases of constipation.

Quick and simple relief is surely welcomed when they become inflamed. If needed for immediate relief place cool to cold compresses in place for several minutes to help 'cool' them down. Add a few drops of Helichrysum or Niaouli to the water. Both will help to reduce pain and swelling.

Other essential oils that may give relief include: Cypress, Juniper, Tea tree, Coriander, Myrrh, Carrotseed, Lavender, Geranium, peppermint and myrtle.

Hemorrhoid oil

Sesame oil - 1 tablespoon

Grapeseed oil - 1 tablespoon

Lavender - 10 drops

Helichrysum - 5 drops

Niaouli - 5 drops

Mix well and apply several drops onto a cotton pad. Place on the anal area, over the hemorrhoid. Leave in place for several minutes if possible. Be sure to wear absorbent cotton underwear or use a 'panty liner' (yes you men folk can use them too) to prevent oil from staining your under or outer clothing if you feel you need to keep the oil coated cotton pad in place for longer periods of time.

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To help prevent hemorrhoids: Get plenty of exercise to improve circulation, drink lots of water (a must), eat plenty of fiber to keep bowels moving more easily.

Around the House and Garden

Fall time Room Freshening

by Penny Keay

As we approach another change in seasons, so should your room freshening scents. You may want to smell more of the cinnamon and spicy scents, intermingled with a little bit of citrus.

There are many essential oils that not only make great falltime room scents but also do double duty. They help to rid the air of nasty little infection getters!!

Some great essential oils to help to clean and purify the air and to help keep you healthy when those around you are getting their first colds and flu include: Cinnamon, Eucalyptus and Rosemary.

Remember all essential oils have anti-germ properties to varying degrees. So diffusing any that you enjoy will certainly help by brightening your spirits.

Enjoyable and yet very effective our Four Robbers and Pure Cleansing Blends are two of the best blends for strengthening the immune system and your first line of defense against all those nasties!

Two of our other popular blends this time of the year and through most of the winter are Celebration - another excellent blend to disinfect the air and our Winter's Warmth is used a lot.

Try this **Spicy-Citrus Blend** for your Fall Room Freshening and disinfecting.

Clove Bud - 6 drops

Lime - 5 drops

Cinnamon 4 drops

Lemon - 2 drops

Orange - 2 drops

Blend all together and diffuse in any room diffuser.

Recipes to try

by Penny Keay (unless otherwise noted)

A Foot Lotion for Painful Feet

Moisturizing Lotion – 2 ounces

Lavender – 25 drops

Peppermint – 10 drops

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Eucalyptus – 5 drops

Blend well and apply to clean feet several times a day as desired.

Serenity Blend

Sandalwood – 20 drops

Jasmine absolute – 10 drops

Lavender – 10 drops

Rosewood – 10 drops

Roman Chamomile – 5 drops

Neroli – 5 drops

Blend all in an amber bottle. Then diffuse in any personal or room diffuser.

Hemorrhoid Sitz Bath

Cypress - 2 drops

Juniper berry - 2 drops

Helichrysum – 2 drops

Fill bath tub only to hip deep (while sitting in tub). Then add the above essential oils, swish around. Then sit in the warm bath for upto 20 minutes.

Forest Scented Room Disinfecting Freshener

4 ounces Distilled Water

Pine needle – 50 drops

Cinnamon – 25 drops

Juniper Berry – 20 drops

Clove Bud – 10 drops

Add the essential oils to the bottle of distilled water. Shake well, Spray around room as necessary.

BIRCH HILL HAPPENINGS NEWS

Hello Everyone,

Wow, here it is the end of September. Al and I had a great vacation. We thank you for letting us take our annual time off. The Cabin was great and Al got in plenty of fishing. He also read 4 books. Me, well, I'm not as fast a reader and I only read one book. But I did get in plenty of sunshine and naps!!

Well, for those of you that haven't visited our website yet this month, we are in the middle of this years End of Summer - **CUSTOMER APPRECIATION DAYS!!** Yep, everyone gets 10% off just about everything, every time you place an order. But you'll want to hurry as the sale will end soon - Come midnight on September 30th the sale will be over for another year.

We haven't had time to work on the Scented tarts, but hopefully soon. I know many of you are anxiously waiting. We still have a few odd jobs to finish up the outdoor portion of our addition and remodeling project and so haven't had much time to "experiment" with the tarts. Plus we need to get some of the interior work done before the temperatures drop too much further as at this point the addition has no electricity (we heat

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with electric heat) and no insulation. All we have is a 'shell' of a large room. Al is busy working on getting things ready for the electrician to come work his magic!! Then we'll have lights and heat!!

Now is the time for all you crafty people to get started on your holiday gifts. What I like to call - *Gifts from the Heart*. Many of you make your holiday gifts and other gifts too. You'll want to take advantage of our **Customer appreciation days Sale** and stock up on all your essential oil needs. Read several of our back issues of our newsletters as they have great, quick and easy holiday gifts for all ages.

No new products this month, but do keep you eye out for their will be some new things within the next few weeks.

As always, if you have suggestions, questions or comments please feel free to send us an e-mail to bhinfo@birchhillhappenings.com and we will get back to you as soon as possible.

Yours in Aromatherapy,

Penny & Al

Be sure to visit us on line at

<http://birchhillhappenings.com/aroma1.htm>

for all your Essential oils and Aromatherapy Supplies needs.

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