

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

Physical ailment

Fibromyalgia

by Penny Keay

We have been asked often about Fibromyalgia the past few months. So in this newsletter issue we will give a few suggestions of what essential oils or massage blends you can use.

Aromatherapy and Massage therapy are often suggested to help those afflicted with Fibromyalgia. These complimentary alternatives will often time work on the symptoms to help give the sufferer some relief.

Fibromyalgia has the following symptoms; pain that can be moderate to severe when touched lightly on any muscle. Other symptoms include chronic fatigue and having trouble sleeping.

When we are asked about Fibromyalgia we usually will address the sleeping issue and the painfulness.

First we start out by suggesting the use of Lavender or other relaxing essential oils to be used about 30 minutes prior to bedtime. You can diffuse it in the air or just inhale a few breaths from a tissue or nasal inhaler. Also put a drop or two on your pillow at the same time to get a little lavender in the bedroom.

A bedtime routine is also very important. Going to bed at the same time each night is very important. Some thing very simple and comforting is to take a nightly bath (not a shower). Taking a warm relaxing bath may to help draw out the soreness of the pain muscles. Add Epsom salts to your bath water.

After the bath a light massage with a lotion or oil that has some of the warming, muscle relaxing essential oils added may help you to fall asleep and get a much needed rest.

SOAKING BATH for Sore Muscles and painful Joints

Black pepper - 5 drops

Rosemary - 15 drops

Marjoram - 8 drops

Blend well in an amber bottle and add ONLY 4 -5 drops to the warm bath.

Other suggestions to help you fall asleep can be found in our previous issue Volume 109 in the article Winkin' Blinkin' and the land of Nod. Please see the section in that article about the importance of daily sunshine to help you fall asleep.

Daily doses of sunshine can also help Fibromyalgia sufferers as the sunshine can naturally warm and feel good on any sore muscle or if you are tired can be a natural source of energy. Sunshine - plain and simple - lifts everyone's spirits!

Next we'll suggest some massage blends that can be used to gently massage. Actually, all you really need to do is gently rub this blend on the area of the sore muscles.

SORE MUSCLES

Sweet Almond oil or another carrier oil of your choice - 2 ounces

Black pepper - 12 drops

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Marjoram - 6 drops

Juniper Berry - 6 drops

Ginger - 6 drops

Blend these oils together then use as massage oil. You only need to use a small amount.

If at anytime you feel this blend is too warming, then you should discontinue use or add more carrier oil before the next use.

Most folks love the warming and penetrating heat these oils will produce.

We have a customer, Mary Beth Davis of Braidwood IL, who sent us a recipe to share - she has used this on clients that have fibromyalgia and it gives them relief. She also says it has worked effectively on carpal tunnel syndrome.

Mary Beth's "Nerve Pain Cream"

2oz of Sorbolene cream

13 drops of Roman Chamomile

10 drops of Marjoram

10 drops of Helichrysum

9 drops of Super Lavender

Because we are holistic aromatherapists we will often look at more than just what essential oils can do to help.

In the case of Fibromyalgia we also suggest you really look at your diet. Eliminate a lot of the 'white foods' White flour and white sugar and products made with them. Eat lots of fresh veggies and fruits and lean meats, fish and poultry. Add some Omega 3-6-9 fatty acids to your diet too. (p.s. corn is not a veggie and should be eliminated too)

Next drink plenty of fresh water. Muscles hurt and are painful when they are full of toxins. Water helps flush out toxins from your body.

Now we also suggest, if you don't already take them, add some minerals to your diet, namely magnesium and potassium. Your muscles when painful tell you they are fatigued. Magnesium and potassium can help your muscles to relax and rest also. And when they relax they won't be as painful and when you don't hurt, you can sleep and rest properly.

Oh before I forget Magnesium is best taken at bedtime, in some folks it is a natural relaxant and will make you feel sleepy. So take at bedtime. For more information on how important Magnesium is for your health we suggest you read the book "The Magnesium Factor" by Mildred S Seelig, MD.

For more great recipes for massage blends and help symptomatically please see these Previous Newsletter.

Volumes- 102 Overworked Muscles and Falling Asleep, Vol 101 - Tiredness (some - pick me up oils are listed here).

Volume 92 - Overworked muscles. Volume 73 - Another article about Overworked muscles. Don't forget our Recipe files for many recipes for massaging or soaking sore, painful muscles. (Use our websites search engine to help narrow down the recipes - you can find a search bar on any of our [ONLINE CATALOG PAGES](#)).

Don't forget to check out several of our premixed Massage blends. Some of the best blends for painful and sore muscles (and joints) are Muscle Rub, Back Rub, Muscle Relaxing and Joint Rub.

Due to the chronic nature of Fibromyalgia and prolonged use of massage oils - as tempted as you might be, we do not ever suggest the use of massage oils that have sweet birch or wintergreen in them.

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These both have extremely high percentages of Methyl Salicylate in them. Unfortunately this constituent is very difficult for the liver to eliminate and so may accumulate to a toxic level with prolonged use. Accompanied with the fact that many Fibromyalgia sufferers may also take many pain or analgesic medications to begin with you do not need to add this to your livers overload.

So do not use any of the following oils or blends or massage oil blends if you have Fibromyalgia - Sweet Birch, Wintergreen, Dar's Blend or Dar's Massage oil, Theratone blend or Theratone /Almond Massage blend, Muscle Warming Massage oil, Muscle Warm Blend. Tei Fu Blend.

Please be aware that many over the counter analgesic muscle rubs may also contain Methyl Salicylates and should also be avoided by Fibromyalgia patients, unless you have been directed and monitored by your doctor or health care provider.

Before we close this article be sure that you talk to your physician or health care provider and discuss the use of essential oils and massage therapy you would like to add to your present care. They need to be aware of what you are doing too. As you may be able to eliminate many medications as time goes by, some medications as you know should not be stopped without the advice of the doctor.

Health and Beauty

The Different Types of Aromatherapy

by Penny Keay

Surprise!! There is more than one type of aromatherapy!! BUT they all involve the use of essential oils.

We practice **Holistic Aromatherapy** - this is where you look at the whole body and not necessarily just one part. We look at your emotional, spiritual and physical health. So as many of you know that have written to us for suggestions, you will see we will make suggestions about other aspects of your life and health too. The Holistic aromatherapist will cover most of the other categories or types of aromatherapy to varying degrees you can continue to read about them below.

Nursing Aromatherapy - we are not just talking about the Registered nurses here - although many of them may use it, we are talking about the use of essential oils while not only taking care of hospitalized or institutionalized patients but the use of essential oils to fight germs, and for use in massage, the human touch, and more while caring for them in many ways, physically and emotionally. Nursing aromatherapy is the use of essential oils and how they help both the nursing staff and the residents.

Medical Aromatherapy - this is a more in depth study of how essential oils can help ones health concerns. It covers many of the same aspects as holistic aromatherapy, including the effects of essential oils on the bodies chemical, hormonal and immune systems. Studies are made on not only involving the physical aspects of the use of essential oils but also the psychological effects that might result from the chemical changes.

Esthetic Aromatherapy - is the true cosmetic uses of essential oils in beauty and skin care. It mainly deals with different skin types and conditions, using essential oils for improving different skin ailments. Some may deal with hair and scalp care too.

Psychological and Spiritual aromatherapy - This is the use of essential oils for emotional and mind effects. This includes the use of various essential oils and herbs used for religious rituals. This sub-category also involves the personal use

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while meditating, mind clearing and much more. The Psychological uses of essential oils may include how they help with many emotional aspects from grieving, depression and memory with the list in this sub category which is very long.

Animal Aromatherapy - this is of course the use of essential oils and distillation waters for our furry and feathery friends. This is a very specialized form of aromatherapy and needs to be approached with caution. Animals do not have the same kind of metabolism or body chemistry as humans and what works for people won't necessarily work on animals. We do not practice animal aromatherapy as there is too much to learn about using essential oils on people.

There are many courses of study in the wonderful world of natural scents. If you decide you want to know more, we suggest you pick up several different aromatherapy books. Some will cover these different practices in varying degrees in every authored book. Many authors will specify what they are more comfortable and knowledgeable about when it comes to the use of essential oils in aromatherapy.

Since we practice and study Holistic Aromatherapy, our reference library is extremely large and we have books covering just about all the above sub-categories. We'll make suggestions where we can about any of the sub-categories if we can find references to the question you are asking. But please note, not for animals, we just don't have enough reference material or knowledge in that area when it comes to aromatherapy for use on your pets.

Around the House and Office

Choosing A Diffuser - The Variables

by Penny Keay

There are dozens of ways to use essential oils and the most common method is to diffuse them into the air. But this is where the dilemma begins. How do you know what diffuser will work best for your situation.

There are several things you must look at - we call them the "variables".

Included in this list are the following items:

- The size of the room
- Your desired effects -**why** are you diffusing
- The noise
- The air flow
- The area you are scenting
- The type of diffuser you wish to use or can use.
- The time factor
- The saturation level

Now lets look at each variable and ask some more questions.

The size of the room- you will need to get a tape measure out and measure the room floor size. Length times width will tell you the square footage. So a 10 X 12 room is 120 square feet of floor. BUT you must also consider the height of the room. Does it have 7, 8, 9, 10 or higher ceilings? This can increase the volume of the room considerably and may alter the type of diffuser you should consider to use.

The desired effects - are you diffusing for general scenting, for relaxing effects, energizing or disinfecting.

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The noise factor - passive diffusers and oil and tart warmers either tealight or electric are completely silent, any diffuser that uses a fan or atomizer will produce noise to varying degrees. If you are trying to sleep - fans can be a nice source of 'white noise' for others it can be annoying. For use while sleeping - if fan noise bothers you, then use a passive diffuser or place the fan diffuser on a towel or other sound absorbing cloth. Do not use a heat source diffuser while sleeping.

Air Flow - This can be a very important variable. Are doors opening and closing constantly, or is there an over head venting system for constant air flow in place. New air quality standards may make many types of essential oil diffusers ineffective in office settings.

The type of room or area - Kitchen, living room, bathroom - Is the room a closed room. Or is it in a busy office waiting room. Or do you just want some scenting near where you are sitting - watching TV or working on at a computer.

The type of diffuser - Do you want electric, if so, a heating type ? a fan type? If used in an office, can you use a glass or ceramic product or does it have to have unbreakable parts? Are you allowed open flames? If not, a tea light type diffuser would be out of the question. Do you have children or pets, the elderly or infirm? You especially don't want them to touch, bump or play with the diffuser.

The Time factor -You will have to apply essential oils every few hours no matter what type of diffuser. Some may require less attending then others. Essential oils are not like Fragrance oils. Essential oils, unless you are using a blend containing a lot of heavy base notes, will need to add more essential oils to your diffuser every 2-4 hours. Fragrance oils have extenders or chemicals to make them last - but they are not good for your health. Fragrance oils cannot be used in many of the essential oil diffusers as it will void their warranties.

The second part of the time factor is how long to diffuse the oils. All day, just a few minutes, every couple hours. You may need to find a timer.

The Saturation level - Remember in aromatherapy and the use of essential oils - more is NOT better. Some folks have asked how to get a scent so strong so they can smell it ALL the time. Well, unfortunately this is not possible.

Our suggestion is to use different scents in different rooms or areas. But even then you will be accustomed to the smell or scents within a few minutes. You'll probably smell the oils when you first walk into a room but normally your body will become accustomed to the smell quickly.

This is called Olfactory fatigue. It is part of the primal (basic) defense system of our bodies. When a scent is not considered a threat to our survival, our bodies will automatically block it out while searching and being alert for the next threat via smell. Thank goodness for most of us we can quickly reset it as we walk from room to room that have various scents. Or stepping outdoors can reset it - what do you smell outside?

If you no longer smell any essential oils that are diffusing - you may need to add more. Learn how to use your diffuser that will suit you and your family or office companions to give everyone the level that is satisfactory to all.

Now onto a list of suggestions:

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Room size - small areas to large areas - Passive diffusers, Scentballs, Mio's, Aroma Shell, TruMelange, Spa Scenter's, FanFuser's, Tealight diffusers, Oil/Tart warmers, atomizers.

Desired effect - This is a large category and general guidelines are again - More essential oils in the air is not necessarily better. You can put too much in the air and have undesirable results.

Noise Factor- If you need a quiet diffuser - use passive, scent ball or oil and tart warmers. Fan diffusers motors are usually quieter than atomizer type diffusers.

Air Flow- Little or no air movement in the room or area - use a passive, scent ball or fan diffusers. Moderate air movements you can use Scentballs, aroma shells, tealight and oil /tart warmers, fan diffusers. A lot of traffic or opening and closing doors - place several Scentballs, use several fan diffusers, oil-tart warmers or atomizers (on timers).

Type of Room or Space- small areas - personal areas like at your desk or while reading - Jewelry, passive diffusers, Scentballs. As space increases, you can use Scentballs, Aroma Shells, and Fan diffusers. Larger areas Oil and tart warmers either tealight warmed or electric warmed. Large rooms Oil/tart warmers that use electricity and soy tarts. Extremely large areas you should probably use atomizers - again on timers.

Type of Diffuser- More questions - Breakage factor - Scentballs are pretty much indestructible. The SpaScenter can take pretty rough handling but plastic can still break and there is the factor of electricity involved. If you can't use electricity your only option may be a passive diffuser, but they can be dropped and break too, but normally do not shatter. Another option would be a battery operated fan diffuser. Safest diffuser around pets and children are Fan diffusers such as the SpaScenter and TruMelange. Heat style - oil and tart warmers can produce very warm wax or hot water and if there is a possibility the diffuser can be bumped or knocked by a child or pet - you should reconsider using such a unit.

Open flames cannot typically be used in public settings or office buildings - check with your local fire marshal. Most atomizers have glass and other breakable parts and may not be able to be used in office settings. Check with your office manager. There may be other concerns.

Time factor- If you are looking for all day diffusion - you will have to remember to add more essential oils throughout the day. If you just need an hour or two - just add a few drops to any of the diffuser types. If you want several hours of diffusion you can try an oil or tart warmer as they can hold more essential oils and may give you the appropriate scent for your needs. These units can also be put on timers. If you work in a busy office and can use a tart warmer - putting them on a timer with 2 hours on and 2 hours off may provide the best solution for your office.

Or you may need to use an atomizer diffuser on a timer - typically they should be set to diffuse for 10-15 minutes on and then be off for 1½ hours. Unless you are disinfecting a room that you will not be occupied for several hours - atomizers should not be run for hours on end.

Saturation level - This is a personal preference but again, more essential oils is not better. You will want to experiment with different types of essential oils in different types of diffusers to see what one will give you the scenting level you prefer. Smaller diffusers in a large room probably won't provide you with adequate saturation and a large oil or tart warmer in a tiny bathroom would be over saturation. See the room size guidelines to help with the saturation factor.

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We hope this helps to decide what might be the right diffuser for you. For complete descriptions of all the different types of diffusers we have available please visit our website and visit our <http://birchhillhappenings.com/aroma4a.htm> page or visit each of the items below as found in our on line catalog pages.

Passive diffusers - terra cotta discs and ceramic shells.

Jewelry, Sterling Silver

Jewelry, Terra Cotta

Scentballs (electric) and Car diffusers

Aroma Shells,

Mio - a battery operated fan diffuser,

Tru Melange -both electric and battery fan diffuser

SpaScenters - variable speed electric fan diffuser,

Fan Fuser - two speed electric fan diffuser

Tealight oil and tart warmers in Glass or Ceramic

Oil and Tart warmers that are electric heat source.

Atomizers - see Diffuser Worlds wonderful selections.

If you still have question or are unsure please send us an e-mail with your questions.

Recipes to try

by Penny Keay (unless otherwise noted)

Muscle and Nerve Inflammation Massage

8 drops Lavender
4 drops Chamomile
4 drops Helichrysum
3 drops Marjoram
2oz of Jojoba carrier oil

Blend essential oils in a PET bottle. Once blended then add the Jojoba or other carrier oil. This blend is similar to Mary Beth's Nerve Pain Cream. The essential oils are in a different proportions and this recipe uses a carrier oil instead of the sorbolene cream.

Soothe Aching Muscles

Peppermint – 4 drops
Thyme – 4 drops
Lavender – 4 drops
Marjoram – 3 drops
Carrier oil such as Sunflower Oil – 1 ounce

Blend the above essential oils in an PET bottle then add the sunflower oil or other carrier oil. Massage lightly.

A Relaxing Massage

Orange – 4 drops
Anise – 3 drops
Cedarwood – 3 drops
Neroli – 3 drops
Chamomile – 2 drops

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½ ounce carrier oil of your choice.

Blend all together in a PET bottle and use to help relax.

Cheer Up! Spring is in the Air

Grapefruit – 5 drops

Spearmint – 5 drops

The V'Nillas - 5 drops

Lime – 5 drops

Blend together in an amber bottle and use to diffuse in any room diffuser.

BIRCH HILL HAPPENINGS NEWS

Hello Everyone,

To all Irish and honorable Irish - Happy St. Patricks Day (March 17) and

for all those Finnish folks - Happy St. Urho's Day!! (March 16).

And while I'm at it, Happy Easter and Passover to every one else!!

Hopefully I didn't miss anyone.

We have been very busy this past month and hope to have some surprises for everyone in the next few weeks.

Well you asked and finally we have found it. What is it? A Search Engine for our website. Many of you have asked for a search engine to help find both products and information on our site. Especially since our site is becoming quite large and has a lot of information to offer on it. We looked for quite a while for an affordable and easy to use search engine and Google just came out with a wonderful and inexpensive search engine for individual sites.

It searches just our Birch Hill Happenings website. You will find the search boxes on each of our OnLine Catalog pages and on the Table of Contents section. As time permits, I will get more search boxes placed on pages throughout our site.

Several of you have requested a few new products. We now have in stock Calendula Infused oil. This is a great carrier oil for many skin conditions including eczema, psoriasis and other types of skin injuries. Add your essential oils to this to make your own helpful blends. You will find it on the Carrier Oil page.

New!! Lip and Perfume Roll-on bottles in a beautiful frosted Cobalt Blue!! You asked and we now have them. You will find them next to the clear Frosted roll-ons on our Bottles pages. Photo will be coming soon!!

The Unscented Hair styling Gel has arrived and is available and selling like hotcakes. It has a light hold and can be scented with essential oils with your very own personal scent or used unscented. It is on the Unscented Base Products page.

WAITING FOR THEM TO ARRIVE! We are trying to be patient but just had to let you know what is coming within the next week or so. (Wish they had been here for this newsletter.)

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We have several products we are waiting for and we will have them available as soon as they arrive. These are items you have asked for and we have finally been able to find suppliers. Check our What's New Page next week and often, as we will announce them there when they arrive!

The Plastic Nasal inhalers. We are waiting for their arrival in the next couple days and hope to have them up on the internet as soon as they are here. So please check our Inhaler page next week as that is where they will be found.

Unscented - No Scent added Spray-on, Leave in Hair de-tangler .

Our future daughter-in-law has extremely thick hair and says it was almost a nightmare to get a comb through her wet and even sometimes her dry hair. She found that just 5-6 spritze's of the Hair de-tangler and she was able to get the comb through her hair with much more ease. It doesn't leave her hair feeling greasy or sticky. Although you can use it unscented, you can also add essential oils to this for your own personal scenting! It will be available when it arrives in 2 oz, 4 oz and 8 oz Spray bottles and will be on the Unscented Base Products page.

Coming Soon - Hopefully - next week, will be the arrival of the all new Body Spray - You can add your own blend of essential oils and use it to spray on as a perfume or after shower spray. Spray it on your hair too!

Please note that it has an inherent smell - meaning the ingredients to make this product gives it a slight odor, but since this product will be scented with essential oils you will not be able to smell the product once you add your essential oils to it.

The other product will be an Unscented Linen Spray. Simply add your favorite essential oils to this product and use it to scent your sheets, towels and other linens. This should be a most helpful product for so many of you that have been asking. Please note that it has an inherent smell - meaning the ingredients to make this product gives it a slight odor, but since this product will be scented with essential oils you will not be able to smell the product once you add your essential oils to it.

I'm sure there are more things we have coming, but at the moment we are not sure when they will be here. But rest assured once they do, we'll get them up on our site and available to you very soon.

That's about it for this time. Spring is just around the corner and if you are like us here in Minnesota - Cabin and Spring fever is making us all anxious for Spring!!

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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