

Plant Language and Asia Aromatherapy Seminars

Helping patients, optimizing health, unrivaled prevention

Secondary Plant Metabolites, such as essential oils, have acquired their physiological activity through millions of years of natural selection, touching all aspects of human health. They are active against pathogenic microorganisms, they counteract tumors and prevent degenerative and auto-immune diseases. The corresponding new scientific insights are presented in “The Healing Intelligence of Essential Oils,” which is the published book version of the Plant Language Course.

It is the ongoing story of aromatherapy that many of its claims are denied by a scientific orthodoxy, which limits itself exclusively to reductionist pharmacology. Everything outside this orthodoxy is treated as if it did not exist. Recently, however, interdisciplinary approaches, combining evolutionary and cellular biology with the existing understanding of the molecular nature of secondary metabolites have provided a wider perspective. It is now accepted that secondary metabolites have a significantly broader spectrum of activity than previously thought.

Turning these scientific breakthroughs into practical applications the “Plant Language Course” and seminars present a set of instructions how to experience the different qualities of various essential oils first hand. From anti-inflammatory activity, skin regeneration and wound healing to lymph support and liver detoxification the “Plant Language Course” and seminars not only present instructions, but also identify specially selected authentic essential oils to provide a safe framework for these experiences.

“Plant Language” emphasizes the fundamental difference between conventional drugs and essential oils: Their respective physiological activity unfolds in entirely different ways. Conventional drugs generally consist of a single substance with one (or a few) defined effects, such as the analgesic effect of Aspirin. Essential oils consist of hundreds of active components, each of them interacting with different organ systems (for instance hormone receptors, nervous system and digestion) simultaneously. Given that different individuals have different constitutions, the combined overall effect of an essential oil for one individual may well be slightly, or even significantly, different from that for the next person.

To derive the most benefits from essential oils, developing a personal and visceral understanding of the way specific oils interact with one’s own organism is the most important first step. This will allow to combine personal experience with acquired knowledge to work with essential oils most successfully.

Seminar Outline Day 1: Plant Language

1 FEELING AN ESSENTIAL OIL: USING UNDILUTED LAVENDER IN THE SHOWER

- Learning the intricacies of Lavender: Lavandin, Clonal Lavender, Population Lavender and Wild Lavender (Lavande sauvage)
- Experience the subtle yet important differences in the therapeutic qualities of these oils
- Become familiar with the immediate sensation of applying essential oils to the skin

BENEFITS: Strengthens emotional balance and immune response. Maintain clear, toned skin, prevent herpes, candida, inflammation, etc.

2 PRECAUTIONS

- Identifying the essential oil components that can cause problems, and replacing potentially risky essential oils with their benign relatives
- Learn safe forms of application for essential oils with potential toxicity

3 INGESTING

- Ingesting a drop of Lemon oil is simple and safe
- Induction of liver detoxification enzymes

BENEFITS: Because essential oils almost always induce an overall detoxification process, their use prevents a build-up of toxins in the body and promotes a healthier metabolism and better skin.

4 WOUND HEALING AND SKIN REGENERATION WITH HELICHRYSUM

- Experience and understand the differences between Corsican and Bosnian Everlast oils

BENEFITS: Unrivaled first aid remedy for wounds as well as scar treatments.

5 HOW TO USE CHEMOTYPES: THYME AND ITS VARIATIONS

- Feel and experience the distinctly different qualities of various chemotypes of Thyme
- How the struggle for survival in different environments produces different healing properties

BENEFITS: Chemotypes of Thyme are effective for conditions bacterial infections, arthritis, STD prevention and more

6 STEAM DISTILLATION VS. CO₂ EXTRACTION

- Steam-distillation and CO₂ extraction yield distinctly different Ginger oils
- Experience the differences using polar CO₂ extracted and non polar steam distilled Ginger.

BENEFITS: Learning how to utilize extracts different from essential oils which contain components and properties not found in essential oils. This is especially relevant for tumor prevention.

7 STEAM DISTILLATION VS. SOLVENT EXTRACTS (ABSOLUTES)

- Understanding steam distillation and solvent extraction produce vastly different composition
- Experience the differences using Rose essential oil (Rose Otto) and Rose absolute.

BENEFITS: Learning the different qualities essential oils and absolutes bring to a perfumes and how both produce different psychological effects

8 ESSENTIAL OIL AUTHENTICITY

- When essential oils are produced and processed they can represent the character of the plant with vastly different fidelity
- Using different Eucalyptus and other oils to illustrate the concept:

BENEFITS: Recognizing therapeutic value of inexpensive authentic essential oils

9 HOW COMPLEXITY ARISES: BEYOND MOLECULES

- The need for survival has selected molecules with multiple properties, which arrange in complex natural mixtures to perform different tasks in different plants. In a theoretical leap the biological idea of organicism recognizes that molecular structures alone cannot explain all healing properties.
- Examples: Ravintsara and Niaouli have very similar composition but rather distinct properties

10 THE CRADLE OF AROMATHERAPY: ESSENTIAL OILS FROM CORSICA

- Corsican essential oils are famous for their uncompromised authenticity
- The surprising co-occurrence of mild characteristics with powerful physiological activities
- Well-known, and also unusual, (thyroid, prostate) healing qualities

BENEFITS: Experience decongestant essential oils which address contemporary issues.

11 SPECIALTIES FROM AROUND THE WORLD

- Preventing viral diseases with either Monarda or Tea Tree

12 THE BITTER ORANGE TREE

- The Bitter Orange Tree is a perfect example to illustrate the myriad of ways in which plant and human lives intersect, from perfume and food to the uses of Neroli oil as an anti anxiety agent
- Exploring the three very different essential oils derived from the Bitter Orange Tree

BENEFITS: Building awareness for the full spectrum of psychological/emotional effects of authentic Neroli oil.

Pacific Institute of Aromatherapy is proud to offer these combined Plant Language - Asia Aromatherapy Seminars in the first half of 2012 in celebration of the release of Dr. Kurt Schnaubelt's new book: "The Healing Intelligence of Essential Oils."

The Plant Language Course is also available as a complete package with "The Healing Intelligence of Essential Oils" as textbook and corresponding collections of essential oils, tools and media. For details please go to www.pacificinstituteofaromatherapy.com. For sample pages and an extensive overview please go to www.plantlanguage.org.

Asia Aromatherapy is currently only presented in Singapore on March 3 and 4 and the other PIA seminars in 2012.

Seminar Outline Day 2: Asia Aromatherapy

Essential oil plants indigenous to the tropical climates of the Indian Ocean and the Indonesian archipelago have an enormous diversity of physiological effects. Different than plant extracts from the Old or New World, many Asian aromatics have enjoyed uninterrupted medicinal use in traditional healing systems for at least two thousand years.

Asia Aromatherapy focuses on the medicinal and aromatic plants of Asia. Rhizomes, trees and resins result in dense extracts with deep metabolic benefits, such as sustained reduction of inflammation, anti oxidant qualities, tumor prevention or liver detoxification and regeneration. Asia Aromatherapy will explore how the mystique of millennia surrounding spices like Clove or Ginger is now followed by an exploding number of scientific studies. Exploring the diversity and depth of Asian essential oils may well lead to some of the most effective synergies for preventing the most dreaded diseases of our time.

Asia Aromatherapy will summarize the ample scientific research which overwhelmingly demonstrates the outstanding anti inflammatory and anti oxidant effects. This is considered highly relevant, as chronic inflammation is seen as a terrain for the onset of tumors. In addition, these Asian extracts also act along a number of other pathways to prevent carcinogenesis or have outright anti tumor properties.

13 MANAGING INFLAMMATION

- Inflammation involves many cellular processes. Essential oils counteract inflammation at different stages (inhibiting nuclear factor kappa beta, inhibiting prostaglandin synthesis or even preventing histamine release)

BENEFITS: Asthma, arthritis, colitis. The rhizomes and resins of Asia ameliorate many chronic conditions

14 INGESTING REVISITED: OILS FOR THE LIVER, SUPPORTING CANCER PATIENTS

- The most important Asian extracts inhibit Phase I enzymes (inhibiting formation of carcinogens) but induce Phase II enzymes, which eliminate carcinogens
- Supporting Hepatitis treatments. Reduction of elevated liver enzyme. Counteract toxicity from chemo or radiation therapy.

BENEFITS: Learn to help patients who undergo chemo- or radiation therapy according to the protocols of Dr. Giraud-Robert and Dr. Pam Taylor. Building a working knowledge of using these essential oils as the most effective form of preventing cancer and other degenerative diseases

15 EXPLORING THE INCREDIBLE HISTORY OF ASIAN AROMATICS

To end the class we will embark on a lighthearted historical journey, tracing the spread of Ginger, Frankincense, Myrrh and recall the migrations and political and colonial adventures connected to fragrance and spice, from early Austronesian migrations to Cheng Ho and Vasco da Gama.

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