

# Choice

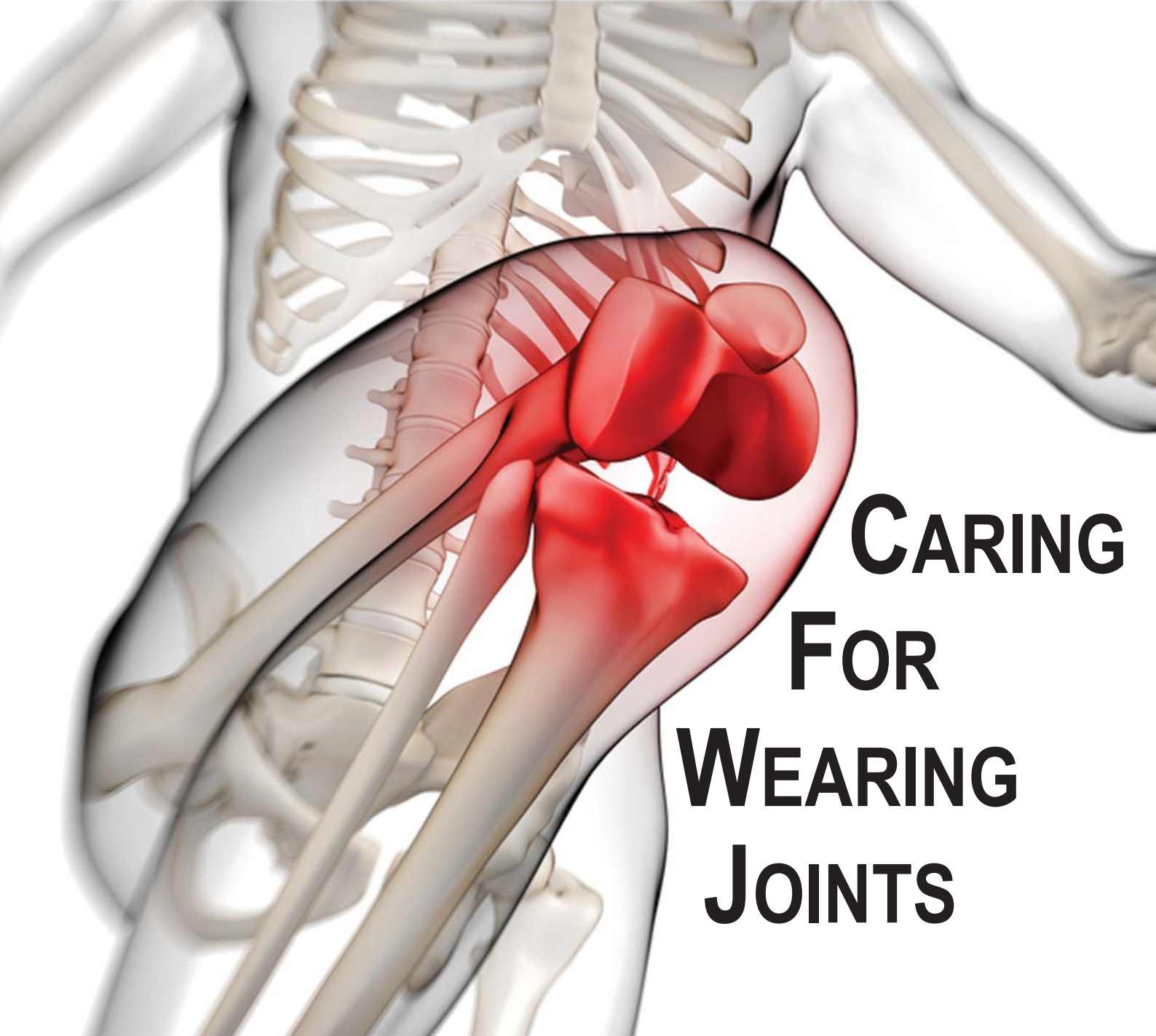
## Health & Wellbeing



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The Leading Publication for Complementary Health, Education and Wellbeing



# CARING FOR WEARING JOINTS

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**Your Health and Wellbeing Success Starts Here!**

Are you a health-conscious consumer, looking to come into the industry or looking for a suitable treatment? Find out what the experts say and read.

### Letter from the Editor



We all have dreams, goals and desires and I am sure, like many, when things don't go to plan you get disheartened. Travel has become so easy and I am sure you have all seen the diversion signs when there are road works. There is always another way, unfortunately we don't always have the luxury of being told which way to go. The key is to focus on the target and enjoy the journey, not worrying about how as this causes stress and tension.

You would never dream of picking up those orange and white cones and putting them in the back of your car, so why carry the past with you?

Eventually, due to the constant watering those problems/situations start to resurface pushing through like weeds in a garden and unless they are pulled out and thrown away they will re-present as dis-ease.

This is so true, you see it so many times, the effects stress has on people. The majority of people devalue themselves.

So why is it then when we go through challenges in life we tend to devalue ourselves, when we should actually increase our value as we have come through those situations and have grown, developed and hopefully become better people from the lessons we have learned. I leave you with a thought: smile often, dream big, laugh a lot and realise how blessed you are for everything you have.

Happy reading,

*Angela*

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# The oils in your home



**Lavender, roman chamomile, tea tree, mandarin, lemon, peppermint, rosemary, geranium, frankincense and many more!....**

**T**here has always been a healthy interest in natural remedies, but with skin complaints and other ailments in both the young and the old on the increase and the continuing NHS cutbacks, it's only a matter of time before we all start reaching for the bottle! But not bottles of wine or, indeed, any bottle that contains alcohol! Sorry, but these bottles contain the beautiful and magical oils known as essential oils that are used in Aromatherapy today.

Used for thousands of years, the ingredients that go into making these oils come from various flowers, plants and trees from around the world. They have been well known and used by many cultures on a daily basis as part of their belief and survival systems. Almost taken for granted by some tribes, their remedies are often hidden in folk law. Indeed, these people would probably wonder what all the fuss was about.

Chamomile with its gentle calming and analgesic effects; lavender's healing and antiseptic qualities and for easing anxiety and promoting sleep; the Roman soldiers who packed their wounds with yarrow to stem the bleeding; tea tree that was given to the troops who served in the tropics during World War II to fight infection ... the list is endless.

These beautiful botanicals all form part of our

ecosystem and just like the honey bee, we depend on their survival for our survival. Bees will pollinate these wonderful flowers, plants and trees to provide us with Mother Nature's natural remedies.

So, look no further than your bottle of essential oil that's hidden in the cupboard, or even the herbs in your garden, for some wonderfully effective remedies. They are not just effective but can be cost effective too!

Of course, to an aromatherapist who is clinically and professionally trained in blending essential oils, it is second nature to use more than one, two or three oils in a blend. A true aromatherapist will blend for physiological and emotional wellbeing too! This dual action can make the oils quite unique as they can help to heal you on the inside and the outside too! Many people they will often buy tea tree or lavender, chamomile or even lemon to use for a certain problem and then leave the bottle in the cupboard half used and forgotten!

**Well, why not learn a little more about the oils in your home and what they can be used for?**

You will get the most out of them and may even expand your collection. However, always

remember essential and carrier oils can stain clothing, so always use them with care. Just because they are natural does not mean they can't harm you.

The essential oils can burn or irritate sensitive skin especially that of babies and young children who have very sensitive skin. The key essential oils that are safe for children are lavender, chamomile, mandarin and tea tree, but all of these can still irritate a sensitive skin.

Pregnant women should also check with their GP/Midwife, especially if less than 12 weeks pregnant. People with conditions such as epilepsy, asthma and other chronic conditions should always use oils with caution and check with their GPs first. They should check that the oil they wish to use is not contra-indicated for their condition and ideally they should check with their local Aromatherapist or Health shop. The staff where oils are purchased should be able to give advice and the guidance required to use these oils safely.

Certain oils can be very toxic. Oils have different strengths and so the amount used varies: someone using a few drops of lavender would only require one drop of peppermint and so on. Plenty of people will happily dab neat lavender and tea tree onto the skin, but aromatherapists prefer to blend and dilute the oils. Less is more and the oils work just as well and will last longer. The oils can be used very effectively on their own or as a blend, depending on what is available.

Not every oil works for everyone. Plenty of people can't stand the smell of lavender, for example, so in the aromatherapy world we would not use lavender for that person. There are alternative essential oils that contain similar properties; there are plenty to choose from and something for everyone.

Your sense of smell, although not used much these days, is still a good barometer to check what works best for you. You don't have to love them – just not loathe them! If you don't like the smell, it probably won't work for you! You choose the oils that work best for you also by the smell that you like!

## So let's start.....

There are many different ways to use the oils: oil burner, massage, atomizers/room sprays and drops on a tissue to inhale throughout the day etc.....

## Sprays

Sprays for around your home on furnishings, fabrics, bed linen and clothes, etc. are easy to make. Take a bottle with an atomizer spray and add approximately 80 per cent distilled water and 20 per cent vodka; then add approximately five drops of essential oils for every 10 ml. So, in a 100 ml bottle you could add a total of 50 drops. But you could probably use only 35-40 drops, depending on the essential oils you're using. Remember, when using the oils you can always add but you can't take away, so add gradually and smell as you blend. Remember less is more.

Shake well and, there, you have a perfectly good room or linen spray.

A good blend to spray around your home would be lavender and lemon with a hint of mint. How much of each oil you use is up to you, so if you prefer more of a lemon fragrance, add more lemon and so on. Or, have a lavender spray: try 20 drops of lavender, 15 drops of lemon and 10 drops of peppermint. This combination is great for ironing water, for spraying clothing and bedding, etc. It's refreshing and will help to keep the bugs at bay. You may prefer just a lavender and lemon spray, or add tea tree. This could then be used to wipe over work surfaces as a gentle antiseptic spray and will be healthy for you too! Lavender and chamomile work well together to induce sleep, either together or alone. Also, try a spray of lavender and tea tree as an insect repellent or the lavender and chamomile to ease insect bites and for cuts and wounds too!

The key with aromatherapy is to understand the synergy that works between certain oils, as with people and their personalities. It is important to understand and respect the oils, depending on what you intend to use them for.

As mentioned, chamomile and lavender work really well together and as they have analgesic properties, are often used during massage to ease aches and pains. Chamomile is a great anti-inflammatory; it can ease muscular discomfort and can also aid relaxation.

## Blending Essential Oils

**Adults** – add a maximum of four to five drops for every 10 ml of carrier oil

**Children** – add a maximum of two drops for every 10ml of carrier oil

Take 10 ml of any carrier/base oil such as olive oil and/or sunflower oil. There are many other carrier oils too, each with their own therapeutic qualities. Add a total of four to five drops for every 10 ml of carrier oil. Combine two drops of chamomile and two to three drops of lavender. Massage into the affected area to help relieve aches and pains and calm the nerves.

If you prefer to relax in a bath, add a total of four drops of chamomile and/or lavender, or any essential oil of choice. Ideally, first add the drops to 10 ml of full fat milk. This helps to disperse the oil in the water and adds a little luxury to your bath, while softening your skin too!

## Compress

Take a small towel or flannel and a small bowl of warm water and add the essential oils to the water. Stir the water to ensure the oils have dispersed, then soak the flannel, squeeze out excess water, and apply to the area.

Remember to use approximately five drops for every 10 ml of water.

In any combination, lavender, chamomile and tea tree can also be applied to insect bites, grazes, itchy skin and skin conditions such as eczema, to bring relief.

To treat children with the after-effects of the

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sun, such as sun burn, use two drops of lavender and/or chamomile. For adults with sunburn, add just one drop of peppermint and two to three drops of lavender, as this has a cooling effect on the skin. Caution must be exercised with peppermint as it is a powerful oil and may irritate the skin.

### Hair care

Take a 100 ml of either base or unscented shampoo, add either lemon and chamomile (which can help to cleanse and lighten the hair) or rosemary (which is ideal for dandruff). Add about 40 drops of essential oils and shake well.

For children's shampoo, add chamomile, lavender, mandarin or tea tree in any combination, but ONLY two drops for every 10 ml (so in 100 ml, a maximum of 20 drops). Always use with caution and shake well before use to ensure the oils are properly blended. Tea tree is a great antiseptic and is also ideal for keeping the naughty nits at bay, so you could blend into an atomizer and carefully spray over the hair, covering the eyes. Leave in for ten minutes, then shampoo as normal and rinse.

For a conditioner, try geranium and tea tree or lavender can help dandruff or an itchy scalp. In 100 ml of conditioner, add a total of 40 drops and shake well. Remember, conditioner is much thicker and so the oils will take longer to disperse. It is best to stir the essential oils into the conditioner and shake well for much longer to ensure they have blended.



Frankincense is a great oil and blends well with lavender and mandarin. It can help respiratory problems such as colds and coughs, can ease shortness of breath and is helpful for asthma sufferers too. It is a calming and comforting oil, used to help ease bereavement. As it is a good astringent, it can lift ageing skin and claims have been made that it reduces wrinkles.

So now you know there is so much more to those little bottles of essential oils.

**Please note:** If pregnant or you suspect you may be pregnant or you have a medical condition, consult your GP or qualified Aromatherapist for advice before using essential oils. Do not apply neat essential oils to the skin. Always use with caution. **CHW**

© If you would like more information about professional aromatherapy, are interested in training to become an aromatherapist or would like to find a qualified aromatherapy practitioner in your area, please go to the International Federation of Aromatherapists (IFA) website at [www.ifaroma.org](http://www.ifaroma.org) or email at [office@ifaroma.org](mailto:office@ifaroma.org)

# Eat, pray and learn part 1



Well summer is here and it is time for me to have a short vacation from teaching. This year I wanted to do something special so when my friend Jonathan Hinde from Oshadhi UK rang to tell me about a wonderful opportunity to visit Provence on a study trip, I said yes immediately! There was no hesitation.

Provence is one of my favourite places on this beautiful planet and July is Lavender season. In the past I have enjoyed many aromatic adventures in the high Alps of Provence and travelled the area in pursuit of excellent essential oils, knowledge and culinary delights.

But the one place I have longed to visit was Malte Hozzel's place in Orto de Prouvenco close to Aurel. This is the venue for my studies. The title of the conference is "Plants and Man". Aromatherapy is one of those subjects that you just continue to learn, it is a "journey rather than a destination" as the saying goes and I am passionate about learning. I shall enjoy the food of Provence, I will spend time in prayerful meditation and I will learn more about essential oils and their therapeutic capabilities.

Orto du Prouvenco - means "large garden of Provence" the pays de Salt is one of the densest areas of medicinal plants in Europe. Such a fragrant environment filled with the fragrance of wild thyme and other herbaceous aromas. The regional cuisine is influenced by the abundant herbs of Provence plus ingredients such as Goats cheese, olives and garlic with a strong Mediterranean influence. These are among my

favourite things. Provence is also the largest wine region specialising in dry Rose wine.

### I'm flying to Marseille via Paris and from here my adventure will begin.

Marseille is the second largest city in France and one of the oldest. It was first discovered by the Greeks and used as a trading port. It is the capital of Provence.

I travel onwards to Aurel and "Orto" this is where my studies begin with a botanical walk to collect medicinal plants for distillation. During the week I will be visiting the Gorges de la Nesque, Mount Ventoux on a botanical excursion and an organic distillery.

There is also a Lavender Museum at the Abbey of Senanque. The abbey is a 12th century working Abbey. In front of the Abbey is a valley of Lavender fields which will be in full flower and ready for harvest in late July-August. I am looking forward to capturing this on camera and breathing in its fragrant beauty.

A visit to the Salagon Priory is also scheduled to take in the ethno-botanical gardens. The Conservatoire is said to be an ethnological museum and presents some beautiful flowers and aromatic plants of the region. I hope to feature some of my discoveries next time so please join me for part 2. I will be spending the later part of my days learning about essential oils from around the world as Malte shares his wisdom. Have a great summer where ever you are spending it?

**CHW**

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