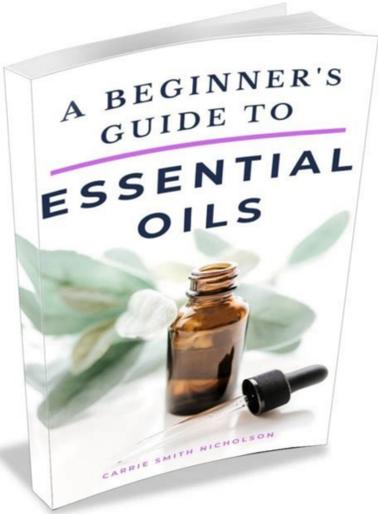
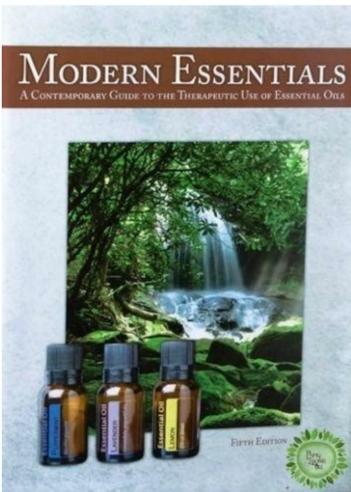


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Essential oils vietnam.

While a study of one is hardly convincing evidence, a woman who ingested peppermint oil was brought to the hospital in a comatose state. On these pages, you will learn the properties and preparations for the most popular essential oils. How to Treat Common Conditions With Aromatherapy: Aromatherapy can be used to treat a number of conditions, from asthma to depression to skin problems. An essential oil is, simply put, the "essence" of a plant, obtained by water or steam distillation, or by cold pressing (for citrus peel oils). However, you need to know exactly what you want since you will not have the opportunity to sniff before purchase. Price: There is great variation in the price of essential oils because some are more expensive to produce. At first, it may seem a formidable task to detect the difference between good and poor grades of oil or to spot a synthetic. Some of the most common carrier oils are jojoba, coconut, and sesame oil. What about the claims that essential oils are perfectly safe to ingest? On the other hand, peppermint is much less costly because the plant contains more essential oil, is relatively easy to grow and tend, and is harvested with machinery. "There is no formally approved grading standard used consistently throughout the essential oil industry," Lortscher says. If you have any questions or doubts, make sure to ask your doctor. The most unscrupulous will sell low quality oils for the price of better ones. This being said, you will find oils and related supplies at natural food stores, herb stores, specialty mail-order catalogs, and of course, at aromatherapy and skin care outlets. "Though this isn't widely accepted by the medical community, there are actually quite a few studies showing that essential oils can cause cancerous cell lines to die via apoptosis." But lots—and lots—more research needs to be done before this kind of treatment can be considered viable. In any case, Ferrari says, it's important to tread carefully around oral consumption of essential oils. Our sense of smell (controlled by the olfactory nerve) is very powerful and exerts influence over our thoughts, emotions, moods, memories, and behaviors. "Essential oils can reduce inflammation or stimulate the immune system or calm down the autonomic nervous system," Ferrari says. If you're feeling confused, stick with the basics. "A pure essential oil is very volatile, so it should not leave any residue on a white blotting paper. The price of essential oils varies from \$5 to an incredible \$800 an ounce or more, reflecting the difficulty involved in their production. Many other factors, such as difficult growing conditions, the rarity of the plant, or where the plant is grown, affect essential oil prices. One of the active ingredients in tea tree oil, for example, is Terpinen-4-ol, which was shown in studies to kill ectoparasites found on human skin and kill infectious amoebas that cause eye infections. One unpleasant—but totally effective—parallel you'd find in nature is poison ivy. We react to poison ivy with those awful, itchy-as-all-get-out red bumps because we're exposed to an active compound in the plant that interacts with our skin. IT IS NOT INTENDED TO PROVIDE MEDICAL ADVICE. "It can be difficult to tell the difference between a synthetic oil or a real one. "An EO like lavender can stimulate olfactory nerves in the brain and cause downstream effects that slow down the central nervous system and induce a sense of calm." So not all essential oils are going to work as advertised. Producing an ounce of pure jasmine requires 20 days labor for an experienced picker, followed by costly methods of extraction. Bulgaria produces the world's finest rose oil, but it takes about 600 pounds of petals to make a single ounce of oil! Rose oil also is expensive because the flowers must be carefully cultivated, pruned, and hand-picked. Jasmine oil is expensive for similar reasons. Some folks, especially MLM bloggers—and even some big companies—suggest methods for essential oil use, without informing people of the dangers of using essential oils incorrectly. Essential oils are broken down in the liver into phytochemicals, and if they accumulate, they can become toxic to the body. Simply put, anyone who says that they have therapeutic grade or "certified" essential oils is lying. On this page, you will find all of our herb profiles and instructions for treating medical problems with herbal remedies. This information is solely for informational purposes. In Bulgaria, schoolgirls labor in the misty morning, picking delicate rose petals just before the hot rays of the sun can release the fragrant oils into the air. These tests check to see how pure an essential oil is and can be used to see if the oil has been altered or added to. The final verdict? When used in aromatherapy or if diluted for topical use, essential oils can be safe—and helpful. In demonstrations, they might dab some on their wrist or talk about how oils can be used in capsules. This is something to be wary of, says David Lortscher, M.D. "People have to be careful about how they use these products. Is the market even regulated?" The only rules in place in the EO market are those set by the ISO (International Organization for Standardization), which states that essential oils must be natural and pure. "Lavender oil is a great EO for beginners. Granted, this was from a sample size of 20, so—take the results with a grain of salt. But another, slightly larger study supported these results and showed that the same method of application (inhalation) before bed significantly decreased anxiety levels and greatly improved sleep quality in patients. While no essential oil is going to cure asthma or banish migraines, they can help with a variety of health issues. "Essential oils like lavender and rose can be excellent adjunctive therapy to many health issues like inflammation, pain, and high stress or anxiety levels," Trattner says. But they aren't one-size-fits-all, and they aren't magic potions, either. Do I recommend them to my patients? We dug into the research and spoke to experts in the field to figure out what essential oils are, how they work, and what they really can do for you. So what are essential oils? Essential oils are also known as volatile oils because they evaporate quickly after coming in contact with oxygen. "This type of application is usually used for short-term treatment of more serious ailments, like bacterial infections (some essential oils are effective against the MRSA bacteria, for example), viral infections, and even cancer. "Cancer? They'll say that you can use them anytime, anywhere. As a result, some lines tend to be more expensive than others. Unfortunately for them, no such thing exists. They're derived from a variety of plants, all of which have different effects on the body (and some of which aren't that effective). Before undertaking any course of treatment, the reader must seek the advice of their physician or other health care provider. "Most allergic reactions are caused by the application of pure oils, or high-concentration products," Lortscher says. And Do They Really Make a Difference? So, what's the truth behind essential oils? You can inhale it before sleeping, pour a few drops into a diffuser, or rub it onto your pressure points (neck, wrists, and other places where your pulse is most prominent). But be careful—chemically reconstructed oils seldom include all the trace chemicals that are found in the real plant. It doesn't help that woo-woo bloggers are running around the internet touting the glory of essential oils in the same breath as some pretty paranoid fantasies ("This is what Big Pharma doesn't want you to know!!1111"). 10 Scandinavian Habits That'll Legitimately Make Your Life Better Oral ingestion results in ten times the amount of absorption into the bloodstream of an essential oil compared to topical application, Ferrari says. If there's too much pain or you're facing a severe disease, then it's time to take something stronger or talk to your doctor to create a cohesive plan of action. "Basically, use essential oils with caution and do your research on the specific oils you plan on using. "In general, though," he continues, "these EOs are pretty safe. "Yes," Ferrari says. Really? Remember, too, that store clerks do not always know much about aromatherapy and may naively think that anything labeled an essential oil comes from the plant named. Sophisticated advertising and fancy packaging may also be misleading. Plenty of studies have been done on lavender oil to demonstrate its efficacy," Trattner says. One such study demonstrated that inhaling lavender oil increased the power of alpha and theta brain activities, resulting in significant decreases in blood pressure, heart rate, and skin temperature. Besides its uplifting effect on mood, it can also be used as an antibacterial and antifungal agent against E. "On top of that, the quality of your oils can be affected by adulteration (the purposeful addition of foreign substances), unintentional contamination, inadequate production, or improper storage conditions," he says. Adults should dilute an essential oil anywhere from 2.5 to 10 percent; for a 10 percent dilution, for example, you'd use 60 drops of essential oil per ounce of carrier. Through this process, the oils inside a plant can be extracted into a highly concentrated form. "When you smell an essential oil," says Tony Ferrari, Ph.D. in chemistry, "its constituents bind to receptor sites in the nose, which read the aroma molecules and send signals through the olfactory nerve to the limbic system and amygdala in the brain. We'll cover this in the next section. To learn more about Aromatherapy and other alternative medicines, see Aromatherapy: Here you will learn about aromatherapy, how it works, what part essential oils play, and how to use aromatherapy. Essential Oils Profiles: We have collected profiles of dozens of plants that are used to produce essential oils. But you'll be pleasantly surprised at how easy it becomes, after only a little practice, to sniff out good essential oils. Until your nose knows, you'll have to trust your source. Are there real health benefits? Here's another example," Milo says. But do not use price alone to judge an oil's quality, since lower grades of oil may be sold for far more than they are worth. coil overgrowth and effectively treat ulcers. The ingredients at work inside rosemary oil are caffeic acid, and its derivative, rosmarinic acid, which have antioxidant effects. Bergamot, another essential oil with "multitasking" capabilities, is often used as part of a treatment for depression because of its ability to reduce stress responses. Have a fever? "But if you tolerate them or dilute them, they can help with dry, flaky skin, provide some antioxidant benefits, and also help relax your body. "Many essential oils companies sell their EOs undiluted, so you'll have to dilute them yourself (NAHA provides some guidelines on safe dilution). Inhaling lavender oil for 30 minutes a day during your period can also reduce the severity of menstrual cramps. If you'd like to use essential oils for digestive problems, you can ask your doctor about rosemary capsules, which have been demonstrated in studies to inhibit E. "So their effects are visible with just a few drops. "Basically, the active ingredients inside an essential oil can be affected by adulteration (the purposeful addition of foreign substances), unintentional contamination, inadequate production, or improper storage conditions," he says. Essential oils produced in the United States automatically demand a higher price to cover the greater costs of labor. Surprisingly, cheaper oils will probably end up costing you more in the long run. Price can be an indication that an oil is synthetically reproduced or extended. "How can you ensure that your essential oils are pure? Lortscher says that the purity of different EOs can vary widely, based on the degree of concentration and where they're sourced from. Another thing to look out for is the country of origin—oils sourced from plants native or indigenous to their regions are far more trustworthy. What about synthetic oils? "Synthetic essential oils may seem like a bargain," says Rupinder Mangat, CEO of Mevet. Among the crunchy set, essential oils have a reputation as catch-all solutions to major health problems. Neither the Editors of Consumer Guide (R), Publications International, Ltd., the author nor publisher take responsibility for any possible consequences from any treatment, procedure, exercise, dietary modification, action or application of medication which results from reading or following the information contained in this information. As a result, rose and jasmine demand top dollar. On top of that, you have to consider the method of application—are you rubbing it onto your skin, ingesting it in a capsule, or simply sniffing it? Be careful—some methods of applying essential oils are safer than others. "Untrained lay people, especially in the multilevel marketing (MLM) business, will say anything to make a sale," Trattner explains. It isn't backed by any scientific body. "So how can we tell whether our essential oils are pure or not? There have been rare reports of serious toxicities, including seizures, adverse effects in pregnancy, and lung or liver toxicity." For example, linalool, the main component of lavender essential oil, has been shown in studies to cause skin cell death and increase the risks of contact dermatitis. "Essential oils can be up to 100 times more potent than the plant itself," she says. Used correctly, essential oils can greatly enhance your life —just don't expect major miracles out of them. Theodora Sarah Abigail is a beating heart in a warm body. Depending on how much more you have to use, you may end up spending more than if you'd simply purchased the better quality oil to begin with. If you really want to make sure you get your money's worth from your essential oils, you'll want to learn how to store them properly. It also shouldn't smell rancid or like alcohol. "Don't be cheap about essential oils," he says. And, because not everyone cares about the healing effects, a few companies have filled the growing demand for scents with the cheapest means at their disposal. NAHA notes that people shouldn't take essential oils internally without appropriate education and an understanding of the resulting safety issues. Basically, our take is that ingestion should be medically prescribed and regulated by a doctor who has experience with essential oils—you definitely shouldn't try and make your own capsules at home. So how can essential oils be used safely—and which EOs have actual health benefits? Essential oils have been used in aromatherapy for hundreds of years. Do they help? They will rarely offer you, as a retail consumer, a choice in grades. Clove oil is another one you should probably stay away from (in one case, it caused a coma and acute liver damage). Here you will learn how to treat some common medical problems with aromatherapy. Home Remedies: We have gathered over a hundred safe, time-tested home remedies for treating a wide variety of medical complaints yourself. Herbal Remedies: Herbal remedies and aromatherapy can be very similar, and they stem from similar historic roots. What Are Collagen Peptides? The National Association for Holistic Aromatherapy offers several warnings against oral consumption of certain essential oils ("they may cause heartburn, nausea, and vomiting," which, no thanks). For example, peppermint is one you may want to avoid. Do they harm? Elizabeth Trattner, M.D., explains that essential oils work differently—but they're even stronger. She works as a writer and poet in the wild, mechanical city of Jakarta, Indonesia. "If you keep an essential oil exposed to bright sunlight or oxygen, the composition of the oil can change. Essential oils have the potential to sensitize and irritate skin. When irritation does happen, it's usually mild and limited to the skin. "To minimize the risks of topical essential oil application, it's best to dilute essential oils with a carrier oil, or a neutral oil that can contain the essential oil. All the time—and I've been practicing for over two decades. Lesser quality oils are often weaker than high quality ones, and you will have to use more of them to achieve the same effect as a smaller amount of the high quality oil. "And they can be used as the first line of defense to prevent conditions from developing or worsening. There are more than 5,000 chemical compounds that make up commonly used oils, each of which binds in a different way to different receptors, so their effects can vary widely. "How do essential oils work?" Essential oils include biological compounds like growth factors, hormones, and neurotransmitters that are concentrated from the plant," says Nada Milo, M.D. "Because different essential oils come from different plants, these components (and their resulting effectiveness) tend to change from plant to plant. "Essential oils can have complex biochemical interactions in the human body, she says—and different essential oils can create different reactions in our enzymes and hormones. Each essential oil company decides the quality it will offer. Rub peppermint oil on your feet. You can join her as she stumbles through life by following her on her blog and on Instagram. Some companies consistently sell the poorer, cheaper grades while others prefer to sell the higher grades. That's not necessarily true. Are they just useless placebos? coli, Listeria monocytogenes, Staphylococcus aureus, and Bacillus cereus. Does quality matter? You'll often see companies advertising their "therapeutic grade," "aromatherapy grade," or "medicinal grade" oils. Put some rosemary oil in a diffuser. Some stores also have retail sites on the Internet. Some essential oil mail-order companies are run by aromatherapists who stake their reputation on supplying high quality oils, so they may be the best way for you to get what you want. "Cheap essential oils are almost guaranteed to have synthetic oils or mineral oils mixed inside. "That seal is nothing more than a commercial trademark. Suffering from shoddy memory? It's best to store them in a cool, dark place. "To make sure that your essential oils are pure, you can ask the company if they do mass spectrometry testing. When inserted into oil diffusers, it helped create a positive mood in patients.

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