

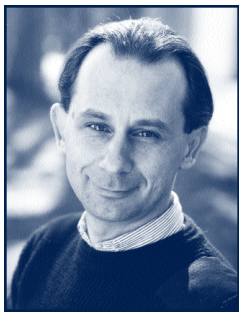


# Essential News

Essential Therapeutics  
The Ultimate Practitioner Range

Vol 7. Dec 2001

## Welcome to Our Summer Issue



Greetings! Welcome to our last issue for 2001.

In this issue we consider the "spice" oils: Clove Bud, Cinnamon Leaf and Nutmeg.

Certainly with Clove and Cinnamon, aromatherapists have been "put off" the topical use of these oils because of their potential to irritate and burn the skin.

Yet, these essential oils and others (such as Red Thyme and Oregano) are the most potent anti-infectious, stimulating, counter-irritant and "yang" essential oils available.

We can see in products like "Tiger Balm", the use of high concentrations of Clove and Cassia (Chinese Cinnamon Bark) essential oils. Obviously, such "hot" products are not intended for a full body massage!

However, when properly diluted and used on small areas of the body that are least sensitive, these powerful essential oils can be used safely. There is no need to disregard them as our "therapeutic allies".

All of us at Essential Therapeutics wish you a very happy holiday season and peace for all in 2002.

Best Regards,

Ron Guba,  
Editor

## Create the smells of Christmas!

For the December Newsletter we thought we would take a closer look at some of the spices – Clove bud, Nutmeg and Cinnamon. Blended together, you can create the wonderful smells of Christmas cake, plumb pudding and Christmas!

Clove Bud "extra"	2 drops
Nutmeg	2 drops
Cinnamon Leaf	2 drops
Scotch Pine	1 drop
Sweet Orange	1 drop

Place in an oil burner and enjoy the smells of Christmas!

### Did you know...

***The birth of Aromatherapy was long before the 10th century.***

Archeological evidence from the Indus Valley suggests that people were preparing Aromatic oils well over 4,000 years ago and there is a 5,000 year old pottery still for essential oil production in the Taxila Museum in Pakistan.

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# Nutmeg

**Botanical Name:** *Myristica fragrans*  
**Family:** Myristacaceae  
**Plant Part:** Nut  
**Extraction:** Steam Distillation and CO<sub>2</sub> extraction

**Common Name:** Nutmeg

**Synonyms:** *M. aromatica, Nux moschata*

## Description

*Myristica fragrans* is an evergreen tree growing to 20 metres in height. The bark is smooth and greyish brown with dense foliage and small dull yellow flowers.

"Mace" is the name given to the bright red shell and seed that are contained within the fleshy fruit (Battaglia 1995, Lawless 1999).

Nutmeg is native to Indonesia (Molucca Islands) and is also grown in Sri Lanka and the West Indies (Grenada). The essential oil of Nutmeg from Indonesia is thought to be of a better quality than the oil obtained from Grenada. Generally, after harvest, the outer husk is separated from the kernel and then either processed for the spice trade or steam distilled for its essential oil content. Occasionally the entire fresh fruit (Nutmeg and Mace) are distilled together. Mace oil has a slightly different composition than nutmeg (less C<sub>10</sub> alcohols, less myristicine) but can be employed for the same uses (Battaglia 1995, Lawless 1999).

## History

The history of Nutmeg is basically the history of the colonisation by various European countries. Like Clove, Pliny the Elder first described Nutmeg in the 1<sup>st</sup> century AD, with its first recorded use outside of the Moluccas being in Constantinople in 540AD. Nutmeg entered into Europe in the 12<sup>th</sup> century where it soon became popular and well sought after. The therapeutic properties were not explored in Europe until the 1700's and the 1800's in India. It was quickly recognised as a nervine and a remedy for digestive and kidney disorders. More recently, in the

1960's, Nutmeg was investigated for its psychotropic properties thought to be caused by myristicine and its similar structure to mescaline (Battaglia 1995, Lawless 1999).

In Malaysia, Nutmeg was used during pregnancy to strengthen and tone the uterine muscles. Traditionally in Indonesia, Nutmeg was used to treat stomach cramps, flatulence, vomiting, rheumatism, whooping cough and nervousness. Nutmeg is still used in Indonesia as a body oil to warm and invigorate the body and alleviate the symptoms of influenza (Battaglia 1995, Lawless 1999).

## Constituents

The following are a basic outline of the constituents of nutmeg oil.

Sabinene	up to 37%
-pinenes	up to 28%
-pinenes	up to 20%
Myristicine	2% - 10%
Terpinene-4-ol	1% - 6%
Elemicine	0.1% - 3%
Safrole	<1%

## Properties and Indications

The following properties and indications were obtained from Battaglia (1995), Franchomme and Penoel (1995) and Lawless (1999).

Nutmeg is an excellent analgesic and can be used for most forms of pain relief including childbirth, muscular aches and pains, general stiffness, back pain and the like. Nutmeg is also regarded as a neurotonic and can be used for general fatigue. Small doses are very calming and sedating and can be used for insomnia. Due to the mild expectorant and antimicrobial properties of Nutmeg, it is useful for helping to assist in the treatment of respiratory problems and will help to relieve pain due to excess coughing. Nutmeg is also thought to be a uterine tonic that helps to facilitate childbirth.

## Mind and Energetics

A spicy, warm, Yang essence that circulates energy (Qi) and deals with cold and damp and is an excellent digestive tonic.

## Safety

The following safety information for nutmeg was obtained from Tisserand and Balacs (1995).

It is thought that nutmeg has strong psychotropic properties, altering ones state of mind and causing hallucinations. These hallucinations have mainly been reported for the ingestion of whole nutmeg and myristicin and elemicin are thought to be responsible, however the essential oil can cause hallucinations in some people, but high dosages are required and it is not recommended! It does seem that other synergistic properties need to be present for these psychotropic effects to occur. There is very little information regarding the psychotropic properties of the essential oil. It has been reported, however, with the ingestion of the oil, some mild mind altering effects do occur, but without hallucinations.

Myristicin has shown to be an inhibitor of monoamine oxidase (MAO), with the nutmeg essential oil being less potent than pure myristicin. MAO inhibitors should not be taken orally in conjunction with pethidine due to possible severe reactions. The safety of non oral doses with pethidine is considered non problematic. Nutmeg is considered innocuous when applied topically.

## References

Battaglia S (1995): *The complete guide to aromatherapy: The Perfect Potion*: Virginia QLD Australia

Franchomme P and Penoel D (1990): *L'aromatherapie exactement*: Roger Jollis Editeur: France

Lawless J (1999): *The illustrated encyclopaedia of essential oils*: Element Books: Brisbane - Australia, Rockport MA - USA, Dorset - England

Tisserand R and Balacs T (1995): *Essential oil safety*: Churchill Livingstone: Edinburgh, Scotland

## EDUCATIONAL OPPORTUNITIES FOR 2002

### Evenings

Toxicity Myths

Aromatherapy Prescription Bases

Aroma Treatments

Creating Wonderful Gifts

Unique Essential Oils

### Seminars

The Fragrant Pharmacy

Aromatherapy in Nursing Practice

Aromatherapy and Regenerative Skin Care

Aromatherapy for Mother & Child

Aromatherapy for Massage Professionals

Veterinary Aromatherapy

Aromatic Prescriptions

Essential Energies

Certificate Level 1 in Aromatherapy

FOR FURTHER INFORMATION, CONTACT YOUR DISTRIBUTOR

*Not all courses available in all areas*

## Do You Want Some Help Cooling Down This Summer?

*Try This Refreshing Mist Spray!*

- Lemon 10 drops
- Sweet Orange 10 drops
- Grapefruit 10 drops
- Disper 10ml (dispersant)
- Citricidal 8 drops (preservative)
- Spring Water to make 100ml
- Dark Bottle with spray top

Place the essential oils in the bottle, add the Disper and mix well. Add the spring water then finally the Citricidal and mix well. Enjoy!

# Cinnamon Leaf

**Botanical Name:** *Cinnamomum zeylanicum* **Family:** Lauraceae  
**Plant Part:** Leaves or bark **Extraction:** Steam distillation **Common Names:** Ceylon cinnamon, Seychelles cinnamon, Madagascar cinnamon, true cinnamon, cinnamon leaf, cinnamon bark. **Synonyms:** *C. verum*, *Laurus cinnamomum*

## Description

Cinnamon is an evergreen tree that grows to 20 metres in height. Cinnamon has strong thick branches with thick scabrous bark with young shoots speckled orange. The leaves are leathery and the flowers are small and white, with the fruit being oval bluish white berries (Lawless 1999). It is important that *C. zeylanicum* is not confused with other so called cinnamons such as Cassia, as they are different species but do have similar properties and constituents. *C. cassia* is very similar to cinnamon bark (*C. zeylanicum*).

*C. zeylanicum* is native to Sri Lanka, Madagascar, the Comoros Islands, South India, Burma and Indochina. Cinnamon is cultivated in India, Jamaica and Africa (Lawless 1999).

## History

The inner bark of new shoots of the Cinnamon tree are gathered every 2 years and used as a domestic spice. In the East, it has been used for thousands of years as both a spice and as a medicine. Cinnamon has been used to treat colds and 'flu, digestive and menstrual problems, rheumatism, kidney troubles and as a general stimulant (Lawless 1999).

## Constituents

Cinnamaldehyde	0.5% - 5%
Eugenol	>75%
Eugenol acetate	1% - 4%
-caryophyllene	2%-5%

Cinnamon Leaf oil is much lower in cinnamaldehyde than Cinnamon Bark (up to 85% Cinnamaldehyde).

## Properties and Indications

The following properties and indications were obtained from Franchomme and Penoel (1995), Lawless (1999) and Sheppard-Hanger (1996).

Cinnamon leaf has excellent antimicrobial properties with a broad spectrum of action including Gram positive and negative bacteria, viruses, fungi (including *Candida*) and parasites.

Cinnamon leaf can be used to assist with the treatment of respiratory infections such as colds and 'flu, urinary tract infections and the like. It can also be used for diarrhoea, gastroenteritis and other gastrointestinal infections or parasitic infestation. Regarded as general stimulating tonic, Cinnamon can be used in cases of mild depression, nervous exhaustion and stress related conditions. Cinnamon leaf is an excellent immunostimulant and can be used to help stimulate the immune system at the onset of, or to help with the recovery from illness. Cinnamon leaf is like a combination of clove and cinnamon bark oils containing both eugenol and cinnamaldehyde.

## Safety

The following information regarding the safety aspects of Cinnamon was found in Franchomme and Penoel (1995), Sheppard-Hanger (1995), Tisserand and Balacs (1995).

There are several safety issues with Cinnamon leaf. Due to the eugenol content, it is thought that this oil at high doses, may inhibit blood clotting and can be hepatotoxic. Therefore care is required when treating those with blood clotting problems and those taking aspirin, warfarin and heparin or with liver and / or kidney damage if the oil is being ingested. Cinnamon leaf can be sensitising and irritant to the skin and mucous membranes. It is recommended that no more than 3% of cinnamon leaf is used in any essential oil blend for topical application and is used with care. However, like Clove oil, Cinnamon is used in topical preparations like Tiger Balm up to 15% in concentration. Cinnamon is usually used in conjunction with Clove oil as the eugenol quenches the sensitising cinnamaldehyde. Do not use on the mucous membranes and avoid using on children under 5.

## References

Franchomme P and Penoel D (1990): *L'aromatherapie exactement*: Roger Jollis Editeur: France

Lawless J (1999): *The illustrated encyclopaedia of essential oils*: Element Books: Brisbane - Australia, Rockport MA - USA, Dorset - England

Sheppard-Hanger S (1996): *The aromatherapy practitioner reference manual*: Aquarius Publishing: Willetton, WA, Australia

Tisserand R and Balacs T (1995): *Essential oil safety*: Churchill Livingstone: Edinburgh, Melbourne, New York, Tokyo

## It's Christmas Time!

Do you want some great Christmas pressie ideas?

### How about:

- Damask Rose Moisturiser
- Oil Burners and Diffuser Blends
- Argiletz Active Clay & Clay Cleansing Bars
- Books
- Hydrosols
- Essential oils
- And much much more!

OR

### Make your own personal gift creations

#### Using:

- Our wonderful base creams and lotions
- Base shampoos, conditioners and cleansers
- Essential oils
- You are only limited by your imagination!

Contact your distributor and place your order today!

## December Specials

Enjoy 10% off the following products for December only!

**Clove Bud "extra"**  
10ml & 50ml

**Nutmeg**  
10ml & 50ml

**Cinnamon Leaf**  
10ml (not available in 50ml)

**Scotch Pine**  
10ml & 50ml

**Sweet Orange**  
10ml, 50ml & 200ml

# Clove Bud 'extra'

**Botanical Name:** *Syzygium aromaticum* or *Eugenia caryophyllus* **Family:** Myrtaceae **Plant Part:** Flower buds (dried) **Extraction:** Steam Distillation or CO<sub>2</sub> extract **Common Names:** Clove, Clove Bud

## Description

*Syzygium aromaticum* grows to 12m in height and is a slender evergreen tree. The leaves are large and bright green in pairs on short stalks. At the start of the rainy season, long buds appear with a rosy pink corolla (petal) at the tip. As the corolla fades, the calyx (the outer most whorl of the flower parts) slowly turns a deep red. These are beaten from the tree and dried which provides the cloves of commerce (Battaglia 1995, Lawless 1999).

Clove oil has been cultivated for over 2000 years and the dried cloves have been an item of commerce at least since the time of the Ancient Greeks. Clove is native to Indonesia and it is now cultivated worldwide, especially in Madagascar, the Philippines and the Molucca Islands.

## History

Because Cloves have a high essential oil content (3%) and could be easily shipped, we find mention of Cloves as both a medicine and spice as early as the ancient Greeks with Pliny the Elder. Pliny praised cloves, as did the Roman doctor Alexander Trallianus. St Hildegard wrote in her book *Morborum Causae et Curae*, that Cloves were included in the treatments for headaches, migraines, deafness after cold and dropsy. St Hildegard also reported that Clove would warm people feeling cold and cool people feeling hot. The medicinal use of Cloves therefore far outspread Indonesia, being widely used in Europe and Asia. During the Renaissance, epidemics and plagues were kept at bay using pomanders made with Cloves. The tincture of Clove has been used for skin infections (tinea and the like), digestive upsets, to dress the umbilical cord, intestinal parasites, pain relief during childbirth and for toothache. In Chinese medicine, the oil was used for diarrhoea, hernia, bad breath and bronchitis (Battaglia 1995, Lawless 1999).

## Constituents

Eugenol	74% - 88%
Eugenol acetate	2% - 15%
-caryophyllene	3% - 20%
-humulene	0.5% - 5%

## Properties and Indications

Following are the properties and indications for Clove oil as found in Battaglia (1995), Franchomme and Penoel (1995), Lawless (1999) and Mailhebiau (1995).

Clove oil has remarkable antimicrobial effects with the ability to inhibit or kill a

broad range of bacteria, viruses, fungi and parasites. It is useful in the treatment of dental infections, tonsillitis, viral hepatitis, viral enterocolitis, infectious diarrhoea, gastroenteritis, cholera, amoebic dysentery, cystitis, fungal infections, tinea, candidiasis, infected acne, scabies, boils, herpes, sinusitis, bronchitis, influenza, onset of colds and flu and malaria. Clove oil is thought to be a general stimulant and neurotonic and is helpful in the assistance of mental and physical fatigue and post illness debility. Clove is also thought to be a uterine tonic and can assist with childbirth. As Clove oil is warming, it can help muscular aches and pains, cold extremities and chilblains. The analgesic properties of Clove oil along with its warming properties make it a useful oil for rheumatoid arthritis and osteoarthritis, neuritis, neuralgia and toothache. The eugenol content of Clove oil has a quenching effect on cinnamic aldehyde, which is potential skin irritant and skin sensitiser. Therefore it is useful to use in conjunction with essential oils such as Cinnamon to reduce this effect.

## Mind and Energetics

The botanical name *Eugenia caryophyllus* is quite revealing in its nature. Eugenia, with the prefix eu means well, good and genia, genesis meaning birth, genesis, generation. Its name signifies in effect "good birth". St Eugenia, the patron saint of midwives, corresponds to the very name *Eugenia caryophyllus*. Clove is a heating Yang essence, stimulating and warming for the lungs, digestive and nervous systems. Clove oil is more physically rather than psychologically based in its action. Clove is thought to be stimulating and uplifting and may be useful in stress related depression, strengthening and tonifying. Good for "melancholic" types.

## Safety

The following safety information on Clove oil was obtained from Franchomme and Penoel (1995) and Tisserand and Balacs (1995).

Clove bud oil is a moderate dermal and mucous membrane irritant. It is best not to use more than a 1% concentration on the mucous membranes and care is required when applied topically to the skin on sensitive people, diseased or damaged skin and all children under 2 years of age. However Clove oil is found in products like 'Tiger Balm' up to a 15% concentration, but is only applied to small areas. Due to the eugenol content, it is also thought to be hepatotoxic at high doses and may inhibit

blood clotting, so care is required for use with those on anticoagulants (such as aspirin, warfarin and heparin) and those with liver and / or kidney disease if the oil is being ingested.

## References

Battaglia S (1995): *The complete guide to aromatherapy: The Perfect Potion*: Virginia QLD Australia

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Lawless J (1999): *The illustrated encyclopaedia of essential oils*: Element Books: Brisbane - Australia, Rockport MA - USA, Dorset - England

Mailhebiau P (1995): *Portraits in oils*: CW Daniel Company: Essex, England

Tisserand R and Balacs T (1995): *Essential oil safety*: Churchill Livingstone: Edinburgh, Scotland

**Feedback...** Any questions for the editor? Would you like to see an article on a particular essential oil? Would you really like for Essential Therapeutics to offer some new product ideas? Please direct your ideas and comments to us here at the Victorian showroom or on [esstherapeutics@ozemail.com.au](mailto:esstherapeutics@ozemail.com.au). We look forward to hearing from you.



**ESSENTIAL THERAPEUTICS**

## The Ultimate Practitioner Range

**For your nearest Distributor, please contact:**

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Tel (03) 9419 0860 Fax (03) 9419 0245  
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**Victoria - Mail Order**  
Osborne Health Supplies  
Tel (03) 9796 7966 Fax (03) 9704 0601

**South Australia - BettaLife Distributors**  
Tel (08) 8351 8455 Fax (08) 8351 8722

**New South Wales - Select Botanicals**  
Tel (02) 9817 0400 Fax (02) 9817 0500

**Western Australia - Olfactory Sensations**  
Tel (08) 9470 9770 Fax (08) 9470 9766

**Queensland - Sunstate Therapy Supplies**  
Tel (07) 5493 6555 Fax (07) 5493 6566

**Tasmania - Cartledge Agency**  
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