



Essential News

Essential Therapeutics

The Ultimate Professional Aromatherapy Range

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Greetings for the New Year!

In this issue, we discuss:

- The new native Australian essential oil of Fragonia and its benefits.
- Information on our new products:

**Double Strength Aloe Gel & Aloe Vera
10 x Concentrate.**

Wishing you a happy and prosperous New Year.

Best Regards,

Ron Guba, Editor



Agonis fragrans in flower
Photo: courtesy John Day

A New Australian Native

Fragonia Essential Oil - *Agonis fragrans*

Fragonia is a new essential oil derived from the terminal branches of *Agonis fragrans* (Myrtaceae family), from plantation-grown plants in SW Western Australia. No chemical sprays or fertilisers are used.

Agonis fragrans is a small lignotuberous shrub growing up to 2.5 metres, endemic to the south coast of Western Australia. Recognised as 'coarse tea-tree' by the cut flower industry, it has only recently been given its common name, which reflects the fragrant nature of both the foliage and the extracted oil. Lignotuberous plants are unique in that the plant will fully regrow after harvesting to ground level, making Fragonia and a number of other aromatic Australian native plants ideal for plantations.

Essential Oil Composition:

In similarity to Tea Tree essential oil, Fragonia contains a high proportion of monoterpene (10 carbon) alcohols. Unlike Tea Tree, Fragonia contains a unique blend of monoterpene alcohols and has a soft, pleasant aroma. A listing of major components follows, yellow being monoterpene hydrocarbons, lavender – the oxide, 1,8 cineole and green, monoterpene alcohols:

Compound:	% range	Compound:	% range
α-pinene	21 – 27	1,8 cineole	28 – 32.5
β-pinene	1.5 - 1.7	linalool	11.7 – 12.4
myrcene	1.4 – 2.2	terpinen-4-ol	3.7 – 4.3
limonene	2.4 - 2.5	α-terpineol	5.4 – 7.6
p-cymene	2.2 - 2.9	myrtenol	3.1 – 4.5
γ-terpinene	1.3 – 3.3	geraniol	0.5 – 1.2
		α-humulene	approx. 1%
>1% of β-caryophyllene, viridiflorene and globulol (1)			

Agonis fragrans, as is the case with a number of aromatic plants of the Myrtaceae family, has more than
continued...

one chemotype, or chemical variations in the essential oil produced. Through work with the Agricultural Department of Western Australia, John Day (the grower and distiller) determined the best chemotype for use. This specific chemotype has been trademarked as Fragonia essential oil to create a standard for future use.

Fragonia essential oil has undergone microbiological testing at the University of Western Australia. As with Tea Tree, Fragonia has a good spectrum of activity against a range of micro-organisms. The researchers concluded:

The MIC's and MCC's of *Agonis fragrans* oils are similar to other essential oils:

Melaleuca alternifolia (tea tree)

Cymbopogon citratus (lemongrass)

Origanum vulgare (oregano) (2)

(MIC stands for Minimum Inhibitory Concentration – the level at which organisms stop reproducing and MCC for Minimal Cidal Concentration – the level at which organisms are killed)

Properties and Applications of Fragonia:

Fragonia essential oil has only been available in recent times and hence the recognition of its overall therapeutic potential is still in its early days.

There are two levels of action that are of interest with this essential oil, its 'energetic' effects and its actions on the physical level.

Dr Daniel Pénoël, a renowned French Aromatic Medicine physician, is specifically excited about the energetic qualities of Fragonia. has worked with Fragonia in his clinical practice. His comments and experiences follow:

"When you become acquainted with Fragonia essential oil, from the olfactory viewpoint, you discover a product that is extremely appealing. I have not met anyone who did not like it. You may just like it or really 'fall in love' with it. But it is already great to state that there is no rejection reaction, like for instance when you use Tea Tree, in particular on children.

Actually, what I have stated with this oil is its capacity of 'making peace', inside the person who uses it and also in his/her life in general.

If you understand that, in most diseases, there is also an emotional part, it is obvious that bringing harmony in this subtle area of the patient is at least as important as treating the bacteria or reducing inflammation. One case that was quite interesting was about a female patient who was undergoing psychotherapy.

She told me that, right on the day after having started using the essential oil of Fragonia, during a long period of therapy. For those of you who work with energy medicine, the fact that a reaction occurs so quickly will not be a surprise. Later on, she explained that she was able to "make peace" during her dreams, even with people who had passed away, and it was quite a healing experience."

A number of practitioners, including myself, have worked with Fragonia over the past few years. Overall, it can be said through observation and reported experience that Fragonia generally has a gentle calming and sedative effect on the mind.

The experience of 'making peace' seems particularly reserved for those actually dealing with constrained, blocked emotions and in this case, Fragonia does appear to act as a gentle 'helper' in loosening these emotional issues for inspection and release. This 'energetic' action of Fragonia oil (or we can also say the effects generated by the use of quite low dosages) also appears to be of value in the treatment of menstrual complaints. Aromatherapist Karen Wallwork recently undertook a trial of Fragonia oil with a group of 25 women with a variety of menstrual complaints. (3) Karen advised the participants to use either a 2.5% concentration of Fragonia oil in a neutral base cream applied to the lower abdomen and lumbar area (15 participants) or a 1% concentration to the brow and occipital region of the head (10 participants).

Participants filled out a questionnaire form to detail both their history and any changes in symptoms.

A summary of symptoms and change during the trial follows:

Baseline Symptoms	N	NM	M	MS	S
Depressed	1	0	19	1	4
Anxiety	6	1	14	2	2
Concentration	9	0	11	3	2
Lack of Energy	2	0	16	1	6
Food Cravings	10	0	12	1	2
Sleep patterns	17	2	6	0	0
Breast Tenderness	7	0	13	3	2
Bloating	4	1	15	3	2
Nausea	19	1	5	0	0

N= no symptoms NM= none to mild M= mild symptoms MS = mild to severe S = severe symptoms

The average duration of symptoms was 3 to 5 days, reducing to 1 to 3 days with use of Fragonia. Overall, PMS symptoms were decreased with 18 participants recording a definite decrease (72%), with 5 unsure and 2 participants indicating increase in symptoms.

Changed Symptoms after use of Fragonia	N	N M	M	M S	S	% change from 'mild' symptoms
Depressed	10	3	7	0	5	48%
Anxiety	12	3	6	1	4	16
Concentration	14	2	6	1	2	36
Lack of Energy	11	1	12	1	0	32
Food Cravings	17	1	7	0	0	36
Sleep patterns	20	1	4	0	0	20
Breast Tenderness	17	1	4	1	2	20
Bloating	16	1	6	0	2	8
Nausea	22	1	2	0	0	12%

Overall, pain experienced by participants was markedly reduced (22 recorded pain as a baseline measure down to 13 at the end of the survey).

As a final statement on the energetic qualities of Fragonia, following is Robbi Zeck's affirmation for Fragonia oil, from her book, "The Blossoming Heart":

"Like a candle carrying the light of dignity Fragonia is a fertiliser for the spirit, taking you beyond lingering hurts and emotional enmeshments stemming from any unresolved family issues.

Patterns of repetition in your consciousness can keep you trapped within the limitations of your personal history. What was in the past can uncannily show up again in the present. These patterns take the form of grooves in your emotional grid and denote patterns of energy layered with emotional scarring. Fragonia gently helps to remove scars from the emotional framework, alleviating toxic residue and mental static.

You have the ability to mobilise your healing resources and Fragonia calls you to that place in your higher consciousness where you are connected to something far greater than yourself. As you build resilience, extra-ordinary shifts can occur in the psyche, where you can celebrate life, despite illness, dis-ease and emotional discomfort.

Fragonia carries a unique energy pattern bringing the gift of the power of love. In each of us love is already in place. Perhaps you can simply, let love, love you." (4)

On the Physical Level:

From Dr. Péroël : "I am convinced that this essential oil has a great potential both for medical aromatherapy and for English-style aromatherapy, which shows how both approaches complement one another. The oil can be used through all interfaces: on the skin, respiratory – via inhalations and digestive –via capsules."

Altogether, Fragonia essential oil contains a good **balance** of monoterpenes, the oxide 1,8 cineole and monoterpene alcohols. However, it should be said that these compounds are not present in the classic 'golden ratio' of 1.61803399... as has been suggested.

Properties of Fragonia:

Anti-infectious: Fragonia, as mentioned previously, is a good 'medium strength' anti-infectious essence, containing approximately 25% of active monoterpene alcohols. As well, Fragonia is gentler on the skin than Tea Tree oil and can be used safely at high concentrations or undiluted in some cases. Hence, it is excellent for serving a range of topical infections: bacterial (such as acne or impetigo – 'school sores'), fungal (as with tinea) and viral (as with herpes cold sores).

The content of terpenes and 1,8 cineole give Fragonia a useful **expectorant** effect, seeing it indicated in inhalations for respiratory conditions with infection and congestion.

As a 'medium strength' oil, Fragonia makes for a good gentle base for the addition of the strongest 'wide-spectrum' anti-infectious oils, such as Red Thyme, Oregano and Clove Bud.

It does appear that part of the overall anti-infectious qualities of various essential oils seen in clinical practice is due to stimulation and enhancement of our **immune response**. (5)

We cannot say it is proven, but anecdotal experiences with clients reported by Dr. Péroël and others, do suggest that Fragonia has this immune-enhancing quality. Hence, Fragonia can be considered for use by topical application to areas of lymphatic nodes (neck, groin, armpits) or to larger areas of the body, such as the abdomen and back, in a 'perfusion' treatment. Such application methods have shown their usefulness in giving added protection from coming down with colds and 'flu's and helping to speed recovery times from illnesses.

Analgesic & Anti-inflammatory: Testimonials and case histories are demonstrating the usefulness of Fragonia to relieve minor pain, and in particular the pain associated with arthritis. Relief of muscle and joint pain within quite a short time after topical

application has been reported. The presence of a small amount of para-cymene in the oil may contribute to this effect, but more likely due to the overall composition of Fragonia oil.

Anti-inflammatory in-vitro studies were conducted by the School of Paediatrics and Child Health, University of W. A. and found "that Fragonia inhibits secretion of IFN γ (interferon), involved in the inflammatory response to tissue injury or infection, which could support the notion that this oil potentially has anti-inflammatory properties...." (6)

Certainly, Fragonia can be considered an oil worth blending with other essential oils noted for their pain- and inflammation-reducing properties, such as Basil, Peppermint, Clove Bud and on.

In summary, Fragonia essential oil is a remarkable new essential oil with a variety of useful applications, with more to be explored. It has a pleasing, non-medicinal fragrance and is gentle on the skin. Definitely an essential oil worth experimenting with!

Safety considerations: The overall composition of Fragonia oil, with a low content of 1,8 cineole, sees it as a safe, non-toxic essential oil for general use at appropriate dosages. It is safe for use on children, the elderly and during pregnancy.

It is well tolerated on the skin, even with undiluted use. As with all essential oils, keep out of reach of children and consider testing a small amount on the skin first with those with eczema and other skin sensitivities.

References:

1. Range of GC analyses, John Day & GC/MS analyses, Australian Botanical Products
2. Carson, C. 2005 Investigating essential oils as alternative topical anti-microbial agents. School of Biological, Biomedical & Chemical Sciences. University of Western Australia
3. Wallwork, K. 2006 *Agonis fragrans* and the Female Menstrual Cycle. For further details: wallwork@bigpond.com.au — subject: "Fragonia info"
4. Zeck, R. The Blossoming Heart—Aromatherapy for Healing and Transformation. Second edition to be published in early 2008. For further information, go to www.aromatic-kinesiology.com
5. Guba, R. 2007 Essential Oils and the Immune System The Centre for Aromatic Medicine
6. Cited in Day, J. 2006 The Story of Fragonia International Federation of Aromatherapists conference presentation

New Products... Double Strength Aloe Gel



Once the gel from the leaves of the Aloe plant has been removed, it quickly thins down to a liquid juice. To make standard Aloe Gel products, the juice is then thickened with an **acrylic plastic**-based gelling agent and often some synthetic green dye—additives that would not be called particularly natural!

Essential Therapeutics has produced a more natural alternative. We take our new Aloe Vera 10 times concentrate, standardise this to **double the strength** of ordinary Aloe products and thicken using our natural **Amigel** powder. The result is a lovely thick gel, which can be used as is, or up to an additional 25% of essential oils, vegetable oils, etc. can be added for additional benefits.

Use **Double Strength Aloe Gel** for all the well-known benefits of Aloe vera—excellent for the healing of minor burns and wounds, soothes inflammation, has proven helpful with psoriasis and much more.

Aloe Vera 10 x Concentrate

You can also look at using our 10 x Aloe extract, concentrated ten times by low temperature vacuum distillation. You can use from 1%, 10%, up to a 20% concentration in water for sprays, in creams, gels, conditioners—the possibilities go on.

Note: Please do not use more than a 20% concentration, as the Aloe concentrate is naturally acidic and can be irritating to the skin if used undiluted.



*Essential
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The Ultimate Practitioner Range

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