

Volume 1 Issue 1 Fall 2004

# WELCOME

**DEAR FRIENDS AND COLLEAGUES,**  
  
We are pleased to unveil the first issue of our brand new virtual journal,

**“Aroma - Cosmic Healer”.**

This virtual journal is the brainchild of Dr. Vivian Lunny, respected International Aromatherapy and Natural Health Educator and Practitioner.

Our aim is to reach those of you who are interested in Aromatherapy, health, and healing, be they keen beginners natural healers or Holistic

Health Practitioners.  
  
Forthcoming issues will bring you diverse articles and case studies from the four corners of the planet.

Our intention is to merge science and traditional healing , inspirational stories and pearls of wisdom.

You will have the opportunity to ask those questions which have always intrigued you, and yet, never managed to get an explanation to, and yet, most of the time the answers are so simple, and you only need to be pointed in the right direction...

**ALL OF US AT REAL ESSENCES OF LIFE EXTEND YOU WARM WELCOME TO THIS, FIRST ISSUE.**

And to awaken you to the existence of infinite possibilities open to every long held dream and passion is to share one who is looking to achieve balance, personal growth and a state of spiritual, mental, physical and emotional well being .

All may be reached with the healing powers of nature, harnessed in aromatic plants, crystals and the colours of the rainbow.

By subscribing to our newsletter you will access an easy way of finding out what works for you.

If you do not wish to keep receiving our journal, you do not have to do a

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# CLARY SAGE

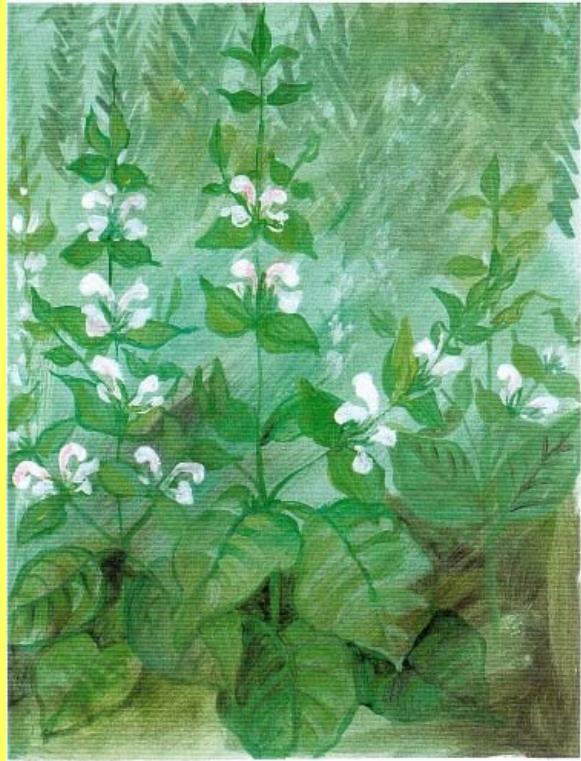
**H**erbs and the essential oils obtained from them have been known as therapeutic agents since the beginning of time. One of the herbs which is generally less known is clary sage, I hope that after reading this article you will realise the enormous therapeutic value of this plant.

It's Botanical Name is *Salvia Sclarea*, and it belongs to the Botanical family of the *Lamiaceae* or *Labiatae*.

Also known as eyebright, common garden sage.

Clary Sage is a native of Syria, it also grows in Southern France, Italy Switzerland and the U.S.A.

The English name *clary* originates from the Latin name *sclearea*, derived from *clarus* = clear.



**B****OTANY:** Known as *Horminum Sativum* by Dioscorides, the Common Garden Clary is a biennial plant, with square, brownish stems of up to 1 to 3 feet (1mtr) and with few branches.

The leaves grouped in pairs are almost stalks oblong, wrinkled, heart shaped, irregularly toothed with velvety hairs covering their margins, the flowers are in a long, loose terminal spike on which they are set in whorls, the lipped corollas are of a pale blue or white, the flowers are interspersed with large coloured membranous bracts longer than the spiny calyx, both corolla and bracts are generally variegated with pale purple and yellowish white.

The whole plant possesses a very strong aromatic scent.

According to Ettmueller Clary Sage was first brought into use by the wine merchants of Gernaby who employed it as an adulterant infusing it with Elder flowers and then adding the liquid to the wine of the Rhine which converted it into the likeness of Muscatel, it is still called Muskateller Salbei in Germany.

## THE ESSENTIAL OIL

Clary Sage has a heart or middle note, with a balancing, revitalising, restoring and rebuilding temperament, a warm, musky, herbaceous scent and a clear to pale yellow colour.

## CHEMICAL CONSTITUENTS

**C**lary sage has a very complex molecular structure, the main identified constituents found in this essential oil are the following:

**TERPENES: Monoterpenes (2.5%):**  $\alpha$  and  $\beta$  pinenes, camphene, myrcene, limonene, cis and trans ocimenes, allo-ocimene, paracimene, terpinolene.

**Sesquiterpenes (5%):**  $\beta$  cariophilene, transcalamenene.

### ALCOHOLS:

Non terpenic alcohols: cis-3-hexen-1 ol, n-pentanol, 3-octanol, furfurols.

**Monoterpenols (15%):** linalol, terpinene-1-ol-4,  $\alpha$  terpineol, trans  $\beta$  terpineol, citronelol, nerol, geraniol, borneol, iso-para cimene 8-ol.

**Sesquiterpenols:** spathulenol, junelol,  $\alpha$  bisabolol, 10-epi- $\gamma$ -eudesmol,  $\beta$ -eudesmol, caryophilenol I and II.

**Diterpenols (5%):** -diols: sclareol (1.6-7%)

**ESTERS:** Terpenic esters (more than 75%): (-)-linalil acetate, 1-2-dihydro linalil acetate, terpenil acetate, terpenil acetate, citronil acetate

**SULPHURATED SESQUITERPENES.**

## THERAPEUTIC PROPERTIES

**O**estrogen like (sclareol), anti-hypercholesterolemic, antidepressant, antiseptic, antirheumatic, antispasmodic, aphrodisiac, astringent, balsamic, digestive, diuretic, hypotensive, C.N.S. neurotonic (cerebellum), phlebotonic, sedative, tonic, uterine tonic.

## INDICATIONS AND COMMON USES

### **P**HYSICAL SPHERE:

**RESPIRATORY SYSTEM:** asthma, colds, coughs, tonsillitis.

**NERVOUS SYSTEM:** convulsions, hysteria.

**FEMALE REPRODUCTIVE SYSTEM:**

amenorrhoea, dysmenorrhoea, leucorrhoea, oligomenorrhoea, pre menopausal states, frigidity, secondary infertility, thrush, childbirth.

**VASCULAR SYSTEM:** haemorrhoids, hypertension, varicose veins.

**DIGESTIVE SYSTEM:** colic and cramps

**GENERAL:** tiredness.

**SKIN:** excessive sweating, fungal infections of the skin: mycoses.

## **P**SYCHO- SPIRITUAL SPHERE:

Clary Sage Balances and re-energise the crown and base chakras, the duality between mother earth and the heavenly realms. Clary sage helps with emotional clearing, balancing and inner emotional strength,

With clary sage you can overcome your deepest fears by accessing the power of unconditional love attained through self sacrifice.

## **BLENDING**

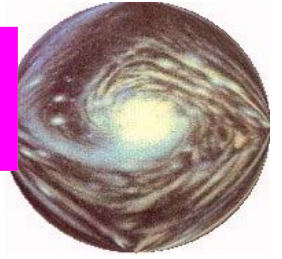
The essential oil of **Clary sage** blends well with the essential oils of sage, fennel, the lavenders, elemi, geranium, sandalwood, frankincense, juniper, jasmine, rose, neroli, cypress, french marjoram and ylang ylang.

### **SAFETY PRECAUTIONS:**

**Never use during pregnancy**, clary sage should not be used in a treatment or in the bath before driving, and should never be used when drinking alcohol.



# AROMA - COSMIC HEALER



## CASE # 1

**I would now like to share with you some of my cases where the use of this oil has been extremely beneficial to the clients involved.**

Mary , aged 24, a young mother of two, came to see me year after the birth of her second child, the reason for her concern was that she still had not had a menstruation although she had given up breast feeding her baby 6 months previously, this was causing her a great deal of worry because she did not want to have another pregnancy so soon, yet she did not wish to take the contraceptive pill nor be fitted with a coil or IUD. We established that after her first child her cycles were normal from the 4th month after the birth of her son. Due to not knowing where her menstrual clock was as she put it she was experiencing difficulties with her sex life and hence some difficulty in her relationship with her husband. She had heard that aromatherapy could help her and was willing to try.

The diagnostic assessment of secondary amenorrhoea was

proposed and a 3% blend of essential oil of clary sage in a base oil made up with equal parts of sweet almond and rosa rubiginosa. This blend was applied twice weekly, in a full body massage, for a period of 3 weeks, then once a week for a further 5 weeks., at the end of this period the patient had a normal menstrual period and she had further treatments once a month at mid cycle for a further 3 months to make sure the menstrual pattern was re-established. Mary assures me she feels back to her old self and is enjoying her relationship with her husband once again.

NOTE: The choice of clary sage for this patient was based on her constitutional picture, current symptoms and the specific oestrogen like properties of salvia sclarea due to the similarity between the molecule of sclareol (plant oestrogen) to the molecule of oestrogen (C20); it also has

## CASE # 2

Janet, a 36 year old teacher. came to see me suffering from severe cramps and abdominal pain which recurred with increasing intensity each time she had a menstrual period. She was also a very tense patient and due to the stress in her job found it impossible to relax and felt she was getting increasingly dependant on analgesics which was not something she felt very convertible with. After a detailed case history it appeared th



## CASE # 3

Judy, age 36 came to see me . 6 weeks after the birth of her daughter, she complained of feeling depressed, unhappy, tearful, and being unable to look after either her baby or her home, she felt that she might be suffering from a "brain tumour" although she had no symptoms which would indicate such a condition. Together with these symptoms she also complained of constipation and heartburn.

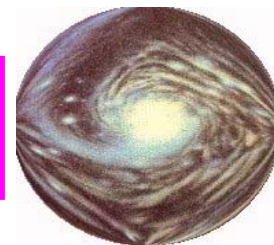
As she was not able to breast feed, I decided that she was suffering from moderate postnatal depression, and that the main oil of choice was clary sage. A 4% blend of clary sage at 4 parts of clary lavender (lavandula angustifolia) carrier oil almond and rosa rubiginosa

with an addition of evening primrose oil was prepared. After 5 weekly treatments with this blend, Judy felt much better, her depression had lifted , she no longer believed she had a tumour, and she was able to relate to her daughter, naturally, advise on coping with the baby and the home was also very helpful, counselling being an integral part of my aromatherapy practice. NOTE: In this patient's case clary sage was chosen for it's antidepressant, euphoric, antispasmodic and oestrogen like properties. The addition of Lavender in a synergistic

LOOKS AFTER THE BABY, NOT after the mother.



# AROMATIC & COSMIC HEALER



## JARGON

I invite you to subscribe to Aroma - Cosmic Healer to find Answers to your quest to develop your own and very-personal growth.

**Allergy** - an acquired, abnormal immune response to a substance that can cause a broad range of inflammatory reactions.

**Anosmia** - absence of the sense of smell.

**Anti-inflammatory oils** - essential oils able to reduce the symptoms and signs of inflammation.

**Aromatic Baths:** Run hand-hot water then add 5-10 drops of essential oil to suit your mood. Close the door, keep in the vapors, and soak for 15 minutes.

**Analgesic:** stops the pain, pain killer.

**Aphrodisiac:** enhances sexual desire and libido.

**Antiseptic:** stops the spread of micro-organisms and their

consequences.

**Aerial:** air borne, such as droplets in the case of respiratory viral infections.

**Anti-pruritic:** Stops itchiness.

**Bacteriostatic:** Paralyses bacteria and stops the infection.

**Bacteriolytic:** destroys and kills bacterial cells.

**Blood pressure:** refers to the pressure exerted by blood flow on artery walls. A 120/80 reading is considered normal. High blood pressure can cause health problems such as heart attacks and strokes.

**Cholesterol:** is a type of fat which occurs naturally in our bodies and is also found in animal fats.

**Chronic:** refers to a condition that is present

over a long periods of time.

**Eczema** - inflammation of the skin, usually causing itching and sometimes accompanied by crusting, scaling, or blisters.

**Oedema:** is the swelling or puffiness caused by water collecting in the tissues. It often occurs in the ankles.

**Hormones:** are the chemical substances, such as insulin, released by a gland into the bloodstream. They are responsible for controlling such functions as metabolism, growth, sex development and blood sugar levels.

**Oestrogens:** are the female hormones



# AROMA - COSMIC HEALER



## JARGON CONTINUED.

Open  
Space  
for  
Suggestions

involved in all female reproductive functions, they also regulate water retention and their lack may lead to osteoporosis during the menopausal years.

**Smell** - to perceive odor or scent through stimuli affecting the olfactory nerves.

**Smell disorder** - inability to perceive odors that may be temporary or permanent.

## TELE CLASSES

You are able to "attend" classes from the comfort of your own home or office. Regardless of where you live, you can simply dial into a telephone bridge line to attend the class with other callers.

We are currently offering the following teleclasses. To learn more about each class, including how to register, simply click on the course titles.

[Aromatherapy in Childbirth.](#)  
[Aromatherapy for the prevention of Stretch marks](#)  
[Aromagems Safety First.](#)  
[An introduction to Colour Healing](#)

**Each monthly class session costs just \$20 for a wealth of information.**



## AROMA - COSMIC HEALER



### WEB CLASSES

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An Internet class or web class will allow you to download and read class materials on line.

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This 21<sup>st</sup> century study method enables all to take classes which accommodate their busy schedule. The classroom is always ready, so you can progress at your own pace whenever and wherever is most convenient for you -- home, office, library, etc.

All of the class materials are accessible from your computer. All you need is e-mail and an Internet connection and you can take a webclass!

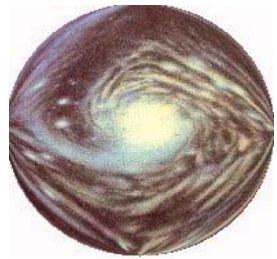
We are currently offering four web classes. To learn more about each class, including how to register, simply click on the course titles.

[Aromatherapy 101](#)

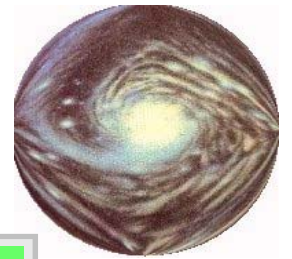
[Aromatherapy 201](#)

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# AROMA - COSMIC HEALER



## E MAIL CLASSES

### What Are E-mail Classes?

In an e-mail class, your course material is delivered right to your e-mail Inbox at your computer. Once you enrol in the class, the content is sent to you to begin the class.

This 21<sup>st</sup> century study method enables all, to take classes which accommodate their busy schedule. The classroom is always ready, so you can progress at your own pace whenever and where ever is most convenient for you – home, office, library, etc.

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[Aromatherapy 101](#)

[Aromatherapy 201](#)

[Colour Healing 101](#)

[Aromagems 101](#)

### Aromatherapy 101: 21-lessons

[to view the course outline click here](#)

This is a self-paced class (typically taught over three full days in professional schools), and you can enrol at any time in either the [web class](#) version or an [e mail class](#) version.

You also have an option to earn your certificate of completion from Dr. Lunny. For \$100, you can complete the exam portion of the course and submit to Dr. Lunny for review. Upon the successful completion of the exam, you will receive a certificate of completion which allows you, if you wish, to continue with the subsequent courses to be eligible to enter the International Certification Examinations accredited by National and International Professional Aromatherapy and Colour Therapy Organisations world-wide.

The certification option is available upon registration,

**Cost: U.S. \$ 250.00**

For details of how to purchase the essential oils kit to accompany the course please click on details of your chosen courses.

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