

CarolinaAramburoAndFriends' TOPIC OF THE WEEK

Hello Health, Fun and Well-Being, Partners!

In this 31st Newsletter, I want to give us a chance to consider how aromatherapy can play a role in our physical, mental, emotional and spiritual well-being.

In order to put the rest of the newsletter in context: This conversation makes more sense if you've watched my [1st Health Proposal](#) and my [2nd Health Proposal](#). So if you haven't, please pause, go back and watch them. You can also read all of the articles in full [HERE](#).

EXPERIENCE THE POWER OF AROMATHERAPY IN EVERY CELL IN YOUR BODY!!!

After a stress filled day, we tend to look for a way to relax and release tension. We may look for that stress and tension reliever through a lot of different methods. Aromatherapy is the use of essential oils from plants for healing. It is now used by thousands of people for many different reasons including relaxation, upkeep of skin or hair, health problems or just to improve the smell of your surroundings. In order for aromatherapy to be done properly, there are many different oils that are used for it. In this newsletter, I want to focus on the impact that aromatherapy and essential oils can have on the well-being of our bodies and minds, as well as on our health.

This week on our Fan Page, we have articles that will offer you information on the many types of aromatherapy, as well as the wide variety of oils that are used in aromatherapy. Reading through the complete articles will provide you with a lot of well researched information on the physical,

mental, emotional and spiritual effects that both aromatherapy and essential oils have over you and your body.

With aromatherapy practices such as massage aromatherapy and olfactory aromatherapy, relaxing has become easier and more enjoyable. Aromatherapy, along with the different types of oils used for it, have provided many physical benefits for people. For example, to provide a calm setting, you may use orange blossom oil, as it has active ingredients that literally produce a state of calmness for people. A French chemist by the name of Rene-Maurice Gattefosse, discovered the healing properties of lavender oil when he applied it to a burn on his hand. Essential oils were often used to treat burns, skin infections, gangrene and wounds on soldiers during the First World War. Other conditions that essential oils and aromatherapy have been said to improve are alopecia areata (loss of hair), constipation, insomnia and psoriasis, just to name a few.

Over time, more than 75% of the world's population has started using nature's remedies. Since scent has a special impact on living organisms and is found to be 10,000 times more powerful than taste, there is a direct effect of scent on the limbic system. The essence of these oils can be used as anti-depressants, sedatives, and tranquilizers and can aid in releasing endorphins.

When essential oils are included in massage therapy, people who suffer from depression show additional benefits. The scents like Rosemary, Pine and Eucalyptus are said to stimulate positive emotions and are directly related to the additional relaxation caused. Besides being anti-depressants, essential oils can decrease the amount of anxiety or confusion that you may have. Essential oils like Sandlewood are proven to be



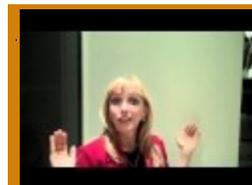
CAROLINA ARAMBURO

beneficial to your emotional state. They may relieve hopelessness, provide mental clarity and boost concentration. As an aside, they may also stimulate your appetite. With all of these positive reasons for using essential oils and aromatherapy, who wouldn't want to run out and get some!

The use of essential oils in aromatherapy is just a modernized version of a fantastic ancient tradition that stems from the Egyptians and Hebrews. The use of these oils for rituals was a symbolic encounter as well as a transformation of the body. In addition to being used for an improvement of self, essential oils have been used in specific rituals, such as for unionizing love in wedding ceremonies by bringing the spirits of the couple together and nourishing their spirits as they enter life together.

Oils can even heighten your living experience.

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EXPERIENCE THE POWER OF AROMATHERAPY IN EVERY CELL IN YOUR BODY!!! (Cont.)

It is said that once a person leaves a home, their spiritual persona is left behind. By cleansing the home with essential oils, you will be able to live at peace and not bear the disturbances that the previous owners had. Aromatherapy has also been used in a spiritual context in vision quests as well as in yoga, meditation and prayer.

Over time, I have seen what improvements aromatherapy has had

on me. By adding oils to the medicines I was given and with the other natural healing works I have done, I have improved myself physically, emotionally, mentally and spiritually. Using patchouli has helped me to balance out my emotions, as well as my anxiety stemming from my acute chronic stress syndrome. Burning lavender oil has helped me to relax and has assisted in my sleeping. The positive effects that aromatherapy has had on me has allowed me to be in a relaxed

space and has made me realize how imperative having a calming environment after a stressful day is.

Aromatherapy can be a great way to enjoy becoming healthier and more stabilized! I encourage you to look into the different methods of aromatherapy and see which ones suit you. With all of the options that have been made available over the years, finding oils and a method that you prefer should be easy!

SUBMERSE YOURSELF IN THE ENDLESS BENEFITS OF ESSENTIAL OILS!!!

Aromatherapy is a form of therapy that uses essential oils for treatment. This therapy is done with the purpose of healing and improving the emotional system, as well as enhancing physical beauty. Essential oils are considered a concentrated extract from flowers, bark, stems, leaves, roots or other parts of a plant. Each essential oil is unique and contains its own mixture of active ingredients. Each unique recipe determines what the purpose of each of the oils will turn out to be. Purposes such as relaxation, reducing swelling and healing infections are all included.

Some experts believe that our sense of smell plays an important role in our health. "Smell" receptors from our nose communicate with your brain (with the amygdala and hippocampus) and serve as a storehouse for your emotions and memories. Researchers believe that when you smell essential oil molecules, they simulate the brain and have a great influence on your well-being.

Aromatherapy can be carried out in many ways. If you are considering using aromatherapy, here are a few options that could be beneficial to you:

- **Cosmetic aromatherapy:** using essential oils for cosmetic purposes. You can use them to improve the look and feel of your skin and for hair care.
- **Massage aromatherapy:** combines the powerful relaxing effects of a massage with the benefits of aromatherapy. In

this method, a mixture of essential oils is made and massaged on the body by an expert masseur. This is an excellent method for healing, but you need to be very careful about the oils that touch your skin. The best way to ensure this precaution is to make sure that the professional does a patch test on a small area of your skin to detect its reaction before massaging the oils over your whole body. This patch test will prevent any unwanted reactions like rashes or itching.

- **Olfactory aromatherapy:** works by spraying the essential oils in your surroundings and either diffusing or inhaling. To enjoy the benefits of olfactory aromatherapy by inhalation, rub a tiny amount on a handkerchief or on the back of your palms. You can also mix the essential oils with distilled water and spray it in the air to enjoy the fragrance.

Today, aromatherapy is used with many different purposes. It can be used in any surrounding. From use in a health spa to use in a hospital, its uses range all over. In addition, specific oils are used to treat different conditions such as:

- **Birch** - Stimulates function, reduce pain, promotes urination, reduces fever and purifies blood.
- **Bergamont** - provides relief from spasm, heals cuts and scars and promotes digestion.
- **Bitter** - Kills worms, kills bacteria, reduces inflammation, removes excess toxins and fat from the body.

- **Black Pepper** - acts as a purgative, contributes to anti-aging, helps cure arthritis and rheumatism and neutralizes free radicals.
- **Boldo** - good for the liver, protects against septic and promotes bile secretion.
- **Buchu** - anti-rheumatic & anti-arthritis, carminative, digestive, diuretic, insecticide and tonic.

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The power of smell is more important to our physical, mental, emotional and spiritual health than we could ever imagine. Through using essential oils we can impact our health, thinking, and the way we feel. The first health proposal is about cherishing our body and the second one is about listening to it. In the second health proposal, I propose that we can notice and be aware of what our body needs and wants.

Listen to your body to tell you which oil would be beneficial and when, so that you can support yourself physically, mentally, emotionally and spiritually. You may notice massive changes in the power of your mind, your emotions, your physical health, and your ability to connect with Source/God/the Universe by making small changes. I provoke you to go on this enchanting journey with me!

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SUBMERSE YOURSELF IN THE ENDLESS BENEFITS OF ESSENTIAL OILS!!! (Cont.)

- **Cajuput** - takes care of skin, cures congestion in the respiratory system, cures coughs, stimulates secretions and nerves, tones up organic systems.

These uses are only some of the uses for natural oil. Although aromatherapy may be excellent for most people, there are a few people who should be cautious about using them.

- **Pregnant women**, people who suffer from asthma, and people who have experienced allergies before

- People who **suffer from high blood pressure** should avoid oils such as rosemary and spike lavender.
- Those with **estrogen-dependent tumors** (such as breast or ovarian cancer) should not use oils with estrogen-like compounds such as fennel, aniseed, sage, and Clary-sage.

As you can see, oil essences are very

helpful for many diseases and pains. Therefore, I recommend using the option you find most useful. **Listen to your body** as you try different types of oils. With each oil, you will discover that your body will have an immediate reaction and you will be able to count on it to tell you which essences are perfect for you. Have fun while enjoying the healing world that your sense of smell can provide you with!

SIMPLE SPIRITUALITY & SUSTAINABILITY

I have created a Facebook Fan Page with these intentions:

1. To express **three passions** of mine that I have ironically been suppressing since 1999:
 - my passion for **spirituality**.
 - my passion for our **earth/environment/plants/animals** and the future of them/us all.
 - my passion for **uniting all religions, spiritual expressions** without excluding any of them and without relating to one as better than the other.....

2. To **create a space** where my friends and I can **enrich each other's spiritual growth** and we can all together empower our com-

munity (and our world) in their/our spiritual growth.

3. To have us all support each other and the world in learning to **live sustainable lives and learning to "heal" the world in a "green way"**.

4. To answer my lifelong "calling". A calling to: team up with leaders in our community/world and together **lead the way towards a Self-Realized Civilization**, creating/waking up to a NEW GLOBAL VISION and maybe even questioning all our belief systems.

5. To make it all **simple and synergistic**.

ESSENTIAL OILS CAN POWERFULLY ELEVATE YOUR MIND AND SPIRIT WITH AN ARRAY OF DELICIOUS AROMAS!!!

Essential oils are extracted from plants that are known to contain hormones, vitamins and antibiotics. They **represent the "life force," "spirit," or "soul" of the plant**. When aromatherapy is being carried out, it is used in small quantities through inhalation, massage, or other applications on the skin. Each of the oils has a different use in spiritual and emotional practices. Many oils can be used for a variety of things, but **some oils are said to have a specific purpose**:

- **Aloes/Sandalwood**: enhances meditation and prayer. It quiets the mental chatter that so often distracts us during meditation.
- **Cassia**: extremely similar to cinnamon, but smells much sweeter and more pleasant. It enhances circulation and supports the heart.
- **Cedarwood**: provides steadiness and balance to the spirit. This oil encourages the strength we need to continue on our pathway and urges us to hold fast to our dreams.
- **Cypress**: very helpful in times of transition. These transitions could be anywhere from career changes

to spiritual decisions.

- **Galbanum**: allows for the shedding of old ideas and outdated behavior and attitudes. It may shed light on life's purpose and on the inner self.
- **Hyssop**: long history of acting as a cleansing herb. It can be used to cleanse any area in which you are planning to meditate, pray or give healing.

Each of the oils has specific recommended roles. For example, essential oils like Pine, Rosemary and Eucalyptus can be used for mental disorders, depression, headaches, **mental exhaustion and mental fatigue**. Other essential oils like Clary Sage, Orange, Patchouli, Calamus, and Ginger makes the nervous system healthy, sedates emotions and anxiety, and improves nervous system disturbances. In addition, it is also **good for the brain**. It boosts the brain's memory and tonic and expels phlegm & catarrh.

Aromatherapy is also known to help in

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spiritual practices by enhancing vibrations (energy) when you meditate or pray. Part of a spiritual connection may be a **vibration and/or energetic connection to your own peace, self awareness and well-being**. The energetic and/or vibration effects of essential oils and aromatherapy can enhance that connection by opening your consciousness, relaxing your body and mind, and providing you with a sense of peace. Reward yourself with the gift of essential oils as part of your life journey!!!

If you would, please go to this link and give us/me your feedback:

[\(CLICK HERE OR SEE http://carolinaaramburo.com\)](#)

That will make a major difference for me/us. We are not selling you anything. The commitment is **giving and receiving of information** and we appreciate your contribution. Thank you so much for the opportunity to learn together.

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