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Relaxing Lavender Spa Bath

Ingredients:

1 tablespoon [sea salt](#)
1 tablespoon Epsom salt
1 tablespoon ground oats
27 drops [lavender essential oil](#)

Directions: Mix ingredients and add to hot bath.

Benefits: Relaxing

Warming After Workout Massage Oil

Tired, sore muscles need the soothing touch of a therapeutic massage. Increase the benefits and the enjoyment of your after workout rubdown with this soothing & relaxing massage blend.

Ingredients:

2 tablespoons [sweet almond](#) or [apricot kernel oil](#)
1 tablespoon [jojoba](#) or [grapeseed oil](#)
3 drops [juniper berry essential oil](#)
3 drops [lavandin essential oil](#)
3 drops [peppermint essential oil](#)

Directions: Mix oils and use as a massage oil after workout.

Benefits: Relaxing

Mouth Freshening Gargle

Ingredients:

2 drops [peppermint essential oil](#)
1 drop [myrrh essential oil](#)
1 drop [tea tree oil](#)

Directions: Blend with a small amount of milk (rice, soy, dairy, hemp, almond, etc) gargle or swish in the mouth for approximately 60 seconds several times each day. Continue as necessary. Water is okay, but the fat in the milk acts as a buffer and effectively distributes the oils

Take care not to swallow!

We Suggest: One or two drops of thyme or oregano can be added to this blend. Be careful, however, as some find these oils to be somewhat irritating.

Benefits: Energizing

Essential Oil Basics

Essential oils are the highly concentrated, volatile, aromatic essences of plants. Scientists agree that essential oils may perform more than one function in living plants. In some cases they seem to be a part of the plant's immune system. In other cases they may simply be end-products of metabolism. Essential oils contain hundreds of organic constituents, including hormones, vitamins and other natural elements that work on many levels. They are 75 to 100 times more concentrated than the oils in dried herbs.

All the countries of the world provide essential oils, making aromatherapy a truly global therapy.

Not all Oils are Created Equal

Some plants, like rose and jasmine, contain very little essential oil. Their important aromatic properties are extracted using a chemical solvent. The end product, known as an absolute, contains essential oil along with other plant constituents. Though not a true essential oil, absolutes are commonly used for fragancing cosmetic products like fine perfumes.

There are also significant differences between synthetic fragrance oils and pure essential oils. Synthetic fragrance oils are produced by blending aromatic chemicals primarily derived from coal tar. These oils may duplicate the smell of the pure botanical, but the complex chemical components of each essential oil created in nature determine its true aromatic benefits. While synthetic fragrance oils are not suitable for aromatherapy, they add an approximation of the natural scent to crafts, potpourri, soap and perfume at a fraction of the cost.

Aromatherapy practitioners need pure essential oils of the highest quality. Important criteria to consider when selecting essential oils include the following: 100% pure and natural, country of origin, growing season, extraction method (e.g., distillation, expression), plant part used and the reputation of the company providing the oils.

Gems of Nature

Pure essential oils, like precious jewelry or fine wine, are gems of nature -- the quintessential life force of aromatic plants, sometimes called the "soul" of the plant. People who truly appreciate the qualities of pure essential oils consider each drop a precious jewel to be savored, enjoyed and protected.

Essential oils absorb into the fluid surrounding the cells beneath the skin's surface for a variety of effects including deep cleansing, nourishing, rejuvenating and balancing. Essential oils also diffuse into the air to provide olfactory benefits.

Extraction of Essential Oils

To extract essential oils in the most effective manner while preserving their therapeutic benefits, they are either distilled or expressed. The two methods are briefly explained below.

Distillation

Pure essential oils are most commonly extracted from plants through the process of steam distillation. In this process, steam is introduced into a distillation chamber which contains the plant material. The steam breaks down the plant tissue, causing it to release its essential oil in a vaporized form. The vaporized essences, along with the steam and other substances, pass into a pipe through cooling tanks. The vapors return to liquid form and are separated from the water and captured as pure essential plant oil.

Expression

Expression, also known as cold pressing, is done exclusively with citrus oils. In this method, the oil-containing outer layer of the fruit is pressed and filtered to yield pure essential oil.

It takes 50 pounds of eucalyptus, 150 pounds of lavender, 500 pounds of rosemary, 1,000 pounds of jasmine and over 2,000 pounds of rose to make a single pound of essential oil! The price of each essential oil is directly related to the amount of plant material needed for distillation.

Taking Just a Little Too Much Tylenol Each Time Can Be Deadly

The above headline comes from a November 23, 2011 article on the Healthland section of the TIME website. This is just one of many articles which include headlines like, "Popular painkiller can be deadly even in small overdoses" (CBSNews), "Sneaky Killer: Just a Little Too Much Tylenol Can Be Deadly" (Fox News), and "Too much acetaminophen over time may damage liver", (USA Today).

The articles are based on a study published in the British Journal of Clinical Pharmacology in the November 22, 2011 edition. The USA Today article starts off with an ominous warning, "Taking slightly too much of the pain reliever acetaminophen (best known by the brand name Tylenol) over time can lead to an overdose that can cause liver failure and death."

Dr. Kenneth Simpson, an author of the study explained in the USA Today article that taking just a little more than the recommended dosage over time can cause serious liver failure and death. He explained further in the Journal's press release, "They haven't taken the sort of single-moment, one-off massive overdoses taken by people who try to commit suicide, but over time the damage builds up, and the effect can be fatal." The term that the researchers used to describe this kind of repeated mini-overdosing was "staggered overdoses."

The study looked at 663 patients who had been hospitalized at the Royal Infirmary of Edinburgh between 1992 and 2008 with injuries caused by acetaminophen. Of these patients it was determined that 161 of them had staggered overdoses from, according to researchers, taking the drug for things like headache, toothache, muscular pains, and abdominal pains. Dr. Simpson explained the real danger these people were facing by reporting, "On admission, these staggered overdose patients were more likely to have liver and brain problems, require kidney dialysis or help with breathing and were at a greater risk of dying than people who had taken single overdoses."

The article in TIME reports that "Acetaminophen is one of the most commonly used drugs in the world, with 28 billion doses purchased in the U.S. in 2005 alone." They go on to explain that because it is such a common drug, being the main ingredient in Tylenol, that people might think that it is safe. However, they note, "Tylenol overdose is the leading cause of acute liver failure in the U.S., leading to 26,000 hospitalizations and nearly 500 deaths annually, according to the Food and Drug Administration."

Is it Time Your Baby Saw a Chiropractor?

The above headline comes from a November 11, 2011 article in Essential Baby, an Australian publication that claims it is, "the largest online parenting community in Australia providing information and resources for conception, pregnancy, birth, baby, toddler, kids, parenting and women's lifestyle."

This article, written by Rebecca Martin starts off with her recalling the birth of her baby by saying, "After a long arduous labor requiring a suction cap to help my large first-born out, among the torrent of advice received was one unusual tidbit: 'If he gets colicky, try taking him to a baby chiropractor'."

Initially, Rebecca thought this advice was absurd, but when her colicky baby would not respond to every other remedy she tried, she started asking about a chiropractor for her baby. To her surprise she realized that many people were using chiropractors for their children. She reported, "Everyone, it seems, was doing it. All my more experienced mum-friends had one they could recommend. The child-health nurse, my GP and even the pediatrician who treated my son's severe reflux, gave them the thumbs up."

The article notes that when babies are adjusted there are no "bones cracked" as they called it. Many adjustments involve finger pressure on areas of the spine to have an effect on the nervous system. Dr Simon Floreani of the Chiropractors Association of Australia explained, "In the last decade there has been a lot more instrumentation used in the birth process, so babies get sprained and strained," he says. "Chiropractic can help reverse the structural or mechanical injury of birth, and also help the nervous system to develop and construct normally. In infants, the biggest part the nervous system [affects] is sleeping, eating and pooing. Colic is a digestive thing, so if we can help ease the movement of milk through the bowel, we can help colic."

The article also interviewed a chiropractic detractor who questioned research about chiropractic helping babies. To this Dr. Floreani responded with, "It's difficult to get permission to do studies or trials on infants without getting caught up in a lot of ethics and issues." He noted that medicine has tried to take the power away from mothers, and the best proof was that mothers are willing to pay for the care themselves. "Medicine can disempower you to say you know what's right for your child. The fact that parents are paying out of their own pocket to [go to chiropractors] is more evidence than the best trials in the world."

This article was taken from: www.stayfitseniors.com