



Aromatherapy?

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Aromatherapy claims include curing cancer, arthritis, and more. We have found nothing to support any of these bold claims. We believe that a small part of Aromatherapy can be helpful. Unfortunately, enthusiasm for Aromatherapy has limited its use by the general public.

Some claim that there have been double-blind tests proving the effectiveness of Aromatherapy, but I can find no reference to such trials in any Medical Peer Review-Journal. If someone knows of such studies, please contact us at JeffLefavi@yahoo.com so we can review the study.

The use of aromatic plant materials dates back millennia, though Aromatherapy is a relatively new idea. The term "Aromatherapy" was coined in the 1920s. Aromatherapy in its purest form - is the use of fragrant plant materials to alter mood or atmosphere.

Aromatherapy or watching a waterfall does not cure arthritis, but they can relieve stress, and stress can cause arthritis flare-ups. Does that mean that Aromatherapy cures arthritis? No. It only means that it may reduce stress, which reduces the likelihood of an arthritis flare-up. Stress reduction is a good thing, but it is not a cure.

Studies have also shown that stress can compromise your immune system, making you susceptible to becoming sick or sicker. So, reducing stress is a good thing for a person who is ill or concerned about becoming ill. Please see our articles on Stress.

Some believe mood may be influenced by any scent--natural or not. Ask any realtor about using fragrances, and they may suggest baking a batch of cinnamon rolls or baking some bread. An old wives tale? Some people think so, but others swear by it.

Smells also retain an uncanny power to move us. A whiff of pipe tobacco, a particular perfume, or a long-forgotten scent can instantly conjure up scenes and emotions from the past. Many

writers and artists have marveled at the haunting quality of such memories. Cosmetic companies put baby powder in lipstick for the scent.

Many wonder how certain smells can trigger memories of events occurring several years ago, even though sensory neurons in the epithelium survive for only 60 days. The answer is that the neurons in the epithelium have successors. As the olfactory neurons die, new olfactory neurons are generated by the layer of stem cells beneath them, which eventually takes the role of the old neuron as it dies. Memories survive because the axons of neurons that express the same receptor always go to the same place. The memories are stored in the hippocampus, and certain smells trigger memories through relational memory.

Another popular question is why smell is decisive in instantaneously recalling a memory. Despite our belief that sight and hearing are the two most important senses to our survival, from an evolutionary perspective, smell is one of the most important. To recognize food or to detect poison, smell is the sense that almost all mammals use. Because of this essential feature yet vital role, smell is one of the oldest parts of our brain. Trygg Engen, a psychology professor at Brown University, notes that smells serve as “index keys” to quickly retrieve specific memories in our brain. This primitive yet essential role is why smells trigger memory more than sight or sound.

So, we have enough data to state that scents can affect your emotions.

Aroma therapists believe the scents Bergamot, Lavender, Petitgrain, and Rosemary can help you relax since relaxation is the nemesis of stress. We think this mixture of scents is an excellent means to reduce stress in your life.

In the Relaxation section on our shopping page, we offer Relaxation kits that use the above scents. We offer three diffusers for use with the scented oils. They are beautiful, in themselves should help you relax.

Relax, and live a healthier and happier life.

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