

In this newsletter we will try to help you further your knowledge and use of essential oils.

## Physical ailment

### It's Fall Allergy Season - help with the "Secondaries"

by Penny Keay

Hay Fever has once again come around and if you are like many folks you just dread this time of year.

I know I do. Mr Ragweed and I are not the best of friends. He seems to be a pest for too many weeks each year. He has a tendency to ruin one of my favorite seasons of the year. (Oh by the way, I love all the seasons!)

I do not enjoy watery eyes, a scratchy throat or sneezing repeatedly. For the most part I have been able to keep the allergy symptoms to a minimum by diffusing (a [Terra Cotta disc](#) by my desk and head at night) and inhaling (with a [personal inhaler](#)) our [Allergy Tamer blend](#) or [Roman Chamomile](#).

Seasonal Rhinitis the medical term for allergic reactions caused by pollen makes one miserable. Dealing with the congestion, runny nose, watery eyes, sneezing and sinus pressures is just not fun at all. These are the most common symptoms of this type of allergic reaction.

The problem is if you can't stop these primary reactions to the allergens the next thing you know you are dealing with what I call the 'secondaries'. These are the sinus infection that starts from all the sneezing and swollen tissues that trap unwanted germs. And the repeated amount of coughing from the post nasal drip that can cause laryngitis, tracheitis or bronchitis. You might have sore nostrils from wiping the constant 'drip' or from blowing your nose.

Some folks will rub their eyes and I've seen 'stys' develop or other types of eye infections. Some folks will even run a fever or develop hives depending on their immune response to the allergen.

So although the original 'culprit' is the allergic reaction you are having to the pollen or dust, now they are making you miserable with the secondary problems they created.

First if you have seasonal allergies now is the time to start using essential oils to help prevent some of these reactions. Several essential oils have anti-histamine properties i.e. [German Chamomile](#) and [Roman Chamomile](#). Others help with inflammation such as [Helichrysum](#) and [Lavender](#). Using these in an inhaler several times a day may help minimize the bodies response to the allergen.

Personally I use [Roman Chamomile](#) starting in Mid July. It helps my body prepare for the month of August and September.

Next – like now – I begin using [Allergy Tamer](#) which is a blend of [German Chamomile](#), [Roman Chamomile](#), [Helichrysum \(Corsica\)](#), [Lavender](#), and [Niaouli](#). This combination seems to not only help with the allergic reactions but helps with congestion and prevent some of the other problems as it keeps fighting off other infections.

Now onto the 'secondaries' and what to do.

Sore nostrils and nose from wiping: Use a mild soap and wash area, then apply your favorite lotion or carrier oil. [Jojoba](#) works great for some folks, others like [Camellia](#) or [Grapeseed](#). Personally I like using my [Penny's Crème](#). It has a little bit of [Lavender](#) and [Rose](#) in it and is so moisturizing. You only need a tiny amount and it will help soothe that sore skin for several hours.

Years ago (like 31 years ago) I was told by my Family Doctor that for me personally, I should never ever blow my nose again. He told me I could 'wipe' my nose or 'sniff' in but not to 'blow'. I had had several repeated episodes of severe sinusitis due to my allergies and blowing my nose (even ever so gently) was making it worse and causing me to get the sinusitis.

Since I'm also very allergic to many antibiotics he was concerned there might come a time where there would not be any that would work and me. And also I did not like taking medications – especially antibiotics. (Remember this is 30 plus years ago and Al and I didn't know about essential oils back then.)

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Anyway, I have heeded his words and since that time as long as I don't 'blow' and only wipe my allergic runny nose I have not had sinusitis. Sinus congestion- yes – read on for how I get relief.

**Sinusitis, Laryngitis, Tracheitis, Bronchitis:** Congestion relief – try inhaling a little peppermint followed by one of the eucalyptus oils. This often times will help to open up the airways, so they can drain and relieve pressure.

### **Massage for Sinus Congestion**

Eucalyptus – 3 drops  
Peppermint – 3 drops  
Rosemary – 3 drops  
Sunflower or other Carrier oil – 1 tablespoon

Blend essential oils well and add to the carrier oil. Massage into your face around your eyes and onto your cheek bones. Be very careful not to get too near your eyes as this will sting badly if it gets into the eyes. Massaging your eyebrows and forehead will help to relieve the pressure associated with the sinus congestion.

**If coughing** is part of your 'secondary' problems you might want to think about a 'steam' bath. You know the kind where you use a towel over your head, over a bowl of hot water and a drop or two of essential oils. The **Eucalyptus essential oils** being the most widely used to help with this.

Coughing when allergies are present is often due to the post nasal drip. Mucous is trickling down the back of your throat and causing irritation that triggers your cough response. Usually a non-productive cough, but a 'tickle'. In some folks including one of our sons, you will cough so much and so often that you can end up with a tracheal or bronchial irritation that could turn into a full blown infection. Once we were able to get his allergies under control he never had bronchitis again.

### **For Inhalation over a Bowl of Hot Water Blend**

Eucalyptus – 12 drops  
Cedarwood – 6 drops  
Rosemary - 3 drops  
Peppermint – 3 drops

Blend the above essential oils in a glass bottle. Then add 3-5 drops to a bowl you have added about 2 cups of very hot water (does not need to be boiling – just very hot). Use a Glass or Stainless steel bowl for this 'steaming'. Place a towel over your head and lean over the bowl. Inhale for as long as desired. You can always add more hot water or more essential oil blend as you need.

**Diffusing** or using **Four Robbers and Pure Cleansing** will help if your secondary problem is weakening your immune systems and allowing the irritations become more infections. Or because your immune system has been compromised you may be more susceptible to catching the latest viral infection. (Great, now you have to deal with both allergies and a cold!).

As for eye infections: sorry, but there are no essential oils that can be used for this. You will need to see your medical doctor should you develop an eye irritation or infection with your seasonal allergies. Most folks don't have problems with their eyes other than they seem to tear or are more watery and red.

We hope you can come through another year of Seasonal Allergies unscathed but if you should be caught off guard and develop problems with the 'secondaries' you can hopefully find some help and relief for these ailments using essential oils.

We have several articles that may be of interest to you that will include many suggestions and a larger variety of essential oils to help with any of these 'Secondary' problems associated with your seasonal allergies.

Here are a few helpful links:

Allergy: <http://birchhillhappenings.com/allergy.htm>

<http://birchhillhappenings.com/v1002007.htm>

Sinusitis: <http://birchhillhappenings.com/sinus.htm>

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Congestion: <http://birchhillhappenings.com/v812005.htm>Laryngitis & Coughing: <http://birchhillhappenings.com/aromatip/5309.pdf><http://birchhillhappenings.com/v802005.htm>Bronchitis: <http://birchhillhappenings.com/bronchit.htm><http://birchhillhappenings.com/v652004.htm><http://birchhillhappenings.com/v862006.htm>Allergy or Cold: <http://birchhillhappenings.com/aromatip/tip2808.pdf>(Recipes for colds, coughing, bronchitis) <http://birchhillhappenings.com/recipes/colds.htm>

You can always use the 'Search Box' at the top of the page to put in a 'key word' or two to find previous articles that are not included above. They may help you find answers to more specific "Secondary" problems that weren't listed above.

Penny's Extra Note: Essential oils may not work for everyone when it comes to help with allergies. For the most part for me, as long as I use the above essential oils and limit my exposure during the worse times of the season (like hot and windy days in August and September) the essential oils are able to help my body handle the Ragweed (mold etc). BUT should I get over exposed or get an over load, unfortunately I do have to use an over the counter anti-histamine. For me, if I get an overload it causes my airways to swell and I have difficulty breathing. Typically, I have learned what to do, when to avoid the outdoors and when I need to use the over the counter medications I do, there by avoiding things that could be much worse.

My point being here is that Essential oils may not work 100% all the time for this or other situations and for some folks may not work at all. In that case seek advice from your Health Care Provider. Remember Aromatherapy and Essential oils are Complimentary and sometimes an Alternative to allopathic medicine. Essential oils can help you feel more comfortable and help with many ailments but they are not a "Panacea". They don't work all the time for everyone. But for AI and I we like to use them first and for the most part they do what we need them to do and much more safely than all those 'side effects' you see with conventional medicines.

## Beauty Tips aka Skin and Hair Care

### Body and Foot Odors

by Penny Keay

Recently in one of the newsgroups I follow, there has been a discussion of what to use for a natural deodorant.

So as I was writing a few suggestions to submit I thought that maybe many of our readers and customers would like some ideas too. (Some of you are on the same groups).

First thing is to try to figure out what might be causing the odor. There are several things that can cause body and foot odors. Number one in most folk's minds is that it is caused by bacteria.

It is true that most of us all have a lot of bacteria on our body and feet. And there are times when the normal flora and fauna (naturally healthy bacteria and yeast) may become altered. When this occurs a 'bad' strain of either may get a chance to proliferate and often times these are the ones that are causing the odor.

Although body and foot odors can come from other sources. You will need to be your own 'detective' to discover what is causing the odors. Other things to consider: Foods you may eat; Medications you may be on; If you are a man or a woman and your age – hormonal changes in various stages of life can cause your body to produce various odors; Your life style – stress can produce a strange odor that may not be very pleasant; sexual responses produce various odors; unknown or undetected disease or health problems i.e. kidney & liver disease, diabetes and so on.

Once you have figured out the cause of the odors you may be able to use essential oils to help. Realize in some of the causes you may not be able to eliminate the odor, but you will be masking it.

This is especially true if the cause of the odor is from foods or medications. You may have to create your own fragrance or scent that will help to cover the odor. Although you may be able to change your diet, medications are another issue (you might need to discuss this with the medical professional for alternatives).

If the odor is being produced is due to a lot of stress in your life you certainly can use and find essential oils that may help you feel more calm and relaxed. Stress hormones are released in you body sweat. This along with any unwelcome bacteria can produce a very unpleasant odor.

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This leads us into the most common cause of body odors – bacteria and fungi (specifically yeast).

It cannot be stressed enough that the best way to combat germs is by bathing, thoroughly rinsing and completely drying the skin daily. For a few folks they may even have to shower or wash more than once a day.

We suggest using an **unscented natural bar of plain soap**. Soap is very good at removing and destroying many germs and washing away dead body cells provided you use a wash cloth or sponge. Just using a bar of soap and nothing else won't help much.

Rinsing the soap and residue off is very important too and of course, last but not least, drying off using a clean towel. (I know many people reuse their bath towels for several baths/showers, but if you have a problem with body odors and the cause is bacteria or yeast – we really suggest a new clean towel each time)

After you are completely dry then you can apply any number of essential oils blended in either a base of distilled water, witch hazel, aloe vera liquid or even our **Body Spray Base, Toner or Astringent bases**. The suggested percentage would be around ½ to 1% dilution. Rarely would you need stronger than this.

Once blended, shake well and apply to the underarms. You can use a cotton ball or put in a spray top bottle and spray this area. Before dressing, let dry well and apply a powder if desired. Preferably do not use corn starch or any plant based powders as this is a carbohydrate and is a food source for bacteria and yeast. You don't need any survivors after your bath to get fed and start to multiply again!

Some folks use talc, other use a clay powders or baking soda. Many people do not need to use a powder but others feel like controlling the moisture/sweat helps to slow the odor producing germs.

Please note that if you make your deodorant spray/solution using distilled water or aloe vera liquid you will need to keep it in the refrigerator and discard and make fresh every 10 days to 2 weeks. There is no preservatives in this type of base and bacteria and mold could possible grow.

Now what can you do about foot odors? Again, keeping your feet clean and dry is so important. Following is a foot cleaning regimen that I have used for foot infections, namely athletes foot complicated by bacterial infection and a yeast infection (yes all three). Please note that diabetics and other folks with abnormal blood sugar levels appear to be more susceptible to having fungal and yeast infections, especially of the feet and toe nails. Getting your weight and blood sugar levels under control is very important for folks that have known fungal infections.

## **The Foot Care Regimen**

To Start: You will need to soak your feet nightly in the following.

- Warm water with 1 cup **Salt** (Epsom is fine alone but **Sea Salt and Epsom Salt** is better) and 1 cup vinegar (distilled white is fine). Soak for a minimum of 15 minutes. 30 minutes is better.

Yes you are 'pickling' your feet. Well, not really, but you are soaking them so you can scrub the dead cells off. Now don't really 'scrub' your feet when you are done, just rub them with a wash cloth. Then rinse them and dry them.

Next: you will apply several drops of the following blend to your feet. Mix this ahead of time and have it handy.

### **FOOT BLEND for ODOROUS FEET** (especially if a fungal infection is also present)

**Tea Tree** - 20 drops

**Lavender** - 10 drops

**Myrrh** - 10 drops

**Geranium** - 8 drops

**Peppermint** - 8 drops

**Oregano** – 8 drops

**Thyme ct Linalol** - 5 drops

**Grapeseed oil** - 2 tablespoons

**Tamanu oil** – 2 tablespoons

Mix essential oils in a **PET plastic bottle**, then add the **Grapeseed oil & Tamanu oils**. Shake well.

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Apply just a few drops to both feet and massage in. This is a very strong blend at near 6%. So you do not need more than a couple drops per foot. It is important for you to massage it in. If you prefer, you can increase the amount of **Grapeseed and Tamanu oil** by doubling the above listed amounts to dilute it further (so you can have a 3% blend).

This will let you apply more than just a few drops so you can give yourself a nice foot massage.

Concentrate on and around your toenails beds and where your toenails are as this is where you need to get the fungal infection under control.

At first it is possibly going to sting and burn, especially if you have any raw or opened areas on your feet.

After a few days, as your feet begin to heal this discomfort should disappear.

This is a strong blend but should work NO matter what is going on – if it is any kind of fungal or bacterial infection.

If you are using this blend because of fungal infections (and they can take a long time to get rid of) you will need to follow the above regimen for at least 2-3 months or longer! AND Once you see normal healthy looking toe nails – you will need to continue for at least 1 more month!! Fungi like to be 'sneaky' and let you think things are gone and then they attack again!

I know that is a long time for treatment but if you have toe nail or other nail fungus and if your doctor would be treating you with a prescribed medication you would be taking it for a whole year (and the Rx) could cause liver damage. Using essential oils is MUCH SAFER!! Any fungal infection can take a long time to be eliminated no matter what is used to help combat it.

Now once the above soaking is complete and your feet are rinsed and dry - wait about 20-30 minutes and apply a small amount of sorbolene or Penny's Crème De la Cream. These are good overall cream for all skin. Both creams are good to use year round. We have many folks that love how wonderful both will soften the skin.

This should be all you need to do. But you do have to do it all – and be faithful!

Oh I almost forgot – how to treat your leather shoes and sandals. Cotton shoes can often times just be cleaned in the laundry and dried there too, but if not then follow the suggestions for leather.

There are a couple things you can do. Just mix some **Tea Tree** and **Oregano** (yep) with some Rubbing Alcohol. Shake well and spray your shoes. This blend is **NOT FOR USE ON THE SKIN!!** It is for shoes only!!

I suggest a strong mix at 10% essential oils so – for every ounce of Alcohol mix in 2ml of each the **Tea Tree** and **Oregano**. Like I said do not even think of using this near your skin as it is too strong for that. Anyway, spray it on the insides of your shoes and sandals and let them dry for 24 hours before wearing them.

Setting them outside in the sun too will help. You need to kill the fungus that is living in the leather of these shoes. (Replace your shoes if you can afford to but if not be sure to use the spray).

IF your shoes are plastic or rubber – you cannot use the above spray. You will need to wash them in a solution of detergent with added bleach in the water and let them dry again, in the sun preferably, before wearing.

Essential oils can disintegrate certain types of plastic and rubber will become a "blob of goo".

If you have just a mild odor to your feet you won't need to follow the above regimen. We have lots of suggestions throughout our website for wonderful foot soaks that include essential oils. And since most essential oils are antibacterial and antifungal to varying degrees, then may be all you will need to use.

You can also just soak your feet in a **sea salt water bath**. Salt is a natural antibacterial and antifungal. Soaking your feet in **salt water**, rinsing and drying well may be all you ever need to eliminate minor foot odor. Add a drop or two of your favorite essential oils will be a welcoming addition to your foot soak!

We hope these suggestions will work for you. If you have something else that has worked for you and you are willing to share, please send us an e-mail.

We have suggested this same regimen to several folks that have all had good results and were well pleased that we were able to help them.

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**Recipes to try**

by Penny Keay (unless otherwise noted)

**Soothing Throat Spray****Roman Chamomile**- 2 drops**Lemon** -1 drop**Tea Tree** -1 drop

Apple Cider Vinegar – 1 tablespoon

Honey – 1 teaspoon

Distilled water (warmed) ½ cup

Add the essential oils into the honey then add the vinegar, next add warm water to this blend and shake well.

Using a bottle with a **fine mist sprayer**, spray 1-2 'spritzs' onto the back of the throat. Try not to eat or drink anything for 15 minutes after spraying. You can spray as often as needed.**Sinus Congestion due to Allergies****Roman Chamomile** – 5 drops**Peppermint** – 3 drops**Rosemary** – 2 dropsBlend the above in a **glass bottle**, then apply several drops to a Personal Nasal inhaler.

Simply inhale a couple times in each nostril as needed.

This should help to relieve the pressure, open the airways and the chamomile may help to control the allergy symptoms.

**Refreshing Foot Odor Powder****Tea Tree** – 10 drops**Lavender** - 10 drops**Peppermint** – 6 drops**Thyme** – 3 drops**Talc powder** - 2 ounces

Baking soda – 2 tablespoons

Blend essential oils together then add to a cotton ball. Insert the cotton ball into the bottle with the Talc and Baking soda. Shake well and let stand for a couple days. Then apply to your feet and inside you're your shoes as needed.

**Under Arm Spray for Men****Bay Rum** – 3 drops**Clove bud** – 1 drop**Allspice** – 1 drop**Astringent Base** – 2 ozAdd the above essential oils to the **Astringent base**, Shake well and Spray into underarms.

(Men – make sure you do not use any other product in your under arm area as the two scents may clash)

You can also use the above essential oils in the **After Shave Lotion** to compliment your personal care.**Under Arm Spray for Women****Lavender** – 3 drops**Rose Otto** – 1 drop**Neroli** – 1 drop**Body Spray Base** – 2 ouncesAdd the above essential oils to the **Body Spray base**, Shake well and Spray into underarms.

You can also use this as a full body spray as a perfume, if you like the scent!

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**BIRCH HILL HAPPENINGS NEWS**

**Hello Everyone,**

Wow! Hope everyone has had a Great Summer! I can hardly believe it is the middle of August already.

Here in Minnesota (and most of the nation) we have had a wonderfully warm summer.

Of course, the end of summer means that soon our 'normal' routines will be back. Kids will be going back to school and some adults too. If you missed our last two "Aromatherapy Tips" you'll want to take a peek at them, especially if you are a Teacher, a Parent or a Student. Both articles have some helpful ideas on coping with the change in routine and the anxieties this can cause.

Great Reports about the new Massage Oil and Lotion we have been having a few 'testers' use. I'll be sending out an e-mail to the testers with a final questionnaire and once I have compiled the information will put up a notice. So far almost everyone has been getting the relief we had hoped for.

Watch for our **What's New** E-mail Notice for the announcement when the new blends will be available to order.

Also we have replicated another of YLO synergies for one of our customers and she writes to me that she "LOVES IT". We hope to get it ready and available for ordering very soon too.

For those that missed the **Clearance Sale** announcement we still have several items yet that are available and we need the room for new inventory, so check our **Clearance page**. Also the items on the Sale Item page will be soon changing so now is the time to stock up on those items too.

The last news to announce is the pending legislation in the House of Representatives HR 5786.

We apologize for having to repeat this in this newsletter but it can and will affect EVERYONE if this legislation is passed. And we want to make sure everyone knows about this. Not only will it affect us as a business but it WILL not make the products you love any safer that are supplied by the small cosmetic businesses such as our Aromatherapy and Essential oils. Everyone that uses essential oils and carrier oils will be affected.

Please **SUPPORT SMALL COSMETIC BUSINESSES**

On July 20, 2010 the bill HR 5786 "Safe Cosmetics Act of 2010" was introduced.

**We ask that you read about this bill, then support the Small Cosmetics Businesses such as Birch Hill Happenings Aromatherapy LLC among 1000's more and then OPPOSE this bill as it is currently written.**

Please read the bill here <http://www.govtrack.us/congress/billtext.xpd?bill=h111-5786>

Then Read how it will affect Small Businesses by visiting this website.

<http://www.opposesca.com/2010/07/30/what-sca-really-means-for-cosmetics-companies-part-i/>

And more details here, Read and Sign the Petition to Oppose this

<http://www.thepetitionsite.com/1/oppose-hr-5786-safe-cosmetics-act-of-2010/>

Last but not least **please contact your State Representative and Senators and ask them to oppose this bill** as it is written.

Please know that we here at Birch Hill Happenings Aromatherapy, LLC are in favor of cosmetics being safe but not at the expense of us losing our livelihood and having to close our store down due to a bill that is written the way that it is at present.

In fact, part of why we started a business was to provide the purest and safest products for use by our customers.

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We want and DO provide our customers with tested and pure products derived as naturally as nature herself produces.

Our suppliers are just as particular and should this legislation pass, it will affect them just as much as us. It will affect everyone that uses cosmetic products.

YES, aromatherapy and essential oils are part of the Cosmetic industry which is part of the FDA (Food and Drug Administration).

And we already have a full 'gammut' of rules we must follow not only for the FDA and Good Manufacturing practices which also includes all the labeling requirements we must adhere to, but the Consumer Products Safety commission, OSHA, EPA's and many other agencies. (And that is just at the federal level).

Realize that this "HR 5786 SCA" will not only affect us, but anyone that uses or produces products: Massage Therapists, Soapmakers, Estheticians, Perfumers and anyone that we call the little "Artisan's" that make lotions, creams, lip balms etc that they sell to make a few extra spending monies at Craft shows and Farmers Markets. No one will be exempt.

The cost of testing each product and registering them will result in the product prices to greatly increase, putting more strain on the cost for the end user - the consumer.

Please support Small Businesses and help us to have the current HR 5786 SCA rewritten to be more fair to those of us that have worked long and hard to provide ALREADY SAFE products for our beloved customers.

Thank you to all those that have all ready signed the petition and Thank you in advance to all the others that we hope will sign and support us too - Alan and Penny Keay

(Some of you may already know about this legislation and we apologize for repeating it. The products we have all come to love and DEPEND on (in more ways than one) are in Jeopardy of being taken away. Including those of us that depend on this business for our lives and income. )

As always, if you have suggestions, questions or comments please feel free to send us an e-mail to [bhinfo@birchhillhappenings.com](mailto:bhinfo@birchhillhappenings.com) and we will get back to you as soon as possible.

Yours in Aromatherapy,

Penny & Al

Be sure to visit us on line at

<http://birchhillhappenings.com/aroma1.htm>

for all your Essential oils and Aromatherapy Supplies needs.

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