



# Introduction to Clinical Phyto-Aromatherapy & Endobiogeny

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# Aromatherapy

*“Whilst being the oldest of all systems, phytotherapy and aromatherapy are also those which have most effectively proved themselves, fashion permitting.”*

Dr. Jean Valnet



# Aromatherapy History

- **Ancient Civilizations**

- **India** – Vedic literature c. 2000 BC lists medicinal plants including aromatics
- **Egypt** – Eber's Papyrus (dated c. 1550 BC - believed to have been copied from texts dating as early as 3400 BC) lists medicinal plants and aromatics
- **Bible** – contains numerous references to aromatics and ointments starting with Exodus 30:24, c. 1446 BC





# Aromatherapy History

- **Ancient Civilizations**

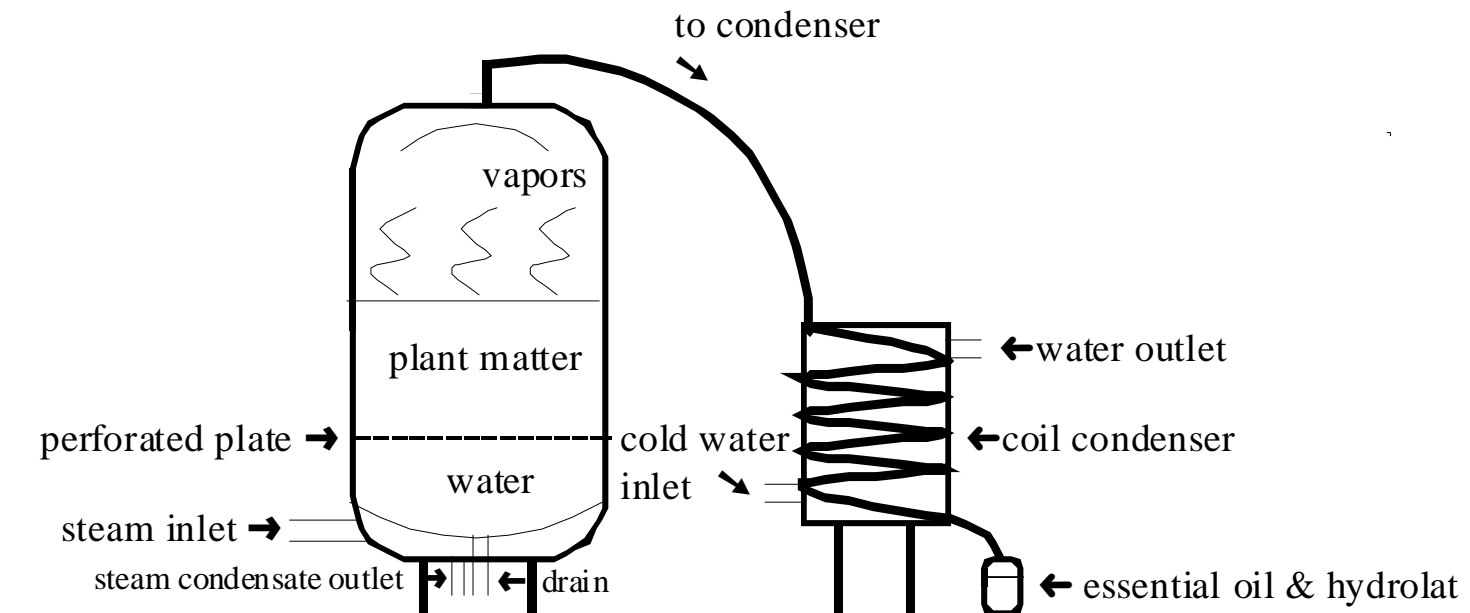
- **China** – The *Yellow Emperor's Inner Canon* compiled c. 475-200 BC lists numerous medicinal plants and aromatics
- **Greece** – Herodotus & Democrates visit Egypt c. 425 BC bringing home knowledge of perfumes and medicinal plants
  - Herodotus first to describe distillation process
  - Hippocrates used aromatic fumigations to heal
- **Rome** – archeological finds prove that ancient Romans used scented oils in many ways including massage



# Aromatherapy History

- **Iran** – Avicenna (Ibn Sina) 980-1037 AD, physician and scholar credited with inventing the refrigerated coil

## *Water and Steam Distillation*





# Aromatherapy History

- **René-Maurice Gattefossé** (1881-1950)
  - French chemist & father of aromatherapy
    - Used antiseptic EOs such as thyme, lemon and clove in military hospitals to treat soldiers' wounds during WWI
    - Coined the term “aromatherapy” in 1928
    - Discovered that essential oils are more effective than their synthetic counterparts, and that the whole natural oil is more effective than using isolated constituents.
    - Dedicated much of his life to the study of essential oils, plant cultivation, and distillation methods



# Aromatherapy History


- **Marguerite Maury** (1895-1968)
  - Austrian born biochemist, nurse, & surgical assistant
    - Began her journey to aromatherapy by reading *Les Grandes Possibilités par les Matières Odoriférantes* (*The Great Possibilities of Aromatic Substances*) written by Dr. Chabenes in 1838
    - Set up the first aromatherapy clinics in France, Switzerland, & England
    - Published *The Secret of Life and Youth* in 1964
      - Originally published as *Le Capital Jeunesse* in France in 1961



# Clinical Phyto-Aromatherapy


- **Jean Valnet, M.D.** (1920-1995)
  - French clinical aromatherapy pioneer
    - Awarded the Légion d'Honneur (Legion of Honor) and the Croix de Guerre (War Cross) for his actions during WWII
    - Graduated in 1945 as a Doctor of Psychiatry, Microbiology, Colonial Medicine, and Surgery
    - Began scientific research in 1948 to prove the therapeutic properties of essential oils and medicinal plants
    - Opened a private practice in 1959 to refine and practice his “total man” theory of medicine
    - Dedicated his life to his patients and to the study of aromatherapy, phytotherapy, and holistic healing





# Clinical Phyto-Aromatherapy

- **Jean Valnet, M.D.**
  - Published *Aromathérapie* in 1964
    - Still in use today as *The Practice of Aromatherapy*
    - Contains detailed indications for the internal and external use of 40 essential oils and plants
      - “Forgotten and ignored for many years, aromatic essences are coming back into their own, for many researchers and for a large section of public opinion, as the stars of medicine. Faced with a mounting toll of complications known to have been caused by aggressively synthesized chemical medications, many patients are now unwilling to be treated except by natural therapies, foremost among which plants and their essences have a rightful place.”




# Clinical Phyto-Aromatherapy

- **Jean-Claude Lapraz, M.D.** (born 1942)
  - French clinical phyto-aromatherapy pioneer
    - Graduated from Paris Medical Faculty in 1969
    - Met Dr. Valnet early in his medical practice and learned about clinical phytotherapy
    - Frustrated with the failings of classical medicine, he quickly adopted phytotherapy
    - Conducted clinical studies on the therapeutic activity of plant extracts and essential oils
    - Founded the French Society for Phytotherapy and Aromatherapy in 1980



# Clinical Phyto-Aromatherapy

- **Jean-Claude Lapraz, M.D.**
  - Consulting physician for Hôpital Boucicaut Surgical and Oncology Clinic, Paris 1989-1996
    - Developed adjunct phyto-aromatherapy treatments for cancer patients to increase the efficacy of their classical treatment while helping to limit side effects
  - Created a curriculum for natural healing taught in numerous countries throughout the world
  - Together with his colleague, Dr. Christian Duraffourd, developed the endocrine theory of terrain which evolved into a new approach to medicine called endobiogeny



# Clinical Phyto-Aromatherapy

- **Annemarie Buhler** (born 1928)
  - Swiss innovator of natural personal care products and dietary supplements.
    - One of the pioneers of American aromatherapy
    - Returned from America to her homeland in 1984 seeking research on essential oils and medicinal plants
    - Met Dr. Lapraz at a medical seminar in Geneva, Switzerland
      - Dr. Lapraz was excited hear about her work and to bring phyto-aromatherapy teachings to “the land of opportunity”




# Clinical Phyto-Aromatherapy

- **Annemarie Buhler**


- Chairman of the Board of the first American Aromatherapy Association (AATA) founded in 1987
- Brought Dr. Lapraz to speak at the first American Aromatherapy Convention held in Santa Monica, CA 1990
- Founded the Phyto-Aromatherapy Insitute (PAI) in 1992 to further to work of Drs. Lapraz and Duraffourd in the USA
- Founded the Endobiogenic Integrative Medical Center (EIMC) in 2005 in cooperation with Idaho State University (ISU) Integrative Health Clinic





# Clinical Phyto-Aromatherapy

- Based on the endocrine theory of terrain
- Used by French Medical Doctors since the 1960's
  - Over 3,000 physicians in France use botanical medicine for primary care in France
- Useful to treat
  - Self-limiting complaints
  - Chronic complaints
  - Infectious disease
  - Cancer
- The forerunner of endobiogeny



# Clinical Phyto-Aromatherapy

“There is a growing trend to seek out medicine with a more human face, medicine which deals with human beings and not just their pathologies. Hence the revival of interest in traditional therapies and milder medical remedies which seek not so much to destroy pathogens as to restore the human body's capacity to resist them.”

Lannoye, Paul. "Report on the Status of Non-conventional Medicine" European Parliament, Oct. 27, 1994. <http://www.europarl.europa.eu>



# Endobiogeny

- A theory of terrain that views the endocrine system as the true manager of the body
- The result of over 40 years of day-to-day clinical practice (both private practice and hospital-based care)
- Considers the interconnectedness of all of body systems
- Integrative view of physiology focusing on the cause of disease rather than just symptoms



# Endobiogeny

- Extensive, integrated analysis
  - Detailed health history that helps identify inherent weaknesses as well as environmental and social factors that affect the patient's health
  - A specialized physical exam which helps to reveal the subtle and overt physical manifestations of the patient's hormonal function
  - Biology of Functions analysis: an intricate, computerized analysis of labwork that identifies imbalances in the nervous and hormonal systems as well as detecting risks for future illness



# Endobiogeny

- Explains why repeated stresses to the body or mind can lead to illness and why emotions have such a powerful impact on health
- Phyto-aromatherapy is the primary treatment modality
- Individualized treatments consist of essential oils, herbs, dietary supplements, diet and lifestyle changes





# Endobiogeny

- Hundreds of physicians and other health professionals throughout the world have been taught the endobiogenic approach by Dr. Lapraz & his colleagues
  - The Endobiogenic Integrative Medical Center (EIMC) in Pocatello, ID was the first endobiogeny clinic in the USA
  - Dr. Jean Bokelmann was the first medical doctor to actively practice endobiogeny in the USA
  - There is now a US fellowship in endobiogenic medicine taught by Dr. Kamyar Hedayat (see [www.endobiogeny.com](http://www.endobiogeny.com))



# Essential Oils

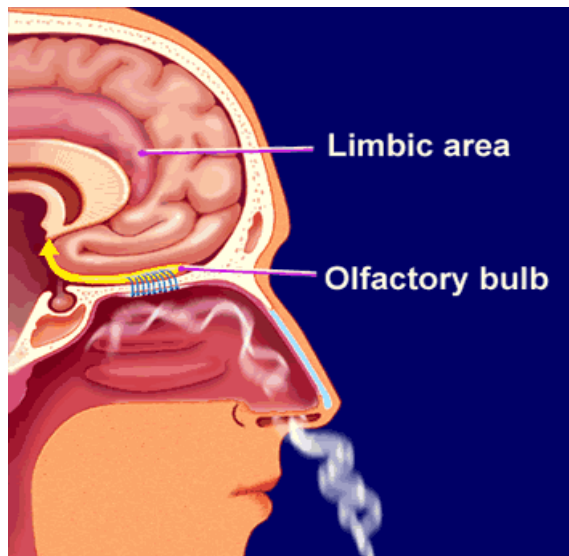
- **Advantages**

- Highly concentrated
  - Depending on the plant, a ton or more of plant matter may be required to yield just one liter of EO
- Therapeutically potent and effective
- Long shelf life
- Antibacterial, antiviral, antifungal
- Many oral and topical uses



# Essential Oils

- **Psychological effect**
  - Our sense of smell is our most immediate sense.
  - Olfactory cells generate nerve impulses.
  - The areas in the brain where the nerve impulses are interpreted are closely associated with memory and emotion.



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# Essential Oils

- **Pharmacological effect**
  - The chemical changes that take place as the essential oil reacts within the body.
    - Topical preparations
    - Inhalations
    - Oral preparations



# Essential Oils

- **Physiological effect**
  - The reaction of the body's systems to the essential oil.





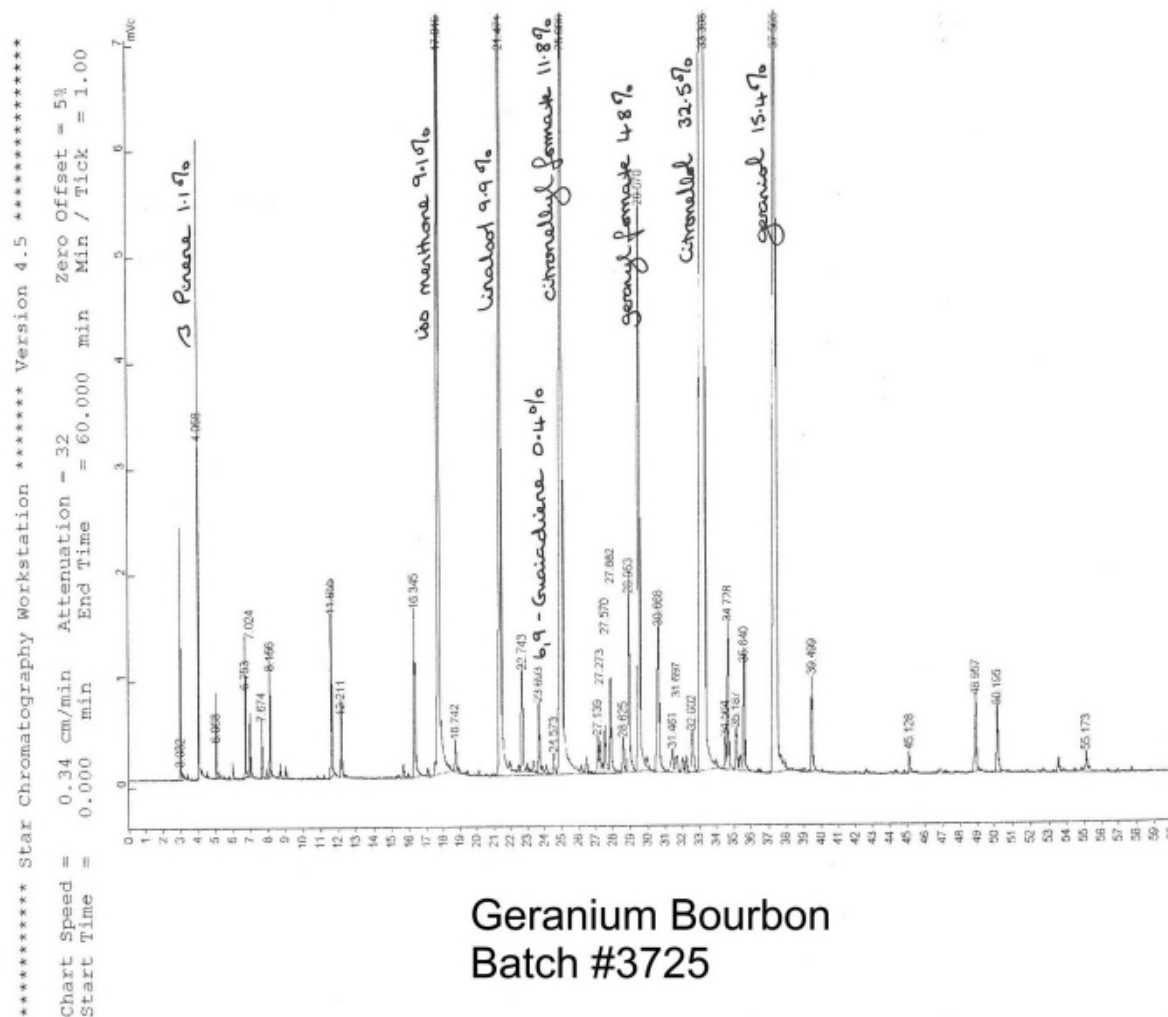


# Essential Oils

- **Quality Control Issues**
  - Reputable, experienced supplier
  - Avoid oils produced for flavor/fragrance industry
  - Botanical name & country of origin declared on label
  - Tested by GC/Mass Spectrum
    - Results expertly interpreted
  - Store in tinted glass away from sunlight



# EO Chromatograph





# Peppermint Field





# Peppermint Swathing



# Peppermint Baling





# Peppermint Transport



# Peppermint Stills



# Chamomile Field





# Portable Chamomile Still



# Chamomile Bale



# Collecting Hydrolat & EO







# Chamomile Oil





# EOs for Internal Use

- **Suitability**

- Does the oil meet quality control criteria?
  - *see slide 24*
- Does the oil appear on the FDA GRAS list?
  - <http://www.ars-grin.gov/duke/syllabus/gras.htm>
- If the oil does not appear on the FDA GRAS list, does it have a history of safe use?
- Will the oil be properly diluted in a tincture, glycerin macerat, or vegetable oil blend?



# EOs for Internal Use

- **General Phyto-Aromatherapy Blending Guidelines**
  - Base: 1-4 mother tinctures and/or Glycerin Macerats per custom blend
    - vegetable oils may also be used
  - 3-4 essential oils per custom blend
  - Instruct the patient/client to shake well before use and dilute their dose in a small glass of water or juice



# EOs for Internal Use

- **Dilution**

- The amount of essential oil in a typical phyto-aromatherapy preparation is less than 1 drop per essential oil, less than 3 drops total, essential oil per dose.
  - Toxic essential oils aside, the toxic oral dose for most essential oils is measured in grams per kilo.

## References

Tisserand, Robert, and Rodney Young PhD. *Essential Oil Safety: A Guide for Health Care Professionals*. Edinburgh: Churchill Livingstone, 2014. Print.

Dweck, A.C., "The Toxicity of Essential Oils" 2007 Jul; 9,  
[www.dweckdata.com/Published\\_papers/Essential\\_oilsv1.01.xls](http://www.dweckdata.com/Published_papers/Essential_oilsv1.01.xls)



# Sample Oral Preparation

- Woman with low adrenal function, estrogen dominance, high stress
  - 60 cc *Ribes nigrum* (Black Currant) Glycerin Macerat 1DH
  - 60 cc *Vitex agnus castus* (Chaste Tree) Mother Tincture
  - 60 cc *Alchemilla vulgaris* (Lady's Mantle) Mother Tincture
  - 60 cc *Passiflora incarnata* (Passionflower) Mother Tincture
  - 3 cc *Lavandula angustifolia* (Lavender) Essential Oil
  - 3 cc *Citrus aurantium var amara* (Petitgrain) Essential Oil
  - 3 cc *Citrus bergamia* (Bergamot) Essential Oil
  - Dose: 2 cc morning and evening diluted in a small glass of water for 2 months.



# EOs Commonly Used in Clinical Phyto-Aromatherapy

Botanical Name Common Name	Part Used	Traditional/Folk Uses & Properties	Clinical Evidence Based Properties
<i>Abies siberica</i> <i>Abies pectinata</i> Fir	Needles	respiratory complaints, rheumatic and neuralgic ailments, adrenal support	flu resistance
<i>Anthemis nobilis</i> <i>Matricaria recutita</i> Chamomile	Flowering tops	gastrointestinal spasms, inflammatory GI disease, skin disease, respiratory complaints, ano-genital inflammation, peptic ulcer, insomnia	anti-inflammatory, sedative, antioxidant
<i>Angelica</i> <i>archangelica</i> <i>Archangelica officinalis</i> Angelica	Root Seed (fruit)	expectorant for bronchial illnesses, colds and coughs, GI disorders, dyspepsia, digestive tonic, cholagogue, appetite stimulant, adaptogen	anti-inflammatory, antifungal, mosquito repellent





# EOs Commonly Used in Clinical Phyto-Aromatherapy

Botanical Name Common Name	Part Used	Traditional/Folk Uses & Properties	Clinical Evidence Based Properties
<i>Artemisia dracunculus</i> Tarragon	Leaves	digestive aid, mild sedative, toothache, PMS, dysmenorrhea, diabetes, cancer	anti-diabetic, anti-cancer
<i>Boswellia carterii</i> <i>Boswellia serrata</i> *Frankincense	Gum resin	cosmetic treatments, perfumes, incense, respiratory complaints, skin disease, rheumatism, syphilis, cystitis, GI disorders, anxiety	anti-inflammatory, anti-cancer, immunomodulatory
<i>Cinnamomum zeylanicum</i> Cinnamon	Bark Leaves	loss of appetite, dyspeptic complaints, digestive disorders, functional asthenias, rheumatism, diabetes, colds and flu	antibacterial, antifungal, antidiabetic, antioxidant



# EOs Commonly Used in Clinical Phyto-Aromatherapy

Botanical Name Common Name	Part Used	Traditional/Folk Uses & Properties	Clinical Evidence Based Properties
<i>Citrus bergamia</i> Bergamot	Peel (pressed)	depression, anxiety, insomnia, digestive complaints, acne, skin care (Note: phototoxic. While whole, natural oil should be chosen for internal use, FCF should be used topically if skin will be exposed to sun.)	anti-inflammatory, antioxidant, neuroprotective, anti-ischemic, anti-anxiety, mood enhancing, pain modulating
<i>Citrus × limon</i> Lemon	Peel (pressed) Fruit (distilled)	antiseptic, immune stimulant, anti-allergic, antidepressant (inhaled)	antidepressant, antibacterial



# EOs Commonly Used in Clinical Phyto-Aromatherapy

Botanical Name Common Name	Part Used	Traditional/Folk Uses & Properties	Clinical Evidence Based Properties
<i>Citrus sinensis</i> <i>Citrus aurantium</i> Orange Petitgrain/ Neroli ( <i>var amara</i> )	Peel Leaves Flowers	depression, anxiety, insecticide	anti-anxiety, antioxidant, treats gastrointestinal disorders, insecticide
<i>Cupressus sempervirens</i> Cypress	Needles & twigs	respiratory complaints, asthma, coughing, hemorrhoids, poor circulation, edema, cellulitis, dysmenorrhea, muscle pain, lymphatic massage	antimicrobial, anti-cancer
<i>Cymbopogon citratus</i> Lemongrass	Grass	insect repellent, acne, athlete's foot, excessive perspiration, muscle pain, digestive complaints, headache, stress	insect repellent, anti-inflammatory, anticonvulsant



# EOs Commonly Used in Clinical Phyto-Aromatherapy

Botanical Name Common Name	Part Used	Traditional/Folk Uses & Properties	Clinical Evidence Based Properties
<i>Eugenia caryophyllata</i> Clove	Buds	tooth pain, oral inflammation, insect repellent	anesthetic, antimicrobial, antioxidant, antifungal, antiviral, anti-inflammatory, immunomodulatory, insect repellent
<i>Eucalyptus globulus</i> <i>Eucalyptus citriodora</i> Eucalyptus	Leaves & twigs	respiratory complaints, rheumatic complaints, insect repellent	anti-inflammatory, antibacterial, antiviral, antioxidant, direct respiratory activity, antidiabetic, insect repellent, insecticide (head lice)



# EOs Commonly Used in Clinical Phyto-Aromatherapy

Botanical Name Common Name	Part Used	Traditional/Folk Uses & Properties	Clinical Evidence Based Properties
<i>Foeniculum vulgare</i> Fennel	Seeds	peptic discomforts, gastrointestinal disorders, flatulence, cellulitis, edema, lymphatic massage	antibacterial, antifungal
<i>Helichrysum italicum</i> <i>Helichrysum angustifolium</i> Helichrysum	Flowering tops	anti-allergic, anti-inflammatory, antiseptic, analgesic, antispasmodic, bumps and bruises treatment	anti-inflammatory, antioxidant
<i>Juniperus communis</i> Juniper	Berries	dyspepsia, edema, cystitis, leucorrhea, dysmenorrhea, gout, acne, dermatitis, lymphatic massage	antibacterial, anti-inflammatory



# EOs Commonly Used in Clinical Phyto-Aromatherapy

Botanical Name Common Name	Part Used	Traditional/Folk Uses & Properties	Clinical Evidence Based Properties
<i>Lavandula officinalis</i> <i>Lavandula angustifolia</i> <i>Lavandula vera</i> Lavender	Flowering tops	mood disturbance, restlessness, insomnia, functional abdominal complaints (nervous stomach irritation, nervous intestinal discomfort), colic, beauty treatments, skin care, acne, burns, insect bites, lice, scabies, muscle aches and pains, colic, cystitis, dysmenorrhea, leucorrhea	anti-anxiety, improves quality and duration of sleep, anticonflict, mood enhancing, improves memory, antioxidant, antifungal, treats dysmenorrhea, treats gastrointestinal disorders





# EOs Commonly Used in Clinical Phyto-Aromatherapy

Botanical Name Common Name	Part Used	Traditional/Folk Uses & Properties	Clinical Evidence Based Properties
<i>Melaleuca cajuputii</i> <i>Melaleuca leucodendron</i> Cajeput	Leaves & twigs	hypertension, diabetes, antimicrobial, insect bites, muscle aches and pains	antibacterial
<i>Melaleuca alternifolia</i> Tea Tree	Leaves & twigs	antiseptic, anti-inflammatory, burns, insect bites, general first aid	antibacterial, antiviral, antifungal, skin cancer treatment
<i>Melissa officinalis</i> Melissa, Lemon Balm	Flowering tops	anxiety, insomnia, depression, functional abdominal complaints, eczema, asthma, bronchitis, colic, nausea	anti-anxiety, antibacterial (gram +), antifungal



# EOs Commonly Used in Clinical Phyto-Aromatherapy

Botanical Name Common Name	Part Used	Traditional/Folk Uses & Properties	Clinical Evidence Based Properties
<i>Mentha piperita</i> Peppermint	Flowering herb	spastic discomfort of the upper gastrointestinal tract and bile ducts, irritable colon, respiratory complaints, inflammation of the oral mucosa, myalgia, neuralgia, nausea, colic, flatulence, headache, fatigue, anxiety, vertigo	respiratory complaints, gastrointestinal complaints, antispasmodic, antioxidant
<i>Ocimum basilicum</i> Basil	Leaves, flowering tops	antimicrobial, stimulation of appetite and digestion, feelings of fullness, flatulence, increases concentration and mental alertness	antibacterial, antioxidant, hepatoprotective



# EOs Commonly Used in Clinical Phyto-Aromatherapy

Botanical Name Common Name	Part Used	Traditional/Folk Uses & Properties	Clinical Evidence Based Properties
<i>Origanum vulgare</i> Oregano	Flowering herb	broad spectrum antimicrobial, antiparasitic, respiratory complaints, GI disturbance, dysmenorrhea, anti-arthritic, sedative	antimicrobial, antifungal, antioxidant
<i>Pergarnium graveolens</i> <i>Pelargonium odorantissimum</i> <i>Pelargonium roseum</i> Geranium	Leaves, stocks & flowers	hypertension, skin care, acne, burns, cellulitis, edema, sore throat, PMS, insect repellant	antibacterial, antifungal, antineuralgic



# EOs Commonly Used in Clinical Phyto-Aromatherapy

Botanical Name Common Name	Part Used	Traditional/Folk Uses & Properties	Clinical Evidence Based Properties
<i>Rosmarinus officinalis</i> Rosemary	Flowering tops	muscle pain, gout, rheumatism, respiratory complaints, liver and gallbladder problems, fatigue, headache, colds and flu, acne, dermatitis, insect repellent	antimicrobial, antifungal, antioxidant, anti-inflammatory, antispasmodic, antirheumatic, anti-anxiety, spasmolytic, improves circulation, analgesic, mood enhancing, improves memory



# EOs Commonly Used in Clinical Phyto-Aromatherapy

Botanical Name Common Name	Part Used	Traditional/Folk Uses & Properties	Clinical Evidence Based Properties
<i>Salvia sclarea</i> Clay Sage	Flowering tops	depression, migraine, hypertension, anxiety, dyspepsia, flatulence, respiratory complaints, skin care, acne, dandruff, amenorrhea, dysmenorrhea, PMS, labor pain, menopause symptoms, estrogenic	antidepressant, dysmenorrhea treatment, labor pain management
<i>Salvia officinalis</i> Sage	Leaves	respiratory complaints, digestive complaints, liver congestion, hypothyroidism, gingivitis, sore throat, cough, short term memory dysfunction, hyperhidrosis (excessive sweating), menopause symptoms, estrogenic	mood enhancing, improves cognition





# EOs Commonly Used in Clinical Phyto-Aromatherapy

Botanical Name Common Name	Part Used	Traditional/Folk Uses & Properties	Clinical Evidence Based Properties
<i>Satureia montana</i> Savory	Herb	flatulence, colic, altitude sickness, infectious diseases	antimicrobial
<i>Thymus vulgaris</i> Thyme	Flowering tops	respiratory complaints, asthma, cystitis, sore throat, tonsillitis, colds and flu, infectious diseases, insect bites, lice, scabies, muscle aches and pains	antimicrobial, anti-inflammatory





# EOs Commonly Used in Clinical Phyto-Aromatherapy

Botanical Name Common Name	Part Used	Traditional/Folk Uses & Properties	Clinical Evidence Based Properties
<i>Zingiber officinale</i> Ginger	Root	nausea, digestive complaints, respiratory complaints, muscle aches and pains, inflammatory conditions, sprains, strains, colds and flu, fever, infectious diseases, fatigue	anti-inflammatory, antiarthritic, pain management, immunomodulatory, anti-nausea

*\*Frankincense is an endangered species. Only oil produced from sustainably harvested gum/resin should be purchased.*

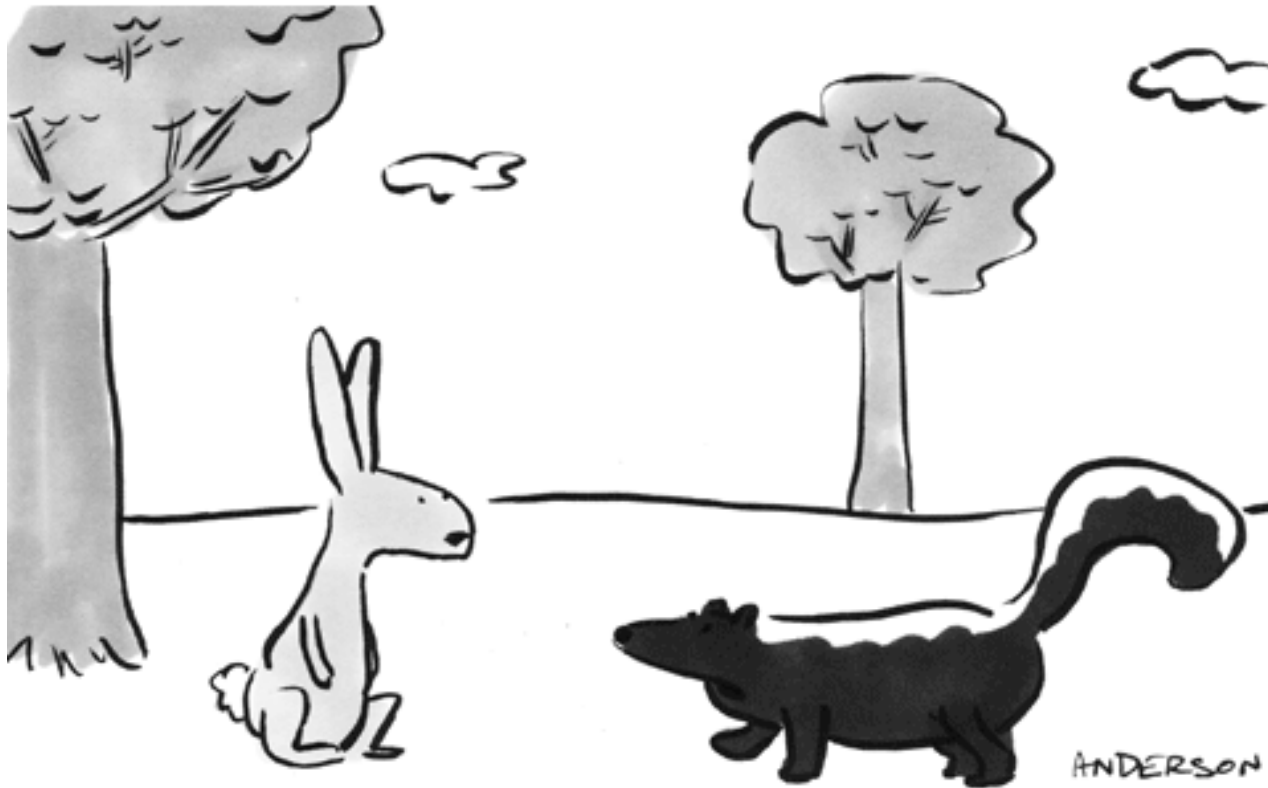
The statements made in this informational guide have not been evaluated by the FDA (U.S. Food & Drug Administration). The essential oils listed are not intended to diagnose, cure or prevent any disease, and should not be used as a substitute for medical care. Individuals using essential oils should be educated about their use, properties, safety precautions, and dosage or be under the care of a qualified health professional.

Research abstracts supplied upon request. Please e-mail: [davis@eimcenter.com](mailto:davis@eimcenter.com)

# The End

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"I prefer the term 'aromatherapy.'"