

HEALING ESSENTIALS AROMATHERAPY NEWSLETTER JANUARY 2016



Issue #22 Featuring Clove Essential Oil



Syzygium aromaticum

History

Like the history of many spices, the history of cloves goes back many centuries. In fact, this spice was one of the first to be traded and evidence of cloves has been found in vessels dating as far back as 1721 BC. Cloves are mentioned as one of the rare spices that the Queen of Sheba gave to King Solomon in II Chronicles 9:9. Native to the Molucca Islands (the Spice Islands of Indonesia), as many spices are, cloves were once a treasured commodity prized by the Ancient Romans. But it wasn't just the Romans who enjoyed cloves. The Chinese were said to use them as far back as 226 BC. Apparently they chewed the flowerettes to sweeten their breath.

Along with nutmeg, cloves were one of the most precious spices of the 16th and 17th century, and control of them spurred expeditions as well as wars. In 1522, Magellan's ship returned from its fateful trip around the world (Magellan himself was killed in the Philippines) with a ship loaded with cloves and nutmeg, much to the delight of Spain. Of course, everyone wanted in on the trade since cloves were worth more than their weight in gold. In 1605 the Dutch found their way to the Moluccas and dipped their hand into the spice trade. In fact, the Dutch wanted a monopoly on cloves, so they went about destroying clove trees that sprouted up anywhere outside of their control. This destruction of wild and cultivated trees resulted in a great loss of genetic diversity. But monopolies never last forever. It did not take long for others to try their hands at the clove trade. By the 18th century cloves were being grown in other places including India, Sri Lanka, Pakistan, Zanzibar, Madagascar, Brazil, Mauritius, and Tanzania, among other places. With the dissolution of the trade monopoly, the price of cloves came down and eventually cloves became a favorite spice for all classes of society, the world over.

Clove Bud (*Syzygium aromaticum*) comes from an evergreen tree in the family *Myrtaceae* with glossy leaves, fragrant flowers grouped in terminal clusters, and purple fruits. The clove tree grows up to 8–12 meters tall and may remain productive for 150 years. The flower buds initially have a pale hue, gradually turn green, then transition to a bright red when ready for harvest. The buds are hand-picked from the tree and when dried provide the clove buds used commercially. Cloves are probably the most easy to recognize spice. They look like small thick nails with a dark brown stem and lighter colored head. Their shape is actually how they got their name, from either the Latin "clavus" or the French "clou," both of which mean nail.



Description of Clove Bud Essential Oil

Parts of plant used: dried flower buds. **Method of Extraction:** water distilled. **Color:** clear to pale yellow. **Consistency:** mobile. **Note:** middle to base. **Aroma:** fresh, strong grassy-minty. **Strength of aroma:** strong, sweet, and spicy.

Chemical constituents: the percentage of *eugenol* can be 85-90%. Eugenol is well known for its local anesthetic and anti-microbial effects.

Blends well with: Bay, Bergamot, Cardamom, Cinnamon, Clary Sage, Ginger, Lavender, Nutmeg, Orange, Peppermint, Rose, Vanilla, and Ylang Ylang.

SEE MONTHLY SPECIAL BELOW
One Time Special Offer: "Thieves #2 Diffuser Blend"



Research of Clove Bud Essential Oil: In pharmacological studies Clove exhibits strong anti-microbial effects due to the high content of *eugenol*. Additionally, *eugenol*, has been found to kill the *Tuberculosis bacillus* bacterium in concentrations as low as 0.05%.

Additional Properties: Analgesic (relieves pain), anti-emetic, anesthetic, anthelmintic, anti-neuralgic, antiseptic, antispasmodic, carminative (relieves gas), larvicidal, nervine, stimulant.

Clove Bud Essential Oil Remedies:

- ❖ **Dental / Oral:** Long known as a local analgesic remedy to relieve toothache. Eugenol acts to depress sensory receptors involved with pain perception. When chewed cloves sweeten the breath.
- ❖ **Dermatological:** Generally not used in skin care as Clove Oil can be a dermal irritant.
- ❖ **Gastro-Intestinal:** Stimulates digestion and restores appetite. Relieves flatulence.
 - Add one drop in a tsp of honey to relieve nausea.
 - Use only 2 drops to 1 oz. carrier oil for abdominal massage to relieve GI symptoms.
- ❖ **Immune Protection:** The highly antimicrobial properties purify the atmosphere. See information below on the use of Thieves Diffuser Blend.
- ❖ **Musculo-skeletal:** Recommend adding to a massage oil for the relief of arthritis pain, muscle and joint pain. See Uses of Thieves Blend.
- ❖ **Nervous System (CNS):** Promotes mental alertness.
- ❖ **Respiratory System:** Due to the high eugenol content, prevents cold, flu, and respiratory illnesses. Add one to two drops to a diffuser and inhale during cold and flu season.
- ❖ **Insect Repellent:** Known to repel insects including lice, fleas, and ticks.
 - Combine 2 drops with a few drops of Peppermint and Cedar essential oils in a spray bottle or on a tissue to repel insects and as a spray for dogs to repel fleas.

Application: Topical: 1-2% dilution for massage, compress, and ointment. Inhalation: add to diffuser.

Safety: Clove Essential Oil has been reported to be a dermal (skin) irritant and sensitizer. When used topically, dilute all blends containing Clove with a carrier oil. Do not use near eyes. Do not use in bath as steam will irritate eyes. **Highly toxic, large doses of Clove Oil can be near fatal if taken internally. Keep out of reach of children.** If pregnant seek the advice of your medical practitioner.

Monthly Special: Thieves Diffuser Blend

Thieves Diffuser Blend is now offered by many aromatherapy companies. There are various stories about the history of this well-known blend and many variations of the ingredients. Dr. Lawrence Rosen, a Pediatrician in New Jersey, mentioned using Thieves as a hand sanitizer in his blog wholechildcenter.org.

History of Thieves Blend: During the Middle Ages, Europe experienced the deadly Bubonic Plague which killed one third of the population. It is said that during that time four thieves went from house to house to rob the bodies of those who had succumbed to the illness. After the thieves were captured and tried for their acts of robbery, a judge offered leniency if they would share how they were able to be near those afflicted for long periods, and often enough to rob them but not be affected by the Plague. Thus the four thieves shared their secret formula. Though there are many recipes, most contain the following essential oils: Clove Bud, Cinnamon, Lemon, Eucalyptus, and Rosemary.

It's interesting to note here that, during this time of the plague in Europe, physicians were seen wearing long black robes, wide brimmed hats, and masks that appeared to have a beak. The reason for doing this is the masks were said to have contained a combination of herbs, spices, and essential oils that the physicians would breathe in order to keep themselves safe from those afflicted with the illness. Their long black robes were also said to be doused in a similar fragrant concoction.

Effects of Thieves: Studies show that bacterial cultures are reduced 99% when exposed to the Thieves Blend.

Healing Essentials Thieves #2 Diffuser Blend: I have made my own Thieves Blend based on the ingredients above plus Ginger and Basil. What is a diffuser blend? A diffuser blend is 100% undiluted essential oils. They are not diluted in a carrier oil. It is specifically combined to be used in a diffuser which vaporizes and distributes the essential oils throughout the environment. Thus the blend is very strong and cannot be used on the body without diluting in oil. **Comes in a 5 ml. cobalt blue glass bottle. Each 5 ml. bottle contains approximately 100 drops.**

Uses of Thieves: Due to the strength of Thieves the dilution should be 1-2 %.

- To diffuse add 6 drops Thieves to distilled water and add to diffuser.
- Room Mister: 8-12 drops in 2 oz. distilled water. Shake well as the blend does not mix well with water. Purifies the atmosphere and acts as an insect repellent.
- Massage Oil: 4 drops of Thieves in 1 oz. any carrier oil. Relieves chest congestion. Relieves muscle soreness.
- Add 1-2 drops to dish detergent. Add 4 drops to washing machine load.

**Thieves Diffuser Blend: 5 ml. \$10.00
One Time Offer. Limited Supply.**

To order call or email below

Ojai Healing Essential News:

The third in the series of classes, The Medicinal Use of Essential Oils is scheduled for mid-February. A flyer with the final date will be sent out within the next week.

Ojai Healing Essentials Website:

I will be offering a series of blogs on the many uses and applications of essential oils. Please see my latest blog dated 01/29/16.

Wishing each and every one a healthy, peaceful, and happy 2016.

Patricia Wing, RN, IAC, Clinical Aromatherapist

References:

1. The Complete Guide to Aromatherapy, by Battaglia, S., P. 189-191.
2. The Complete Illustrated Guide to Aromatherapy, by Julia Lawless, P.127,207.
3. Reference Guide for Essential Oils, by Connie and Alan Higley, P. 201.