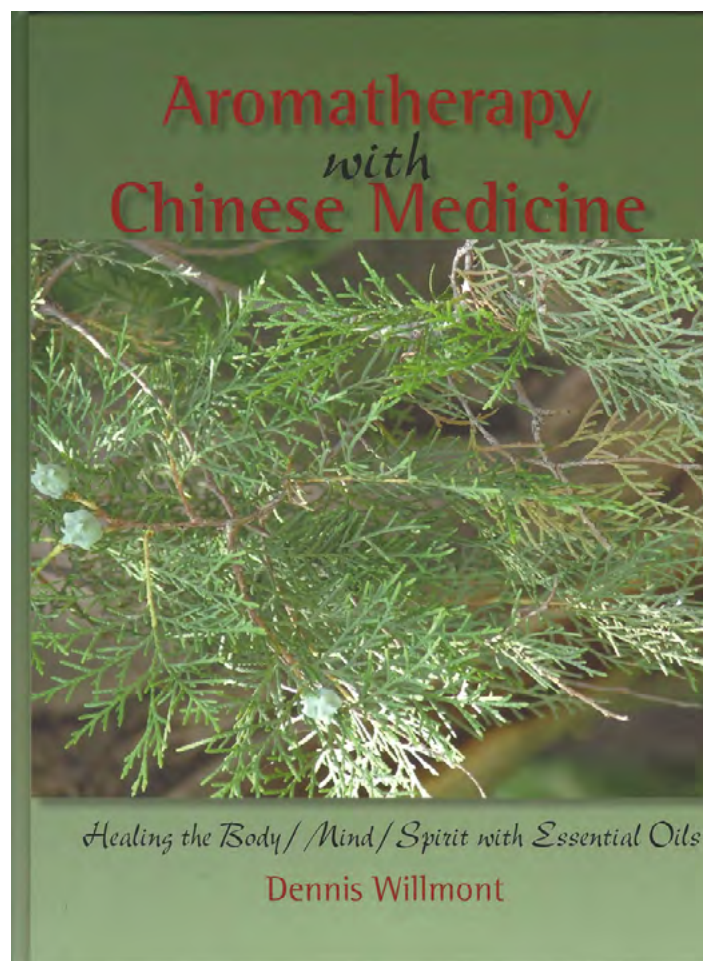




D. Willmont  
Aromatherapy with Chinese Medicine  
Healing the body, mind,  
spirit with essential oils



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- Difficult digestion, vomiting, diarrhea, constipation.
- Inability to Nourish the Connective Tissues:  
Pain in the waist and back, tension and stiffness of the shoulders and neck, spasms, convulsions.
- Inability to Regulate the Eyes:  
Eye problems (swelling, pain, dryness).
- Inability to Regulate Wind:  
Itching of the skin, dizziness, and stroke.
- Inability to Regulate the Genitals:  
Distention of the lower abdomen, hernia, reproductive problems.
- Hyperactive Yang:  
Agitation of the heart, restless sleep, ringing in the ears, bloody vomiting, bloody coughing.

The Functional Categories of the Liver and their associated essential oils include:<sup>a</sup>

- Rectifying Liver Qi (dispersed Stagnant Liver Qi):  
Bergamot, Black Cumin, Chamomile Roman, Helichrysum italicum, Linden Blossom, Marjoram, Melissa, Myrtle, Orange, Peppermint, Petitgrain, Rose Otto, Rosewood, Spearmint, Vitex Berry, Wintergreen, Yarrow.
- Quelling the Liver (Stagnant Liver Qi Invading the Spleen):  
Bergamot, Black Cumin, Chamomile Roman, Grapefruit, Helichrysum italicum, Niaouli, Nutmeg, Orange, Peppermint, Petitgrain, Rose Otto, Spearmint, Spikenard.
- Calming the Liver (lowers Excess Liver Fire and Liver Wind):  
Linden Blossom, Marjoram.
- Draining Liver Heat (clears Liver Fire):  
Lemon, Rose Otto.
- Dispersing Liver Qi: Lavender
- Normalizing the *Hun*/Perspective:<sup>b</sup>  
Bergamot, Chamomile Roman, Grapefruit, Helichrysum italicum, Lavender, Lime, Linden Blossom, Petitgrain, Rosewood, Spearmint, Yarrow.

Table 22: Wood Phase Oils Affecting Functional Categories of the Liver

Oil	Functional Category
Bergamot	Rectifies Liver Qi, Quells the Liver, Normalizes the <i>Hun</i> /Perspective
Chamomile, R	Rectifies Liver Qi, Quells the Liver, Normalizes the <i>Hun</i> /Perspective
Grapefruit	Quells the Liver, Normalizes the <i>Hun</i> /Perspective
Helichrysum italicum	Rectifies Liver Qi, Quells the Liver, Normalizes the <i>Hun</i> /Perspective
Lemon	Drains Liver Heat
Lime	Normalizes the <i>Hun</i> /Perspective
Linden Blossom	Rectifies Liver Qi, Calms the Liver, Normalizes the <i>Hun</i> /Perspective
Peppermint	Rectifies Liver Qi, Quells the Liver
Petitgrain	Rectifies Liver Qi, Quells the Liver, Normalizes the <i>Hun</i> /Perspective
Rosewood	Rectifies Liver Qi, Normalizes the <i>Hun</i> /Perspective
Spearmint	Rectifies Liver Qi, Quells the Liver, Normalizes the <i>Hun</i> /Perspective
Vitex Berry	Rectifies Liver Qi
Wintergreen	Rectifies Liver Qi
Yarrow	Rectifies Liver Qi, Normalizes the <i>Hun</i> /Perspective

<sup>a</sup> Evening Primrose Oil is a good carrier oil for Liver disorders.

<sup>b</sup> The *Hun*/Perspective is the Spirit of the Liver and represents the Mind level of the Wood Phase. It represents ones ability put things together into rational perspective and see the bigger picture of life and paves the way to Compassion, which is virtue (Spirit level) of the Wood Phase.

## Wood Oils

### Bergamot (Also Metal)- Body/Mind<sup>a</sup>

Yang Within Yin (The aroma is warm, sharp, and spicy within citrusy, floral, and bitter)  
Rectifies Liver Qi; Quells the Liver; and Normalizes the *Hun*/Perspective  
Also Fortifies the *Po*/Instinct<sup>b</sup>

Bergamot is a Yin oil that keeps the Yang Liver and Gall Bladder from over-stepping their bounds by helping to deal with pent-up feelings, repressed emotions, unexpressed anger, irritability and frustration, and unproductive or addictive behavior.<sup>12</sup>

Bergamot also assists the Lung in completing the grieving process.

### Chamomile Roman- Body/Mind/Spirit

Yang Within Yin (The aroma is warm and hebeaceous within sweet and fruity)  
Rectifies Liver Qi; Quells the Liver; Normalizes the *Hun*/Perspective

Roman Chamomile stimulates the Yang within the Yin and is, therefore, ideal for balancing the emotions of the Liver. It instills patience, eases fixed expectations, promotes healthy self-control, and restrains brashness in order to develop a more dependable courage. It also helps a person see the bigger picture and see the other person's point of view so they can be more compassionate with others. This quality also makes it easier for a person to accept help from others.<sup>13</sup>

### Grapefruit- Body/Mind

Yin (The aroma is citrusy)  
Drains Liver Heat; Quells the Liver; Normalizes the *Hun*/Perspective

Grapefruit cleanses the physical and psycho-emotional aspects of the Liver by reducing excess Yang and Damp Heat.

### Helichrysum (Also Metal)- Body/Mind/Spirit

Yang Within Yin (The aroma is camphoraceous and green inside of a citrusy and slightly minty and floral exterior)  
Rectifies the Liver; Disperses Liver Qi; Quells the Liver; Normalizes the *Hun*/Perspective; and Regulates Stagnant Qi and Blood  
Also Increases the Guardian Qi; Tonifies and Boosts Lung Qi; Transforms Damp Mucous in the Lung; and Rectifies the Skin

Helichrysum is the main oil for Dispelling Liver Blood Stasis and, therefore, releases the deepest level of psycho-emotional stagnation and suppression in the Liver. This includes tension from over-exertion and over-control; long-standing frustration and resentment; attitudes of rigid self-denial; and bitterness. Helichrysum helps those, like rage-aholics, who can't understand other people and harshly judge them for being more open and spontaneous than they are themselves.

This release from the Liver also helps strengthen the Lung because in acupuncture these organs are connected through their meridian trajectories. The Liver Meridian flows directly into the Lung Meridian according to the daily cycle of Qi.

### Lime (Also Metal)- Body/Mind

Yin (The aroma is citrusy)  
Normalizes the *Hun*/Perspective  
Also Increases the Guardian Qi; Dispels Pathogens; Rectifies the Skin

The sourness and slight bitterness of Lime helps to strengthen the *Hun*/Perspective. Lime also helps the Liver tighten the tendons and helps clear fevers in the upper and lower respiratory system.

### Linden Blossom (Also Fire & Metal)- Body/Mind

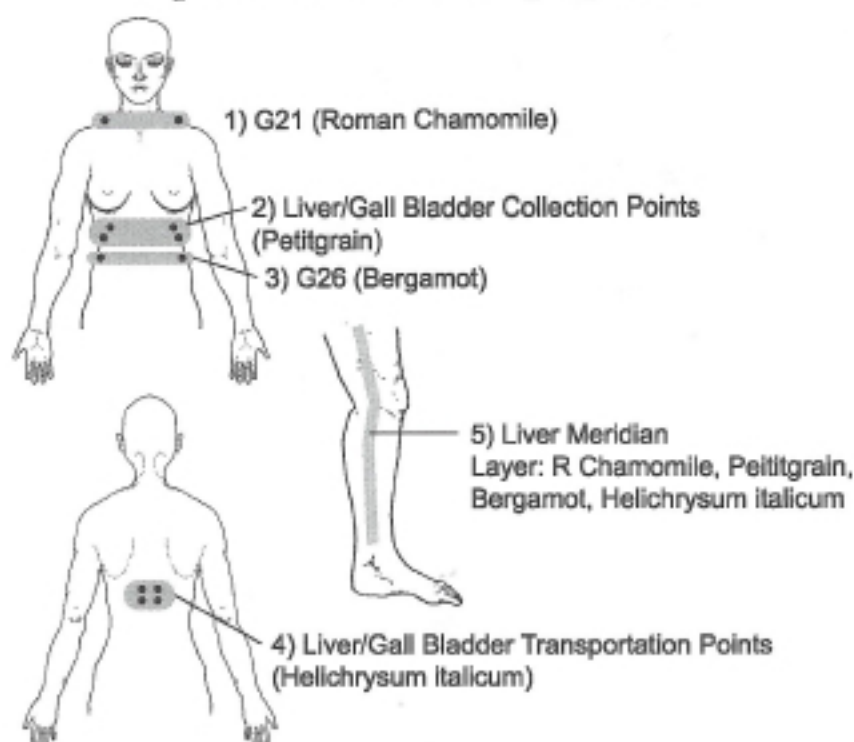
Yin (The aroma is floral and fruity)  
Rectifies and Calms the Liver; Normalizes the *Hun*/Perspective

<sup>a</sup> Body=Physical Level; Mind=Psycho-Emotional Level; Spirit=Virtue Level.

<sup>b</sup> The *Po*/Instinct is the Spirit of the Lung and represents the Mind level of the Metal Phase. It represents one's ability to instinctively respond to the environment by taking in what has value and releasing that which does not. The *Po*/Instinct paves the way to Justice and Beauty, the virtue of Metal, through its focus on the here-and-now.

technique. Then add Blood building oils to (5) the two Sp10<sup>a</sup> points (Nutmeg); (6) the Collection Point of the Small Intestine<sup>b</sup> (Tarragon); and B17<sup>c</sup> (Lemongrass and/or Litsea cubeba).

Figure 38: Essential Oils For Targeting the Liver



<sup>a</sup> Sp10 is located three body inches (measured by the width of the forefinger, middle finger, and ring finger of the person's hand) above the upper margin of the kneecap on the upper inside corner of the leg. Imagine the thigh as a rectangular beam with a top inside and outside corner level with the kneecap as well as a bottom inside and outside corner level with the back of the knee.

<sup>b</sup> The Collection Point of the Small Intestine (Cv4) can be found at the crossing of two lines, one between the navel and the pubic bone, the other between the highest protuberance of the right and left hip bones when the person is lying on their back. Sp10 and Cv4 are both called the "Sea of Blood" in Chinese and are important points for regulating and building the Blood.

<sup>c</sup> B17 is located two inter-vertebral spaces above the Liver Transportation Points and roughly level with the bottom third of the shoulder blades. B17 is a special point in acupuncture called the "Meeting Point of the Blood" and is also important in regulating and building the Blood.



## Blends

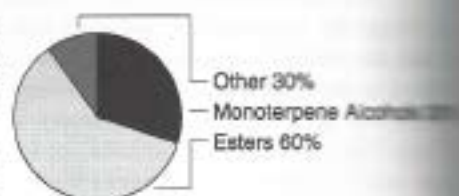
Used in: OVERCOME.

## Bergamot (*Citrus aurantium var bergamia*): Fóshǒugān 佛手柑

### Contents

Monoterpene Hydrocarbons:  $\alpha$ - and  $\beta$ -pinene, camphene, *d*-limonene; Monoterpene Alcohols (11-30%): (-)-linalöl, nerol, geraniol,  $\alpha$ -terpineol; Esters (-) linalyl acetate (20-60%); Aldehydes: citrals; Coumarins, and Furocoumarins: bergamotone, bergapten, bergaptol, auraptanol.

The tonic and regulating effects of the dominant Esters in Bergamot are balanced with the calming effects of the Monoterpene Alcohols and Coumarins to create balance in the psycho-emotional aspects of the Heart, Liver, and Lung.



### Properties

Cool and Relaxing.

### Functions

Rectifies Liver Qi; Quells the Liver; and Normalizes the *Hun*/Perspective: nervous depression and anxiety, frustration, unexpressed anger, mood swings, insomnia, addictive behavior from nervousness; indigestion, loss of appetite, colic, intestinal parasites.

Frees the Spirit; Fortifies the *Po*/Instinct: heals emotional wounds during times of sadness or grieving so that one is more able to reach out to others.

### Five Phase Association

Wood Metal

### Chakra Association

Four, Three, and Five

### Precautions

Because of its phototoxicity, avoid direct sunlight within a day of use. Bergamot may also present some aspiration hazards.

## Blends

Used in: BEAR WITH ME, ENCOURAGEMENT, GUARDIAN, IN THE MOMENT, LOVE, MAGNIFY, PASSION, SERENDIPITY.

## Birch Bark (*Betula lenta*): Huàshùpí 桦树皮

### Contents

Monoterpene Hydrocarbons: betulene; Monoterpene Alcohols: betulinol; Esters (99%): methyl salicylate.

The extreme dominance of the Ester methyl salicylate in Birch lends its anti-fungal and antibacterial properties in order to Unty the Exterior and Reduce Fever as well as its antispasmodic properties to Soften Hardness and Dissolve Deposits.



### Properties

Bitter, astringent and pungent. Cool and Dry.

## Functions

- Unties the Exterior and Reduces Fever: cholera; fevers in general.
- Rectifies the Skin: skin eruptions, wounds, itching, mouth sores.
- Rectifies the Scalp: for hair loss.
- Drains Fluid and Disinhibits Damp: urinary retention, edema, high blood pressure, frequent bladder infections; cloudy or dark urine, painful urination, dribbling urination, cystitis.
- Clears Damp Heat; Stimulates the Secretion of Bile: intestinal parasites; constipation, painful digestion, burning bowel movements, pus and blood in the stool, chronic diarrhea, dysentery.
- Softens Hardness and Dissolves Deposits: urinary stones and other deposits; bone pain, arteriosclerosis, gout, rheumatism, obesity, cellulitis.

## Five Phase Association

Water Metal

## Discussion

Birch trees, with their white bark and delicate branches, are characterized by their ability to allow the light to penetrate to their very core. This light and airy appearance occurs through the placement of the small leaves and buds all through the tree from close to the trunk and branches all the way to the outer periphery. There is no part of the tree where they gather more than any other, but one can always see through the tree to the sky and the light of the sun beyond. The birch opens from the inside out in a very meticulous way. Even the bark, which is shaggy, rugged, and peeling off the trunk and branches, seems to open up as much to let the light in as to let any noxious airs out. The bark of one variety of birch, the Paper Birch, peels off so much that it was used by the Native Americans to make canoes and the walls and roofs of huts. It was also used several hundred years before Christ by the ancient Roman Numa Pompilius for paper on which to write his books.

The variety of Birch used for essential oils, *Betula lenta*, has a very clean and aromatic smell to its bark, which can be used to cleanse the human body from inside out, from the deep level of the Kidneys and the urinary system to the surface of the skin and hair of the head. This action drains accumulations of fluid, Dampness and Heat, and allows the Kidney Qi to circulate freely through the body. One aspect of Kidney Qi, the *Jing*/Essence, is said to nourish other parts of the body called the "Curious Organs", which include the Gall Bladder and the head, especially the brain and the hair of the head. Birch Bark oil stimulates both of these areas, increasing both the secretion of bile and the growth of the hair of the head.

Birch Bark is good to lighten up the overwhelming load placed on the Kidneys by external stress. It prevents fear from hardening its stasis into the subconscious in the form of various deposits and accumulations. It keeps the Water Phase flowing when a person might otherwise feel too restricted to move out of what they normally consider familiar and safe. This liberated motion can start from the deepest structural part of the body as well, the bones and joints, which are necessary for movement to take place. Healing for the bones often implies that a movement on this deep psycho-emotional level needs to take place as well as on the physical.

On the psycho-emotional level in acupuncture, this Yang clarity is associated with cleverness. In turn, cleverness is dependent upon the ability to harmonize the Yin and Yang aspects of ones inner potential (the psycho-spiritual aspect of the *Jing*/Essence) with the world as one finds it. This balance manifests in the spirit, or virtue, level of the Kidneys, Gratitude, which can be defined as the harmony between the Yin and Yang Wills. The Yang Will is the Will that can be willed and gives rise to determination while the Yin Will is the will that cannot be willed and gives rise to the open flexibility to ones current surroundings that is associated with Birch Bark.

This combination of forces was symbolized in the ancient Roman tradition by the fasces of the lectors in the senate. These were bundles of birch rods with battle-axes in the center and symbolized an ancient version of the idea that the bundle is mightier than the sword. The idea was that the bundle of rods was stronger than any single rod by itself. This combined power was what the orators sought for in their delivery. If they could articulate ideas that would be accepted (beneficially for the common good), then it was more likely that they would be accepted and put in place. Through the process of flexible determination in debate, the best solutions will generally come about.

The balanced and clever orator then is one who is able to listen to the truth within him as well as that from without. In ancient China, this harmony was necessary in order to bring forth ones personal Destiny as well as the collective Destiny of the world. When this occurs, the creative forces of Heaven and the Creative Source, were thought to support ones actions. In medieval Germany and Russia these ideas were symbolized in the identification of birch trees with nature spirits capable of providing much tangible support to those who acted in harmony with them.





# Part III: Essential Oils For Health and Disease

## Psycho-Emotional Disorders

### ***Modern Psychiatry and the Inability to Confront Reality***

According to Lewis Judd, former director of the National Institute of Mental Health (NIMH), "Fifteen percent of Americans have mental illness at any one time while more than twenty percent will suffer from it eventually." Since the signing of a congressional resolution by George Bush Sr. declaring 1990 the first year of the Decade of the Brain, psychotherapy courses in psychiatric training programs have been dropped. In their place there are now chemical and genetic theories of psycho-emotional problems while the thoughts and feelings of people in regard to the situations they struggle with are almost completely ignored. And yet, according to Peter R. Breggin MD, a former teaching fellow at Harvard Medical School and full-time consultant with the NIMH, "The only biochemical imbalances that we can identify with certainty in the brains of psychiatric patients are the ones produced by psychiatric treatment itself. [Nevertheless], 'mainstream' psychiatrists continue to believe that psychological approaches are of 'no use' in their thinking or their actual work." This trend goes so far that, Lothar Goldschmidt writes in the 1989 *Clinical Psychiatry News* that psychiatrists "are [no longer] trained . . . in even basic psychology."

As a result of this trend, numerous individuals seeking psychiatric help in solving life's problems get unwittingly caught up in bio-psychiatry and end up, according to Breggin, "with permanent brain dysfunction and damage from drugs and [yes] shock treatment." Rather than taking responsibility for the family-related and social causes of psycho-emotional problems, the entire culture is swept along in the mass hysteria that they can buy solutions to real problems through chemical pills. Instead of dealing with the problems, people look to take these pills, or even worse, have them forced upon them, as is the case for children in the public schools, the elderly, and the homeless. The whole nation is brainwashed into believing that there is something chemically or genetically wrong with them just because they have difficulty adjusting to situations that are often intolerable. It is only natural to feel bad and have difficulty in these situations. In fact, real personal growth can ONLY be achieved by confronting them and making positive change. Conversely, the promise of healing through the use of chemical or genetically engineered drugs is nothing more than the pharmaceutical companies capitalizing on the tendency for people to deny the source of their problems until it is too late. And what do regular people get from this approach? According to Breggin, "All of the major psychiatric treatments work by producing brain dysfunction." A more natural approach would be to see psycho-emotional dysfunction, not as a disease, but as an overwhelming reaction to challenging life situations. The opportunity to grow by facing these situations is tremendous and is what gives people their humanity.

Modern psychiatry organizes psycho-emotional disturbance into four categories, each treated with a different category of drugs: Schizophrenic Reactions, Depressive and Manic-Depressive Reactions, Anxiety Reactions, and Hyperactivity Reactions. A more natural healing model would see these disturbances according to imbalances in the Five Phases and the Seven Chakras and their relation to the Spirit residing in the Heart and other organs of the body.

### **Schizophrenic Reactions**

In psychiatry, the so-called irrational communications of schizophrenics are controlled with drugs while the underlying condition remains unchanged. The drugs, like lobotomies and electroshock, cut off access to the higher brain centers and disable the ability of schizophrenics to reach the depths of themselves, which are so disturbed they can only be reached through symbolic and abstract thinking. When these higher centers are destroyed, according to the lobotomist Walter Freeman in the 1959 *American Handbook of Psychiatry*, creativity is reduced sometimes to the vanishing point. According to Breggin, "With or without treatment most people labeled schizophrenic tend to improve over the years and to lose their overt symptoms." What accounts for these symptoms is "a combination of psycho-spiritual passion and overwhelming helplessness". The ability to integrate such a crisis is what differentiates victory from defeat. Through its use of mind-numbing neuroleptic drugs modern psychiatry "almost guarantees defeat" by compounding psychological helplessness with brain dysfunction.

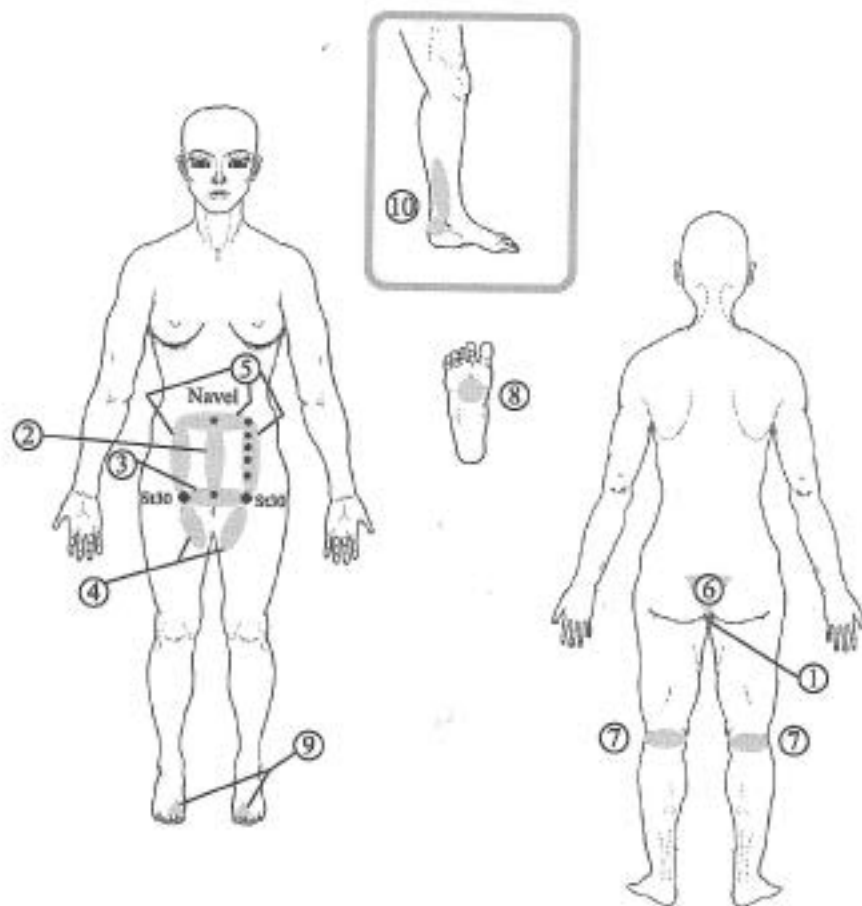
In many schizophrenic situations, the delusions of grandeur are masks for an underlying feeling of humiliation and rage. Even Freud noted that many of his female patients had been raped. In attempting to communicate these findings to his support community he was severely admonished and his financial support was threatened. Eventually, his findings were deliberately obscured in theories of the Oedipus Complex and Penis Envy. Freud was smart enough not to bite the hand that fed him. But what did Freud expect the good patriarchal fathers to do, pat him on the back for exposing them and their kind?

Schizophrenic Reactions are treated with neuroleptic drugs such as Haldol, Prolixin, Thorazine and Mellaril. These are the most frequently prescribed drugs in mental hospitals but are also given to millions of patients in private clinics and



4. The upper thigh just below the inguinal crease (Lv12)
5. The lower abdomen in general (St25 to St30)
6. The entire sacrum to the end of the tailbone (B31 through 34)
7. The large hollow behind the knee (B53/54)
8. The center of the sole of the foot where the ball of the foot joins the instep (K1)
9. The web of the foot between the big and second toes (Lv3)
10. The hollow on the side of the inside ankle (extend down to the inside of the heel and up along the tibia level to the area where the achilles tendon joins the calf muscle (K3, 4, 5; K7/8)

Figure 91: General Application Areas For the Prostate



#### Target Oils For Additional Psycho-Emotional Treatment

Imbalance Between the Male and Female side of a person: Ylang Ylang.

#### General Emotional Imbalance

Holding Things In: Melissa.

Mental and Emotional Tension: Neroli.

Mental Overwhelm: Lavender.

Unconscious Emotional Restraint: Lavender.

Trust Issues: Vetiver.

#### Negative Emotions

Anger: Helichrysum italicum, Melissa, Petitgrain, Tangerine, PEACEMAKER, UTOPIA.

Unexpressed Anger: Bergamot.

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*- Andrea Butje, Clinical Aromatherapist and Aromatherapy Teacher*

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*- Louise Rossi, R.N., MS, CCN, Body Worker, Psychotherapist*

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