

THE WINGED SEED

SPRING-SUMMER 2000 Volume 1, Issue 1

- NEW MEDICINAL HERBS AND AROMATIC PLANTS FOR THE GARDEN
- DISTILLATION WORKSHOPS JULY-AUGUST
- DR. BRUCE BERKOWSKY AROMATHERAPY PROTOCOL
- FEATURED ESSENTIAL OIL—Blue Cypress (*Callitris intratropica*)
- AROMABOTANY WITH DR. KEITH SHAWE, AUGUST 19-21

Rare Medicinal Herbs & Aromatic Garden Plants:

NOW AVAILABLE AT SAMARA BOTANE WELLNESS CENTER

You'll be happy to hear that our backyard garden nursery is open and you can now find that rare aromatic plant, like **Balm of Gilead**, **Roman Chamomile**, or a selection of fine **Lavenders** to grow in your garden.

Whether for enjoyment, to practice the art of distillation, or to use in other herbal natural product making, these fine organic plants will serve you well.

We've teamed up with Crimson Sage and other Northwest organic growers to continue our mission of facilitating a personal connection to the nurturing joys and wonders of the plants of the Earth.

For growing for distillation purposes to obtain the essential oil, you will find lovely **Rosemary** in a selection of hardy and semi-hardy varieties, several **Sativas** (including **Clary Sage**), **Sweet Bay**, **Lemon Verbena**, **Patchouli**, **Rock-rose** (*Cistus*), **Angelica**, **Ginger**, **Goldenrod** and **Spikenard**.

We have beautiful **Diviner's Sage** (*Salvia divinorum*) and **White Sage** for shamanic and ritual work and spiritual

ceremonies.

If you are interested in growing your own plants for herbal medicine making, you'll find **Ginseng**, **Hyssop**, **Boneset**, **Chaste**



Tree, **Crampbark**, **Ginko**, **Goldenseal** and **Greek Mullein**. You'll also find a selection of plants for Traditional Chinese Medicine, including **FoTi**, **Dong Quai** and **Wild Yam**.

You'll even find **Wolfberry** and **Bearberry** along with a host of other healthy plants ready to take a place in your garden to enhance with their

beauty and their usefulness for your well being.

We have beautiful **combination pots**, filled with herbs and aromatics that can be used in combination. There will be pots of herbs for **young women**, as well as **mature women**, ones that have combinations to address **colds and flu**, **fevers**, **headaches**, **nerve tonic** and even one for **hangovers**.

Beginning in August, we will offer a series of **essential oil distillation workshops** to enlighten you on your aromatic journey and entice you to this lovely art. Because space is limited, **workshops are by pre-registration**, (206.283.7191) Your \$15 workshop fee includes a demonstration of the distillation process as well as a sample of the products obtained, both essential oil and hydro-sol. All distillation workshops will take place on Saturdays from 9 am to 2 pm.

The **distillation schedule** is as follows:

Saturday, **July 8 and July 22**
Saturday, **Aug 12 and Aug 26**
Saturday, **September 9**

We've a number of good new herbal gardening books avail-

New Aromatic & Medicinal Plants, continued

able to help you with horticulture, as well as fine ideas for making your garden bounty into medicinal remedies and natural body care products.

All of the plants are clearly identified by their proper botanical name, and most are identified with their most prevalent herbal uses.

Herbal medicine making and personal care product making classes will resume in September. Please call to inquire and watch for your Fall-Winter Winged Seed for details.

AROMABOTANY

We are pleased to be one of the sponsors of Dr. Keith Shawe's **Botany for Aromatherapists Intensive** to be held at the University of Washington August 19–21. Dr. Shawe holds a first degree of Botany, a M.Sc. In Plant Taxonomy and a Ph.D. in Plant Taxonomy, as well as completed post-doctoral research. A specialist in biodiversity assessment and management, he has worked with projects worldwide. This exciting program includes the history of plant exploration, basic botany, taxonomy, Ethnobotany, all within an aromatic plant family focus, as well as instruction on plant collecting and mounting, and a herbarium, UW Medicinal Plant Garden and Arboretum tour. This exciting lecture and workshop is a rare and special occasion. Early bird discount if paid before July 19, \$300 (\$25 discount for NAHA or NORA members.)

Sign up for Dr. Keith Shawe's Aromabotany Intensive at UW through Samara Botane and receive a free 15ml bottle of essential oil of Sweet Orange (*Citrus sinensis*) organic from small family producer in Spain. So rich, it's similar to Blood Orange!!

To Register call 206.282.4532 or register through our website at
<http://www.wingedseed.com/events/botany>

Studies with Dr. Bruce Berkowsky

Continuing NHSS™ DiArom™ Program
Dates:
Session III December 1-3
Session IV February 2-4
Session V March 29-April 1
Session VI June 8-11

Dr. Bruce Berkowsky's NHSS™ Diploma Studies will continue with session three December 1-3. We will be relocating the training in LaConner, WA, because we are outgrowing the small classroom at Samara Botane. Session three will cover ten more essential oils within the sixty Dr. Berkowsky uses in his *Materia Medica*, and the theme will revolve around Homeopathy and Cancer. Each of the six sessions are designed to be either attended singularly as an intensive, or as a component part of the segmented Diploma Program.

This exciting aromatherapy training is intended to enable practitioners to integrate aromatherapy as a highly specific role player into a multi-dimensional therapeutic protocol in which the framework is

derived from an integration of neuroendocrine physiology, anthroposophical medicine, classical homeopathy, Chinese Medicine, traditional Nature-cure, Applied Kinesiology and the spiritual aspects of the Kabbalah. Dr. Berkowsky's unique NHSS (Natural Health Science System)™ Spiritual Phytoessence Program teaches practitioners how to 'see a case' by penetrating the complex layers of presenting symptoms to reveal the individual at the core. This system is not directed at superficial symptomatic amelioration, but rather at working fundamentally upon the individual and the deeper patterns that block individual growth.

Each of the six-part sessions incorporates reiteration of the basic concepts and expands

upon a particular theme, which presents the detail of each integrated theory. Each session will cover ten essential oils in depth and students will observe Dr. Berkowsky in the art of casetaking and interpretation, so that students gain an understanding of how to elicit the information needed to address underlying patterns of neuro-hormonal dysregulation.

Throughout the training, Dr. Berkowsky conveys how to identify the central psycho-spiritual themes that run through a case, and how to translate these themes into essential oil selections.

For a brochure and registration information , please call the Samara Botane main office at **800.782.4532** or **206.282.4532** locally.

Essential Oils From New Zealand & Australia:

Blue Cypress (*Callitris intratropica*)

Most of us are familiar with tea tree essential oil (*Melaleuca alternifolia*). Australia also brings us other aromatic signatures reminiscent of Australia's great outdoors, and some with qualities not widely noted.

One essential oil obtained from sustainable plantations is the rare, azure-blue essential oil of the ancient southern Conifer *Callitris intratropica* and marketed as Blue Cypress Oil. Deep blue, with a subtle woody fragrance, Blue Cypress contains the important fragrance components geranyl acetate, b-caryophyllene and limonene, as well as the guiazulene that presents its superb deep blue color. The oil's distinctive woody fragrance is modified by floral notes and a slight spice tang.

The Blue Cypress is native to wetter areas in the arid upper portion of the Northern Territory, where the tree's bark and resins have long been used by Australia's native peoples, The Tiwi, to treat skin lesions and stomach upsets. Early empirical evidence indicates the essential oil would be of use in treating warts and viral infections, and it appears to offer anti-inflammatory qualities.

A number of hair care and cosmetic companies in the USA and Europe are finding Blue Cypress to be a 'magical' in-

redient for use in perfumes, fragrances and personal care products.

Although *Callitris intratropica* is comparatively rare in its natural habitat, it is found growing in sustainable plantations.

When burned, the undistilled wood gives off a very distinctive and fragrant aroma.

Suggestions for Perfumery and Fragrance Use

Oil of *Callitris intratropica* is similar in some ways to Sandalwood Essential Oil (*Santalum album*), West Indian Sandalwood Essential Oil (*Amyris balsamifera*) and essential oil of Guaiac Wood (*Bulnesia sarmienti*), as well as



Blue Cypress
Essential Oil On Special

essential oil of Vetiver (*Vetiveria zizanioides*). Each of these have woody/floral/smoky notes and good fixative properties.

Features of Blue Cypress Essential Oil

1. Superb azure-blue color: The color gives manufacturers and formulators an added bonus, that of natural colorants.
2. Appealing scent: The overall effect is that of a long-lasting, warm, woody fragrance. The result is distinctive enough to establish its own reputation, while still blending well with other essences. It blends especially well with citrus oils, lavender and other floral oils.
3. Eco-harmony: It is only harvested and distilled from plantation-grown trees, therefore the natural ecology of the country is not disturbed by taking trees from the wild.
4. Social Responsibility: The Australian indigenous Tiwi people are direct beneficiaries of sales of all Blue Cypress Oil produced by the producers that supply Samara Botane.

Other Essential Oils From Australia: - Rosalina

In his book, **NATURAL HOME HEALTH CARE USING ESSENTIAL OILS**, Dr. Daniel Penoel highly recommends Rosalina (*Melaleuca ericifolia*) as specific for upper respiratory problems, especially for children. This exceptionally gentle oil from the *Melaleuca* family is especially high in linalo-

ol (35-55%), making it a relaxing addition to the whole body massage or bath as a single essential oil and is a primary use in insomnia and for those who need deep sleep and relaxation. A wonderful addition to the natural medicine chest, Rosalina in combination with other gentle anti-infectious essential oils

can be a wonderful way to help children overcome common colds and influenza. Rosalina is so gentle, it can be used in face lotions. For a full body massage, dilute approximately ten drops in 30 ml of carrier.



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SEE US ON THE WEB AT
WWW.WINGEDSEED.COM

Bringing You Distinctive Aromatherapy and Herbal Wellness

WHAT'S NEW AT SAMARA BOTANE

We've been busy adding new items this Spring. You will want to come in and see the exquisite new **jewelry**, pendants, bracelets and rings, all designed to hold your favorite natural fragrance. We now carry the **music of Steven Halpern**, to create effortless relaxation and inner peace. **Jeanne Rose's Herbal Body Book**, newly updated and reprinted is in. We have added a lovely line of **seaweed treatments**, and you won't want to miss Anastasia's **Moon & Stars candles and soaps**. They are to die for. To help you with the cultivation of your herb garden, we now have **Growing 101 Herbs That Heal** by Tammi Hartung. Marcia has re-

created the beautiful fragrances of the past, **Imperial Cologne**, the exquisite fragrance created for Josephine for her marriage to Napoleon, and **Florida Water**, the traditional citrus formula for keeping aromatically fresh in summer. Check out the many uses for these lovely spritzers. **Dr. Daniel Penoel's** new book, **Natural Home Health Care** has finally been published in the U.S. and is a must for everyone interested in aromatherapy. There is a lovely new line of pure **Beeswax Candles** in a variety of sizes. For topical application of essential oils, we now have **Aloe Vera Gelle**, a safe and gentle way to use aromatherapy with

children, the elderly, and perfect for the face. We are now carrying the **Windrose nebulizing diffusers** in two sizes. These lovely diffusers allow convenient use and storage of your essential oils in a bottle to which the nebulizer attaches rather than the usual nebulizer that you fill. Looking for something different? We're pleased to now carry **Inger Naess' Colour Energy Baths**, each with a vibrant energy to surround us with color and light for emotional and spiritual enhancement. These have quickly become a favorite for young and old. Treat your weary dogs to **Samara Botane's** wonderful **footbaths**, followed up with a **peppermint lotion** or mas-

sage oil. You can purchase singly, or gift packaged with a hefty 100% cotton towel in a granite porcelain cuvette. The perfect gift for pampering those men in your life. We now have **Samara Botane** signature **synergies** (**Calma, Ascenden, Energos, Revivre, L'Massa, Millifleur, Rosa Lavare, Adixion and Amoretto**), in **4 oz.** lotion **pumps** and **4 oz.** after bath **skin food** to nourish and soothe your whole body after shower or bath. Packaged in beautiful emerald green, another lovely gift set idea.

We look forward to seeing you soon!