

continued

I must say lastly that never before has there been such a need for the service that aromatherapists can give, nearly every person involved in this therapy somehow has an inner light that will shine through no matter what. Tell me of another profession that gives of their time and knowledge freely to practise in hospices and hospitals to make sure the fragrant story is told. The riches and rewards may not be material and the going may be tough, yet who would be without their precious essential oils and the knowledge gained? There is a saying that for every acorn an oak tree grows. Well for every apple pip we cast aside, there is the potential for an apple tree to grow that feeds others and so it is with aromatherapy. For every drop of essential oil we use, others may tell of what we do and in turn buy the essential oil.

RHEUMATOID ARTHRITIS TRIAL — Valerie Ann Worwood

The volunteers for the Rheumatoid Arthritis Aromatherapy trial are at last all in and the list is now closed. Thank you all very much it is going to be an exciting project and we feel sure that you will enjoy being a participant. Sherry Foster, Vivian Lunny and myself have been working flat out to make this trial easier on all of us. We still like most areas of research need funding, so if you have any ideas or would like to help our fund raiser, please do write to; Rasik Rajguri the research team, c/o the IFA office.

We also need two assistants to help Sherry, Vivian and myself with the ever increasing load. Secretarial skills of some sort a must with access to typewriter. Please write to Sherry Foster research co-ordinator, c/o the IFA office.

The dates are now fixed for the therapists taking part in the R.A. Trials London training session. It will be held at the Royal Masonic Hospital — June 1992.

Lunch will be provided and accommodation is available if anyone requires it. A further day may be held in the Midlands/North of England if needed, so that our volunteers members in these regions can attend. Prior to the day all volunteers will receive an information pack to be read before the training day this will enable us to spend more time individually with hands on instruction.

The day will be divided into section, video and slide presentation, expert speakers on Rheumatoid Arthritis and plenty of time to ask questions and a hands on teach-in and of course the essential oils.

If it is anything like the last day we held on Endometriosis we will all go home zonked out but very well informed.

The trial is scheduled to start on the 14th September 1992. The patient Criteria is as follows.

Study to Evaluate the effects of Aromatherapy as a Treatment for Pain and Stress Reduction In the care of Rheumatoid Arthritis Patients

- a) All patients must be a member of an arthritis Association.
- b) Having received a firm diagnosis of Rheumatoid Arthritis.
- c) Preference in the first instance will be given to volunteers who have rejected drug therapy (R.A.) due to side effects, drug ineffectiveness, allergies etc.
In the second instance to volunteers who are on drug therapy.
- d) Who have had the condition and diagnosis over 1 year.
- e) Are free from any related or other serious medical condition.
- f) Have obtained the written consent of their GP/Consultant to take part in the trial.
If under 18 years have also the written consent of their

Then a farmer must plant a crop to produce this new demand for essential oils, which will in turn feed his family and provide plant life for the planet. In the last ten years governments have started to look at essential oils as a viable economic crop due in part, to the positive publicity aromatherapists/aromacologists generate. We have been instrumental in bringing the worlds attention to the potential of growing essential oil crops, particularly in the third world. Instead of cutting down the rain-forest for wood because the people need to feed their families, we can create such a demand for essential oils that it is more viable to grow than to destroy. We have all been lead by an unseen hand into this profession for a purpose. No wonder someone, somewhere wants to try to put our lights out, but with the guardians of Mother Nature on our side, just let them try.

parents.

- g) Are able to travel to the allocated aromatherapist.
- h) Reasonable mobility is required.
- i) Be between the ages of — First group 12 to 21 years old.
Second group 22 to 45 years

This trial will be a cross over trial, which entails the patients receiving treatment for 12 weeks and then keeping a diary for a further 12 weeks. The second patient will keep a diary for the first 12 weeks and then receive treatment for the next 12 weeks. For therapists taking part this means giving the minimum time of one hour per week for a period of 6 months. Locum therapist will be found to fill in during holidays etc.

The endometriosis results will be published in full in the next issue of the Newsletter.

Once again a sincerely felt thankyou to all of the one hundred therapists who have volunteered their time to take part.



Valerie's video is coming out on May 11th. It is a general public information programme including how to use essential oils in the bath, shower, as part of the first aid kit for aches and pains, colds and flu, for children, stress, tension and beauty.

The massage section has been designed for the lay person. It shows self massage for the body and face, a do-it-yourself programme for people who wish to use aromatherapy on themselves at home. It could be useful for therapists who provide body and face oils to their clients, to retail.

Therapists who are interested in retailing the video should write to Essentially Yours, PO Box 38, Romford RM1 DN. for wholesale details.

Cassettes of the Music used in the massage are also available.