



## **Advanced Aromatherapy**

by Kurt Schnaubel (1995)

**CLASS: G520**

**This is your test but... do not try to fill in the blanks! We created a Test Answer Sheet which is easy to download, fill in the answer, and email.**

### **Chapter 1**

1. Like the colored pieces of glass in a kaleidoscope, essential oils are made up of an ever-changing melange of active main ingredients, secondary components, and \_\_\_\_\_ compounds which lend oils their scent.
2. Pharmaceutical manuals are misleading - they state only the minimum concentrations required of certain substances; it makes no difference if these substances are of \_\_\_\_\_ origin or not.
3. Henri Viaud, an important pioneer of French aromatherapy, introduced the basic terminology: Oils for medicinal purposes should be \_\_\_\_\_ (absolutely unchanged through any type of manipulation) and authentic (only the oil from a specific type of plant).

### **Chapter 2**

4. Chemical communication requires specific signals that can be clearly recognized and interpreted. They must be distinguishable from “\_\_\_\_\_ scents” that are naturally present in the environment. The effectiveness of chemical messengers hinges on another important factor, the symmetry of their molecular structure.
5. Analyses show that essential oils primarily consist of \_\_\_\_\_, terpene-related compounds, and phenylpropane derivatives.
6. An essential oil is a product made by \_\_\_\_\_ with either water or steam or by mechanical processing of citrus rinds or by dry distillation of natural materials. Following the distillation, the essential oil is physically separated from the water phase.
7. Modern Extraction Processes include the \_\_\_\_\_ process which is an even gentler method of extraction than carbon dioxide extraction.

8. It is clear that two oils of \_\_\_\_\_ chemical compositions will have markedly different pharmacological and healing effects.
9. True or False? \_\_\_\_\_ As a rule, chemical composition is consistent among different plants of the same botanical species, but there are some occasional differences.
10. The successful practice of aromatherapy demands the use of genuine essential oils and the consistent control of their quality and \_\_\_\_\_.
11. But keep in mind that the most expensive oils (not adulterated oils) are also the most potent, and therefore the most cost-effective: they require \_\_\_\_\_ amounts to achieve their effects.
12. According to Kubeczka, evaluating the quality of an essential oil cannot be restricted to determining its main component, but must take into account trace elements as well. Putting it simply, the effects of the whole are \_\_\_\_\_ than the effects of the sum of its parts.
13. Two chemical families, terpenes and phenylpropanes, make up nearly \_\_\_\_\_ of the components of essential oils.
14. Page 25: Pure phenol is toxic. Plant derived phenols, such as thymol, have additional side chains that transform them into nontoxic, effective \_\_\_\_\_.
15. Essential oils containing primarily monoterpene alcohols are therefore especially suitable for \_\_\_\_\_ use in hygiene and skin care.
16. Alcohols, including terpene alcohols, react easily with acids to form a new chemical compound: a so-called ester. In the plant world, esters are almost always strongly \_\_\_\_\_, often with a distinctive, fruity note.
17. Roman chamomile is one of aromatherapy's strongest \_\_\_\_\_.
18. Essential oils with a high aldehyde content have \_\_\_\_\_ and anti-inflammatory effects. The anti-inflammatory effect is most pronounced if the oil is administered in low concentrations, diluted in either air or liquid.
19. The salient quality of essential oils containing ketones is the stimulating effect on cell and tissue \_\_\_\_\_.
20. Applied externally, thuja oil, and especially everlasting ( \_\_\_\_\_ *italicum*), can give spectacular results for healing wounds.

21. A variety of ketones can have \_\_\_\_\_ effects: they attack parts of the nervous system. For this reason, it is absolutely essential to use oils with a high ketone content in correct dosages.
22. In general, ketones have what 4 qualities?
- A. \_\_\_\_\_ the formation of tissue
  - B. \_\_\_\_\_ effect
  - C. \_\_\_\_\_ fats
  - D. Potentially \_\_\_\_\_
23. Interestingly, the oil of creeping hyssop (*Hyssopus officinalis* var. *decumbens*) is the only commercially available oil with a content of linalol oxide. It is antiviral and has expectorant effects making it useful for the treatment of \_\_\_\_\_ infections.
24. It is reasonable to characterize the effects of sesquiterpenes as anti-inflammatory and \_\_\_\_\_.
25. In general, sesquiterpene alcohols tonify muscles and nerves, reduce congestion in the veins as well as in the \_\_\_\_\_ system, and have moderate antimicrobial effects.
26. List the five essential oils with sesquiterpene alcohols as the main active component (page 29)
- A. \_\_\_\_\_
  - B. \_\_\_\_\_
  - C. \_\_\_\_\_
  - D. \_\_\_\_\_
  - E. \_\_\_\_\_

### Chapter 3

27. Which oil has the highest antimicrobial effectiveness against the microorganism *Staphylococcus aureus*? \_\_\_\_\_
28. The essential oils that make up Klosterfrau Melissengeist are to varying degrees effective against all the microorganisms listed in the box on page 33. Of special interest were the results relevant to organisms associated with \_\_\_\_\_ or bronchopneumonia conditions.

**Note:** *Haemophilus influenzae* is a coccobacillary, anaerobic bacterium (Hib vaccinations). *Staphylococcus haemolyticus* is part of the skin flora of humans. It is a well-known opportunistic pathogen. Infections can be localized or systemic, and are often associated with the insertion of medical devices. *Proteus vulgaris* is a rod-shaped bacterium that inhabits the intestinal tracts of humans and animals. *Proteus* species are associated with urinary infections and *Proteus mirabilis* is very persistent in lung and wound infections.

29. Within thirty to forty minutes the concentration of essential oils absorbed through inhalation sinks to \_\_\_\_\_ its original value.
30. Tarragon and basil oil are distinguished by their special effects on the autonomic nervous system and the \_\_\_\_\_ tract.

## Chapter 4

31. Oils containing phenols are occasionally taken internally for their strong \_\_\_\_\_ properties. This is not problematic if doses are kept low. But in low dosages, if used internally over a long period of time, these oils can cause changes in liver enzyme counts. Therefore, when necessary, these oils should be used only in the form of a short, high-intensity therapy - two to four days is usually well tolerated.
32. Among essential oils, cinnamon and \_\_\_\_\_ can provoke a serious allergic reaction (rashes, swelling, blistering) in susceptible individuals even in small quantities.

**Note:** Known Contraindications on page 49: In addition to this list, research suggests that rosemary, eucalyptus, camphor and spike lavender oils are also not advisable if you have epilepsy.

## Chapter 5 (starting on page 57)

33. Tea tree oil is simply not strong enough to actually get rid of the fungus. Mixing two parts thyme and one part \_\_\_\_\_, and one part cinnamon, then adding 25% of this oil mixture to a base oil, and applying this resultant mixture twice daily will eliminate the toughest fungus. (*Caution:* only apply to the toe where the skin and nails are hardened and insensitive.)
34. "Physiological dosage" refers to an amount of up to a maximum of \_\_\_\_\_ drops of pure oil or oil mixture.
35. Atlas cedar oil gently but persistently stimulates \_\_\_\_\_ and metabolism.

36. Bergamot refreshes, relaxes, and helps relieve \_\_\_\_\_.
37. Petitgrain \_\_\_\_\_ the autonomic nervous system.
38. Carrot seed oil's main effect is liver - \_\_\_\_\_.
39. There are only two oils available on the market which can rightfully be called chamomile: \_\_\_\_\_ chamomile and Roman chamomile.
40. German chamomile is a strongly anti-inflammatory oil, which works the fastest for all types of skin \_\_\_\_\_ (burns, allergic-rashes).
41. Roman chamomile, in addition to being antispasmodic, is \_\_\_\_\_ to the central nervous system and relieves symptoms related to shock.
42. Cinnamon oil is caustic to the \_\_\_\_\_. Not to be used externally..
43. Clove bud oil needs to be highly diluted (1 drop per 20ml - about 1/2 ounce) but it does have a broad spectrum of action against \_\_\_\_\_.
44. Cypress is very effective for infections of the throat, nose, or bronchi in its early phase. It also has a main effect of decongesting the veins and \_\_\_\_\_.
45. There are two species of eucalyptus that are not suitable for small children: *Eucalyptus dives* and *Eucalyptus* \_\_\_\_\_.
46. Everlasting (*Helichrysum italicum*) is unique for its pain-reducing, analgesic, and \_\_\_\_\_ effect. It is also very effective for joint pain associated with rheumatoid arthritis.
47. Myrtle hydrosol is the most useful of all essential oil hydrofoils as it covers an area otherwise inaccessible to aromatherapy: the \_\_\_\_\_.
48. Greenland moss detoxifies the liver and \_\_\_\_\_.
49. \_\_\_\_\_ hyssop has perhaps the strongest antiviral effects and is therefore especially suitable for treating herpes and fever blisters.
50. Khella oil has a dilating effect, especially on the coronary blood vessels, the bronchi, and the urinary tract. It is used for \_\_\_\_\_ and gallbladder and kidney colics.

51. Laurel (bay laurel) contains nearly all of the described twelve main chemical groups. Although there are no scientific studies on the medicinal effects of bay laurel, its positive effects on the \_\_\_\_\_ system are undeniable.
52. When it comes to blending oils, \_\_\_\_\_ has a special quality. It harmonizes scents of different origins.
53. Lemon verbena has a complex composition with many special effects. It is strongly anti-inflammatory and calming and used to treat \_\_\_\_\_.
54. Mandarin oil is the first choice for use with \_\_\_\_\_ suffering from anxiety, nervousness, or stress.

**Note:** Children have a variety of stressors on a daily basis and often are required to make changes that they have no control over - school, new school, day care, friends moving away, divorce, sports/competition, tests, favoritism, bullying, etc.

55. Marjoram is anti-infective and spasmolytic, and it is effective for \_\_\_\_\_ cough and acute bronchitis with accompanying cough.
56. Melissa oil appears to be one of the strongest \_\_\_\_\_ agents available in aromatherapy. It is advisable to use this oil in VERY low concentrations (1:100).
57. Moroccan thyme oil is best suited for treating \_\_\_\_\_ infections and autoimmune conditions. It relieves arthrosis and counteracts general asthenia (weakness).
58. Niaouli (*Melaleuca*) is nontoxic and can be used liberally. One of the fastest-acting and most effective applications of niaouli is to apply 5-20 drops to the \_\_\_\_\_ body during the morning shower.
59. Oregano oil is well suited (internally) for treating acute bacterial infections of the \_\_\_\_\_ tract and the bronchi (1-2 drops per application).
60. Ravensare's most notable use is in the treatment of \_\_\_\_\_ in conjunction with *Calophyllum inophyllum*.
61. Rosemary is routinely adulterated and diluted. There are three chemotypes of rosemary oil:
  - A. \_\_\_\_\_
  - B. \_\_\_\_\_
  - C. \_\_\_\_\_

62. The main ingredient of sage oil is \_\_\_\_\_. It is effective against *Staphylococcus aureus* and bacteria of the genus *Streptococcus* and has an antiviral effect. Do not use while pregnant.
63. Spikenard consists primarily of \_\_\_\_\_ components.
64. Spruce oil restores depleted \_\_\_\_\_ glands. Combined with *Pinus silvestris* and applied externally over the kidney area (lower back area) it will reenergize.
65. Tarragon is one of aromatherapy's strongest \_\_\_\_\_.
66. Tea Tree is an \_\_\_\_\_ agent with a very broad spectrum of action.
67. Thyme oil is available in 4 types. Genuine *Thymus* \_\_\_\_\_ is not as readily available as one might think.
68. Vetiver oil is often used as a fixative. It provides sustained stimulation for \_\_\_\_\_ glands and the circulatory system.

**Note:** The term “fixative” here refers to perfume making. “Vetiver has a deep, earthy, fragrance that has, just, a touch of sweetness. Vetiver has long been used in perfuming work where it acts as a powerful fixative. Vetiver is a great base-note choice when you need to add some depth, without adding a floral note. A great choice for men's care products where it offers richness and depth.” - [ingredientstodiefor.com](http://ingredientstodiefor.com)

69. Yarrow oil is applied externally for neuralgia or tendinitis. It is anti-inflammatory, cell \_\_\_\_\_, and analgesic.
70. Ylang ylang is relaxing and it is used for heart \_\_\_\_\_, for which even the smallest amounts, applied topically, have a remarkable effect.

## Chapter 6

This chapter contains several combinations for different health needs. Bookmark it for future reference.

71. Taking essential oils orally makes the most sense when we want them to interact with the liver or \_\_\_\_\_.
72. Aromatherapy is best suited for treating \_\_\_\_\_ illnesses.

73. It is also effective in the areas of psyche, nervous system, and \_\_\_\_\_ balance.
74. Aromatherapy is less specific in the areas of inflammatory, allergic, or autoimmune conditions, and is even less effective in treating metabolic or \_\_\_\_\_ conditions which have evolved over years and are only slowly reversible, if at all.
75. Bladder infections may be treated with \_\_\_\_\_ oil.
76. If the sensitive balance of intestinal flora is disrupted by pathogenic germs for example, liver and kidneys are placed under increased stress. \_\_\_\_\_ from the metabolism of the pathogens, but also from food and environment, overburden the eliminating organs.

END OF TEST