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 ________ orgin or not.

3. Henry Viaud, an important pioneer of French aromatherapy says: Oils for medicinal purposes should be _________ (absolutely unchanged through any type of manipulation) and authentic (only the oil form 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 an 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 affects.

12. 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 officials var. decumbens) is the only commercially available with a content of linalol oxide. It is antiviral and has expectorant effects making it useful for ____________ 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. Name 5 essential oils with sesquiterpene alcohols as the main component (page 29)

A. ______________________________________

B. ______________________________________

C. ______________________________________

D. ______________________________________

E. ______________________________________

Chapter 3

27. Which oil has the highest antimicrobial effectiveness against microorganism staphylococcus aureus? _________
28. The essential oils that make up the Klosterfrau Melissengeist are to varying degrees effective against all the microorganisms listed in the box to the right - of special interest were the results relevant to the 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 the Proteus mirabilis is a very persistent in lung and wound infections.

29. Within 30-40 minutes the concentration of essential oils absorbed through inhalation sinks to _________ it’s original value.

30. Tarragon and basil oil are distinguished by their special effects on the autonomic nervous system and ___________ 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 also, in low dosages used internally over a long period of time can change 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 the list on page 49 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. Petigrain _________ the autonomic nervous system.

38. Carrot 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 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 track. It is used for ___________ and gallbladder and kidney colics.

51. When it comes to blending oils, ____________ has a special quality. It harmonizes scents of different origins.

52. 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.

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…

55. Marjoram is anti-infec­tive and spas­molytic which are effective for ____________ cough and acute bronchitis with 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 is best suited for treating ________ infections and autoimmune conditions. It relieves arthritis 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). Note: It appears to also help with persistent candida issues.

60. Ravensare's most notable use is in the treatment of __________ in conjunction with Calophyllum inophyllum (Calophyllum inophyllum is a large evergreen, commonly called Alexandrian laurel· balltree, beach calophyllum, beach touriga, beautyleaf, Borneo-mahogany, Indian doomba oiltree, Indian-laurel, laurelwood, red poon, satin touriga, and tacamahac-tree. It is native from East Africa, southern coastal India to Malesia and Australia.)
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 the genus Streptococcus and has an antiviral effect. *Estrogen-like, 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 is often used as a fixative. It provides sustained stimulation for ___________ glands and the circulatory system.

Note: I needed to look up what was meant by fixative. “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

69. Yarrow oil is applied externally for neuralgia or tendinitis. It is anti-inflammatory, cell ____________, and analgesic.

70. Ylang ylang is relaxing and 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 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 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