

KINAROME

ESSENTIAL OIL TREATMENT PROTOCOLS

A WOMAN'S PROTOCOL: PMS & MENOPAUSE

HERSTORY

Woman is the muse, the courtesan who brings art, music, taste, medicine, dance and inspiration to her society. Abundantly clear in historical texts is the implicit creative, transformative and enlightening influence association with Woman has. Whether in literal or metaphorical terms, the metamorphosis of the gross, common and coarse energies into the subtle, cultivated and refined as a result of this relationship is a notion worthy of personal exploration and contemplation.

"There's an art to bleeding..." begins Jeannine Parvati in her 1978 groundbreaking book, *Hygieia*. "The lies given to children and young women [about menstruation] are outgrowths of a societal need to create a vulnerable creature who will have a weakened sense of her sexual identity.", adds Tamara Slayton. In *Conscious Conception*, Parvati-Baker write, "The uterus is a procreative organ which prepares for fertilization monthly. Menstruation only represents cleansing when it reflects the poor quality of our diets and environment."

UNDERSTANDING YOUR MOON

Collected data reveal that premenstrual Syndrome (PMS) is a recurring condition experienced by about one third of women from the onset of menstruation through the age of 40. Symptoms, including mood swings, nervous tension, anxiety, irritability, depression, headache, backache, breast tenderness and abdominal cramps, food cravings, nausea, water retention, Candida flare-up, insomnia and fatigue, may be mild or debilitating. Common hormonal patterns for women suffering PMS show high or low estrogen and low progesterone levels between 5 and 10 days before menses. **Phyto-estrogens** (hormone-like plant and essential oil-based compounds) have been historically used to safely manage symptoms that are now routinely treated with synthetic hormones. Pharmaceutical hormone therapy (HT) may pose significant health risks including cancer, breast tumors and gall bladder disease, etc. In contrast, clinical studies reveal that phyto-estrogens, even at very low concentrations, are *hormone-regulating* and, by occupying estrogen receptor sites, are effective in inhibiting breast tumors and display other anti-cancer mechanisms with no side effects.

EMBRACING & BALANCING YOUR CYCLE

Canadian physician, Dr. Maurice Nicole, has studied and successfully treated hundreds of women suffering from PMS and menopausal symptoms. Although conventionally trained, he observed in his practice that essential oil therapy, in combination with dietary changes and nutritional supplements, not only corrects hormonal imbalances but also reduces or eliminates symptoms in a matter of 1-2 months. Examining his data he concluded that diet appears to play a major role in the development of PMS and menopausal symptoms. Compared to symptom-free women, PMS patients consume 275% more sugar, 79% more dairy products, 78% more sodium and 62% more refined carbohydrates coupled with 77% less manganese and 52% less iron and zinc detected in blood samples. He also noted that caffeine intake is directly related to the severity of the symptoms. **KINAROME PMS & MENOPAUSE SYNERGY**, for internal and topical use, is based on these clinical findings. The blend features the following essential oils and their active principles:

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| • Clary Sage (<i>Salvia sclarea</i>) | phyto-estrogen, analgesic, antifungal |
| • Sage (<i>Salvia officinalis</i>) | phyto-estrogen |
| • Niaouli (<i>Melaleuca quinquinervia viridiflora</i>) | phyto-estrogen, antifungal |
| • Anise (<i>Illicium verum</i>) | antispasmodic, relieves nausea |
| • Peppermint (<i>Mentha piperita</i>) | liver detox, relieves headache & nausea |
| • Bay Laurel (<i>Laurus nobilis</i>) | antispasmodic, lymph detox |
| • Basil (<i>Ocimum basilicum</i>) | antispasmodic, mental stability |

USING KINAROME SYNERGY FOR PMS

FOR PMS & MENSTRUAL CRAMPS:

- **ORALLY:** Take 10 drops in 2-3 oz. spring water for 7-10 days *before* menses.
- **TOPICALLY:** Rub 5-7 drops undiluted or mix 10 drops into a teaspoon of vegetal oil on the abdomen and massage abdomen and lower back as needed.

COMPLEMENTARY THERAPIES:

- **ACUPRESSURE:** Use fingertips or a wooden massage tool and apply firm pressure to parallel points about 2 in. from the spine to alleviate pain and relieve organ stagnation.
- **HERBS:** Rhythmical doses (alternating 7 or 14-day cycles) of the following single or combined herbal extracts or teas may help relieve symptoms depending on individual need: Angelica, Anise, Cardamom, Blue Cohosh, California Poppy, Cleavers, Cramp Bark, Dandelion, Kava Kava, Lemon Balm, Lavender, Licorice, Nettle, Red Clover, Skullcap and Valerian.
- **SUPPLEMENTS:** Vitamin B-Complex, Iron, Manganese, Zinc, GABA or L-Tyrosine Amino Acid and Evening Primrose or Borage Oil.

UNDERSTANDING MENOPAUSE

Most women experience symptoms of menopause between the ages of 45 and 55. Although some women are relatively symptom-free, depression, food cravings, dry skin and hair, mood swings, low libido and hot flashes are not uncommon. Stressful, urban living and diets poor in essential nutrients or lacking in moderation and diversity create depleted or compromised adrenal response. A soulfully prepared and varied diet combined with restorative, aromatic herbs and daily exercise replenish and offer life support for your body through these years of change. Food choices should include a wide range of organically-grown grains, lentils, seasonal greens, edible flowers and herbs, vegetal Omega fatty acids, fresh salmon, seaweeds and algae, and should be prepared with a great pleasuring of the senses in mind. Rhythmical practices as in yoga, tai chi, daily ritual, the use of special essences, self-massage, communion with nature or working in the garden are excellent remedies for all types of imbalances and are especially recommended for every woman on the path of self-healing and personal growth.

USING KINAROME SYNERGY FOR MENOPAUSE

FOR MENOPAUSE & BEYOND:

- **ORALLY:** Take 10 drops in 2-3 oz. spring water for 7-10 days *after* menses.
- **TOPICALLY:** Rub 5-7 drops undiluted or mix 10 drops into a teaspoon of vegetal oil on the abdomen and massage abdomen and lower back as needed.

COMPLEMENTARY THERAPIES:

- **MASSAGE:** With a combination of essential oils such as Angelica Root, Blood Orange, Caraway, Lemon Balm, Mandarin Petitgrain, Spearmint, Spikenard or Vitex, blend 30 drops per 1 oz. of vegetal oil such as Almond, Sunflower and Avocado, using Coconut Oil or Cocoa Butter if the skin is exceptionally dry.
- **HERBS:** Rhythmical doses (alternating 7 or 14-day cycles) of the following single or combined herbal extracts or teas may help relieve symptoms depending on individual need: Black Cohosh, Damiana, Dandelion, Kava Kava, Lemon Balm, Lavender, Licorice, Motherwort, Nettle or Red Clover. Vitex (Chaste Tree) and Wild Yam have been redirecting the language of chemical messaging for hundreds of years. These two herbs relate to progesterone blood levels and are best taken rhythmically, mid-month (at ovulation) from day 10 through day 20, whether or not you are still menstruating. As creatures of rhythm, responding to moons, tides and seasons, we use herbs to revive the original conversation held with our receptor systems for thousands of years.
- **SUPPLEMENTS:** Vitamin B-Complex, Iron, Magnesium, GABA Amino Acid, Seaweeds, Sea Algae and Evening Primrose, Borage, Black Currant or Flax Oils.
- **ADRENAL SUPPORT:** Uniquely vitalizing, try rubbing undiluted Black Spruce or Pine essential oil over the adrenal glands (on the back, just above the kidneys) in the mornings for a stimulating, energetic boost. Try to reduce or eliminate caffeine which taxes and depletes the adrenals.

• PLEASE DO NOT USE DURING PREGNANCY OR WHILE BREASTFEEDING •