

Being over weight will shorten your life.

Article from BuddhasPlace.com

Aromatherapy

Aromatherapy?

Aromatherapy has claims from curing cancer, arthritis and more. We have found nothing to support any of these bold claims. We believe that a small part of aromatherapy can be helpful. Unfortunately, over enthusiasms for aromatherapy has limited it use by the general public.

Some claim that there has been double blind tests proving the effectiveness of Aromatherapy, I can find no reference to such tests in any Medical Pier Review Journal. If someone knows of such studies, please contact us at info@BuddhasPlace.com so we can review the study.

The use of aromatic plant materials dates back millennia, though aromatherapy is a relatively new idea. The term "aromatherapy" was coined in the 1920s. Aromatherapy in its purest form - is the use of fragrant plant materials to alter mood or atmosphere.

Aromatherapy or watching a waterfall does not cure arthritis. They both can relieve stress and stress can cause arthritis flare-ups. Does that mean that Aromatherapy cures arthritis? No. It only means that it may reduce stress, which reduces the likelihood of an arthritis flare-up. This is a good thing, but it is not a cure.

Studies have also shown that stress can compromise your immune system, making you susceptible to becoming sick or sicker. So, a person that is ill or concerned about becoming ill, reducing stress is a good thing. Please see our articles on stress.

Some believe mood can be influenced by any scent--natural or not. Ask any realtor about the use of scents and he might just suggest baking a batch of cinnamon rolls or bake some bread An old wives tale? Some people think so but others swear by it.

Smells also retain an uncanny power to move us. A whiff of pipe tobacco, a particular perfume, or a long-forgotten scent can instantly conjure up scenes and emotions from the past. Many writers and artists have marveled at the haunting quality of such memories. Cosmetic companies put baby power in lip stick for the scent.

Many wonder how certain smells able to trigger memories of events taking place several years ago despite the fact that sensory neurons in the epithelium survive for about only 60 days. The answer is that the neurons in the epithelium actually have successors. As the olfactory neurons die, new olfactory neurons generated by the layer of stem cells beneath them, which eventually takes the role of the old neuron as it dies. Memories survive because the axons of neurons that express the same receptor always go to the same place. The memories are stored in the hippocampus, and through relational memory certain smells trigger memories.

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Another popular question is the reason behind smell having such a strong role in instantaneously recalling memory. Despite our belief that sight and hearing are the two most important senses to our survival, from an evolutionary perspective smell is one of the most important senses. To recognize food or to detect poison, smell is the sense that almost all other mammals use. Because of this basic feature yet vital role, smell is one of the oldest parts of our brain. Trygg Engen, a psychology professor at Brown University notes that smells serve as “index keys” to quickly retrieve certain memories in our brain. This primitive yet essential role is probably why smells trigger memory more than does seeing or hearing.

So, we feel that that there is enough data to state that scents can affect your emotions.

Aroma therapists believe the scents Bergamot, Lavender, Petitgrain, and Rosemary can help you relax. Since relaxation is the nemesis of stress. We think this mixture of scents is an excellent means to reduce stress in your life.

We offer in the Relaxation section on our shopping page Relaxation kits, that use the above scents. We offer three diffusers for use with the scented oils. They are beautiful, in themselves should help you relax.

So relax, and live a healthier and happier life.