



# Weekly Wellness from The Integrative Docs

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## The Warm Deception of Hypothermia

This week's focus is inspired by our recent frost wave. Over the past few days, people have woken up to sub-zero temperatures. Thankfully many know the warm deceptiveness of sub-zero temperatures, wind, and sunny weather. When we see the sun and go outside to work or play, it doesn't \*seem\* or feel cold, however, it is...

The wind plays a dangerous role in this deception; whereas what can be a gentle, balmy breeze (5 knots) when the temperature is 70F can be the difference between life and death at -10F. According to the National Weather Service, the gentle breeze at -10F lowers the temperature to -22F.

This is why we dress ourselves in layers. Our layers protect us, but the importance of layers is understanding how they serve us. In outdoor survival, there is an adage that has saved many lives, "wool warms and cotton kills." This is because wool, even if wet, holds body heat, and cotton does not, so this is the material of choice for an underlayer when people are going to be outside in lower temperatures.

In the process of hypothermia, the body starts to shut down to protect itself. As the core cools, the brain moves into survival mode and blood is rerouted from extremities to the brain. People will lose sensation or feeling, tissue will freeze, then fine motor skills, and finally gross motor skills will become impaired. If a person remains exposed to the cold, judgement will become impaired, hallucinations may happen, and drowsiness will occur. At this point, the core is nearly shut down, and if a person goes to sleep, they will die.

The simplest way to prevent hypothermia is to warm up. When a person starts to lose feeling, it is time to go inside or make a fire to warm up. Drinking hot beverages can help to warm the core, but alcohols and caffeine should be avoided.



### Pine Needle & Lemon Tea

One cup of pine needles or  
1 drop pine needle oil  
1 sliced lemon  
1 Quart of Water  
Honey to desired taste

Slowly heat water and pine needles in saucepan. When the water boils, and lemon slices and honey, then turn off heat and steep for 10 minutes. Gently stir, then strain out lemon slices and needles. Serve immediately.

## EO Notes: Pine Needle and Pine Bark Oils

*Pinus deodara, P. densiflora, and P. sylvestris L.*

This week, Dr. Ruth is sharing the tremendous (and often unknown) benefits of Pine essential oils, which are made by distilling the needles and bark of several pine species. Native healers have been using pine for centuries, and when these traditions were explored through research, scientists learned that pine oils have strong antimicrobial and antifungal properties, and antioxidant effects in the human body. The commercial food industry also has adopted the use of pine seeds as highly nutritious raw nuts or cooked condiments.

In therapeutic approaches, pine needle oil is used via direct vapor inhalation for asthma. The standard dose is 1 drop of oil in a steaming mug of water to relax the bronchial tubes. It can also be used topically at a 2-3% dilution rate for skin conditions; and has proven highly effective to overcome the *Staphylococcus epidermidis* bacteria, which is resistant to most commercial antibiotics. Finally, a tea made with either pine needles or 1 drop of Pine Needle Oil has been found to support the liver against liver disease. Other research shows that Pine Bark oil can be diffused to support the hippocampus and improve memory for those with Alzheimer's or other memory challenges. From a clinical perspective, it is exciting to learn that new medicines, as alternatives to NSAIDS, are being developed from pine oils.

If you would like to explore pine essential oils, a safe and reputable place to purchase them is Lotus Garden Botanicals, <https://www.lgbotanicals.com/search.asp?keyword=pine>. Should you decide to order from them, tell Charlie that Dr. Ruth says, "hi."

### References:

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Dr. Moore is an integrative practitioner who specializes in behavioral and holistic health. She is a board certified clinical aromatherapist with the Alliance of International Aromatherapists, a Fellow with the Complementary Medical Association, and the Chief Medical Officer for 5Strands Affordable Testing, Inc.