



Weekly Wellness from The Integrative Docs

Downeast Wellness Integrative Health Services 2022: Vol 2(1)

What's New for 2022?

As we enter the new year, our focus is on self-care, to include rest and nutrition. All things (including behaviors, health and immunity, emotions, and social interactions) revolve around self-care.

Last year, Dr. Matthews and Dr. Moore collaborated on a newsletter to create an informational wellness foundation for our community. He has transitioned into an online practice and moved into the motor home lifestyle. This means that The Integrative Docs will transition into Downeast Wellness, with guest providers who will offer information in their areas of expertise.

In 2022, remember that your health is important to not only you, but also those in your family and community. Take a few minutes to ask yourself the following questions:

- Do you endure chronic pain?*
- Do you live with Migraine, Tension, or Pressure headaches?*
- Do you have problems with digestion, indigestion, acid reflux, or constipation?*
- Are you stressed out all of the time, or do you feel like everything is falling apart in your life?*
- Are you within a healthy weight / fitness level?*
- Do certain foods bother you?*
- Are you sick and tired of feeling sick and tired?*

If you have answered “yes” to any of these questions, call our office or reserve an appointment online to explore how Integrative medicine can help you. **R.**

EO Notes

EO Notes will become a standard new feature to this weekly newsletter. Because of licensed provider shortages and diminished health resources in our community; this feature will provide timely, relevant, and researched information on how to use the power of natural medicines found in essential oils.



What is your favorite oil? Dr. Ruth’s favorite oil is Jasmine (*Jasminum*) with two species *officinale forma grandiflorum* (antidepressant) and *sambac* (antiseptic) being at the top of her list. This oil also has sedative, and other therapeutic properties that support allopathic care.

Jasmine was first derived from Asian flowers, but it is now grown globally. It can be distilled naturally from the flowers via steam, derived from an oil layering technique known as enfleurage, or for cosmetic purposes, it can be derived through chemical distillation to create absolutes.

To use Jasmine therapeutically, it can be applied in a diluted fashion to the skin for cuts, abrasions, and bacterial infections or it can be diffused either with an ultrasonic diffuser for moods or through steam for issues that need to be treated via the circulatory system.

Jasmine is a pricey oil, but it is a powerhouse to keep in your medicine cabinet. There are many places where Jasmine can be purchased, online... but Dr. Moore prefers to order hers through a Maine based company—Lotus Garden Botanicals. You can find them at <http://www.lgbotanicals.com>. Tell them that Dr. Ruth sent you.

RESEARCH:

- <https://www.tandfonline.com/doi/abs/10.3109/13880208809053923>
- <https://www.ncbi.nlm.nih.gov/pubmed/23157022>
- <https://www.ncbi.nlm.nih.gov/pubmed/19580857>
- https://www.researchgate.net/publication/41576755_Stimulating_Effect_of_Aromatherapy_Massage_with_Jasmine_Oil
- https://link.springer.com/protocol/10.1007/978-1-60327-114-1_12#page-1

“Tomorrow is the first blank page of a 365 page book. Write a good one.” Brad Paisley



Ruth Moore, MSc. D.

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.

Dr. Ruth’s Spotlight

This space is reserved for a special focus on nourishment. There are many ways to nourish one’s self—but this focus is on hydration, a good recipe, or a provoking mindfulness moment.

Orange Creamsicle Mousse (Keto Friendly)

1 pint heavy cream. Food grade orange essential oil. Food Grade Madagascar Vanilla. Stevia to taste.

Whip cream and stevia until stiff. Divide into two bowls. Add 2 drops orange oil to one bowl and 1/4 tsp. vanilla to the other. Stir well, then fold the vanilla cream into the orange cream.