



Weekly Wellness from The Integrative Docs

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EO Notes: Tea Tree Oil

Tea Tree Oil (*Melaleuca alternifolia*) is a powerhouse essential oil that is used aromatically, topically, and internally. This oil has been used for centuries by both American Indians in the Gulf states and by the Aboriginal peoples of Australia and New Zealand. Later the Australian military adopted its use for soldiers, and they began to carry vials of it in their first aid kits.



The Melaleuca tree is a tropical evergreen that usually grows near water bodies. When the needles fall into the water, they turn the water milky white, much like the tannic acid from our trees' leaves that turn the Maine rivers brown.

Melaleuca Oil has strong antifungal, antibacterial, and antiviral properties, and is usually the first choice of clinical aromatherapists to treat everything from skin conditions to bacterial and viral infections. Melaleuca oil, when used topically, is most effective when it is diluted to 3% or 3 drops per teaspoon of carrier oil. With caution, this oil can be ingested with the supervision of a clinical aromatherapist to support the body's immunity, and it can be used aromatically in diffusers and concentrated vapor therapies.

High quality Melaleuca Alternifolia can be purchased from lgbotanicals.com. Please let Charlie know that you saw this article.

References:

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3264233/>
<https://journals.asm.org/doi/full/10.1128/CMR.19.1.50-62.2006>

Lymphatic Allies

Lately, our community is being challenged with both the flu and yet another Covid variant outbreak. In light of these threats, people are looking for holistic and natural ways to boost their body's defenses, despite (or in addition to) their immunization statuses.

Most people know that the human body is about 75% water, but what is a big surprise to them is that the lymphatic system uses this water to protect the body from invading cells, maintain the hydration of the organs, remove and absorb fats from the digestive tract, and remove cellular waste from the tissues. Most of the fluids that we see in the body, aside from blood, is lymph; and maintaining healthy levels of lymph IS the #1 reason WHY Dr. Ruth continually tells her patients to drink so much water.

We can support our lymphatic system by:

- ◆ Maintaining appropriate hydration.
- ◆ Increasing our movement through exercise (*doing 20 calf raises*, which opens the muscle pumps in the calves... *doing 20 breathing squats with raised arms*, which stimulate the lymph tissues in the core and pelvis... and *doing 20 leg raises from a laying position on our backs* to encourage drainage from the legs and feet).
- ◆ Breathing with our diaphragm to expand the rib cage and increase circulation.
- ◆ Using essential oils to support immunity and also encourage detoxification and drainage when we are exposed to immunity threats.
- ◆ Receiving biweekly ANS or Lymphatic Massage sessions.



Keep your Lymph System flowing smoothly and your body will go with the flow. Byron Richards

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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.



Balancing the Autonomic Nervous System (ANS)

One of Dr. Ruth's more popular services is an ANS Balancing session. This service combines acupressure, clinical aromatherapy, and energy medicine to help patients relax, boost immunity, and encourage lymphatic drainage. This session is completed in 6 stages, beginning with reflexology and moving through a relaxation stage, immunity and muscle support phases, lymphatic release, and finally a homeostasis phase.

New patients can reserve an introductory session on Tuesdays through Thursdays for \$45 with the RENEW22 promo code.