

## Essential Oils vs Synthetic Chemicals

Essential oils are highly concentrated substances extracted from aromatic plants with medicinal properties. The pharmacological activity of their constituents, give them a tremendous curative potential, that mankind discovered centuries ago. After a long time of use by apothecaries, alchemists and early physicians, a day came when scientists started identifying the chemical composition of essential oils, and a big enthusiasm surrounded these substances. They quickly learned how to reproduce these molecules artificially, originating the modern industry of synthetic drug mass-production, which no longer needed the plants.

Our organism, not used to decode synthetic and decontextualized elements, starts manifesting various side-effects, resulting from that misunderstanding. After so many centuries, the pharmaceutical laboratories are still not able to correct this fact and, rather incomplete long lists of side-effects, are still found inside each drug package we buy at pharmacies. Unlike synthetic drugs, good quality essential oils, when correctly used, don't have undesirable side effects and don't leave toxic traces in the organism. The natural biochemical language of essential oils is perfectly understood by our organism, which positively responds to the application. The frequent use of good quality essential oils, promotes the action of the body's own healing system, stimulating and supporting our immune system, our vital strength.

It should be a matter of serious reflection, how nowadays people take synthetic drugs so frequently, most of the times not even trying other restorative methods. Taking a pill is quick and easy, but the quick temporary relief has a long-term damage associated. Synthetic drugs can be helpful in certain cases, but should always be our last choice, and not the first. We are all paying the price of this legal drug abuse, getting more vulnerable as a specie, incapable of responding to new virus and bacteria and, even worse, creating them! Our negligent use of antibiotics is an example of how we are contributing to dangerous mutations in these pathological microorganisms, creating new drug-resistant strains like the multi-drug resistant tuberculosis.

It's about time that we take responsibility for our own health, instead of transferring that responsibility to our doctor or our pillbox. It's up to each one of us to research and learn about ways of dealing with our health challenges in a more conscientious and committed way, combining different approaches in an integrative therapeutic strategy. It's no longer a matter of individual concern; it's a matter of global responsibility.

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