

Aromatherapy for Intestinal Health Natura Heilpraxis - Berlin Germany

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Aromatherapy at Natura Heilpraxis Berlin

- Natura Heilpraxis is a small private clinic providing various naturopathic therapies to long-term or chronically sick patients.
- The Team consists of **5 naturopaths** with different specializations, plus **1 osteopath** and **1 massage therapist**
- The clinic can provide patients with all-round treatment including **Acupuncture, Colonic Therapy, Craniosacral Therapy, Cryotherapy, Infrared Sauna, Infusion and Oxygen Therapy, Massages, Mental Coaching, Nutritional advice, Osteopathy...**
- Aromatherapy** was first offered by Natura's Owner Yesha Karmeli in **2008** when the clinic opened. His specialisation at the time were Infusion Baths.
- Aromatherapy was **re-introduced in 2022**, when Julia Falkenstein joined the team as leading aromatherapist



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Aromateam

- Aromatherapy was re-introduced at Natura in 2022 as a **complementary service to the intestinal health program**.
- Different services were selected according to patients' needs:
 - 1) Colonic lavage performed with a **hydrosol** rinse (in the clinic)
 - 2) Colon treatment with a **base oil cure** (overnight, at home)
 - 3) base oils as **dietary supplements**
 - 4) aromatic **abdominal massage** during intestinal treatment
 - 5) **Full body massage** with essential oils
 - 6) **Aroma inhaler** or roll-on for home use
 - 7) Hydrosol **oral health spray**
 - 8) Oil blend for **oil pulling**
- Room **diffusion** of rose hydrosol in the waiting room welcomes the patients and relaxes them before the treatment
- Treatments and material depend on the clinical picture** and desired outcome, e.g. being calming, protective, wound-healing, anti-inflammatory or more...
- Accompanying treatments** like massages help to relax the patient and strengthen the immune system.
- Aroma sticks, mouth spray, oil pulling treatment and abdominal oil blend are also **available** in the practice **shop**.
- The material is **paid for by the patient** as part of the therapeutic program



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Aromatherapy Materials

- hydrosol colonic:** Rosa damascena, HB, Flower water, 40ml, HB-Berlin, batch number L107N 2020 Essence Bulgaria, 100023
- hydrosol base oil cure:** Sesamum indicum, HB, Berlin, batch 0201949, 100024
- nutritional supplement:** Berberis affinis, seed, Kholistan, batch 124028, On2024, Omasthera herbs, seed, Kholistan, batch 133371, 020221, Hapothec pharbitensis, India, Chingee, batch 020222, 100023
- aroma inhaler:** Citrus limon, peel, cold pressed, Bioforce, batch 19 2021, 062024, Roserika center, resin, Kholistan, Bioforce, batch 6402949, 000007
- body massage oil:**
 - 1) Prunella arvensis, Bulgaria, HB, Y. Caramita & Wehring, batch 014 1923, 100023
 - 2) Lavandula, seed, Bulgaria, Bioforce, batch 7100749, 000025
 - 3) Davallia, seed, Bulgaria, Bioforce, batch 1000049, 000025
 - 4) Davallia, seed, Bulgaria, Bioforce, batch 1000049, 000025
 - 5) Lavandula, leaf, Bulgaria, Bioforce, batch 0000049, 000025
 - 6) Mentha piperita, flower parts, Bulgaria, Bioforce, batch 0000049, 000025
 - 7) Citrus limon, flower parts, Bulgaria, Bioforce, batch 0000049, 000025
 - 8) Citrus limon, flower parts, Bulgaria, Bioforce, batch 1000049, 000025
 - 9) Citrus limon, flower parts, Bulgaria, Bioforce, batch 1000049, 000025
- mouthspray:**
 - 1) Mentha piperita, flower parts, Bulgaria, Bioforce, batch 0000049, 000025
 - 2) Mentha piperita, flower parts, Bulgaria, Bioforce, batch 0000049, 000025
 - 3) Mentha piperita, flower parts, Bulgaria, Bioforce, batch 0000049, 000025
 - 4) Mentha piperita, flower parts, Bulgaria, Bioforce, batch 0000049, 000025
 - 5) Mentha piperita, flower parts, Bulgaria, Bioforce, batch 0000049, 000025
 - 6) Mentha piperita, flower parts, Bulgaria, Bioforce, batch 0000049, 000025
 - 7) Mentha piperita, flower parts, Bulgaria, Bioforce, batch 0000049, 000025
 - 8) Mentha piperita, flower parts, Bulgaria, Bioforce, batch 0000049, 000025
 - 9) Mentha piperita, flower parts, Bulgaria, Bioforce, batch 0000049, 000025
- mouth pulling oil:**
 - 1) Sesamum indicum, seed, pressing, Bioforce, batch 2000049, 000025
 - 2) Sesamum indicum, seed, pressing, Bioforce, batch 2000049, 000025
 - 3) Sesamum indicum, seed, pressing, Bioforce, batch 2000049, 000025
 - 4) Sesamum indicum, seed, pressing, Bioforce, batch 2000049, 000025
 - 5) Sesamum indicum, seed, pressing, Bioforce, batch 2000049, 000025
 - 6) Sesamum indicum, seed, pressing, Bioforce, batch 2000049, 000025
 - 7) Sesamum indicum, seed, pressing, Bioforce, batch 2000049, 000025
 - 8) Sesamum indicum, seed, pressing, Bioforce, batch 2000049, 000025
 - 9) Sesamum indicum, seed, pressing, Bioforce, batch 2000049, 000025
- diffuser:** Rosa damascena, HB, Flower water, 40ml, HB-Berlin, batch number L107N 2020 Essence Bulgaria, 100023
- The aromatherapist recommends the aromatherapy products and the goods purchase bags direct from the supplier (Bioforce Belgium for Essential Oils and Hydrosols, Essence Bulgaria for Hydrosols and Natura is Unique for Frankincense, Primavera)**

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Aromatherapy METHODS

Year 2023	# treatments	Reason given	Reason given	Reason given	Reason given	Reason given	Reason given
	59	Belocolon Anxiety	Anxiety	intest. bowel syndrome, damaged mucosa	Inflammation, damaged mucosa, immune system	Inflammation, bacteria	immune system, ulcers
		59 people	59 people	27 people	8 people	35 people	12 people
Oil given		Rosa damascena flower water	Carrot seed, Curry, Cardamom, Bay Leaf, Peppermint, Shell, Oregano, Ginger	Rosa damascena flower water	Borage seed oil, Sea Buckthorn	Peppermint, Sage, Rosemary and Thyme (Hymsol) hydrosol	Lemongrass, Marjoram, Coriander, Lavender, Oregano, Anise & Sesame, Sunflower and Black-Cumin oils
Routes		diffusion	body massage blend	colonic irrigation	colonic "wash"	mouth rinse	oil pulling blend
Number of treatments		average 1	average 1	average 2	average 2	average 10	average 30

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Patients outcomes BENEFITS

- Of 780** colon treatments in the period 01-09-2023, **59 patients** took part in the **aroma** colon program.
- Depending on the symptoms (constipation, irritable bowel syndrome, Crohn's disease and others), they each received **individual treatment** with at least 2 colon hydrotherapies, in which hydrosols could also be given.
- Of the **hydrosol** patients, **60% felt more comfortable**, relaxed and relieved after the treatment.
- Of the **oil treatment** patients who received vegetable oil mixtures rectally overnight, **100% felt** a considerable improvement after the treatment.
- All 59 patients received an **abdominal massage** with the mix of digestive-regulating oils. Patients **relax easily**, digestion is stimulated by the scent, appetite is increased, therapists like to use it.
- The **mouth spray** is recommended before and after dental treatments, if patients have a tendency to inflammation and cardiovascular diseases. It has grown very popular among patients as it gives a pleasant feeling in the mouth and gums, firmness and pain relief immediately in sensitive areas.
- Mouth pulling** oil is also well accepted and fewer colds have been observed in **25% of patients** as a result of mouth pulling.
- The **diffuser** placed in the entrance area is very well received by all patients. Quote 1 therapist: *"The patients arrive in a completely different way, they look forward to the treatment, the scent is inviting and contributes to the relaxing atmosphere."*

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Conclusion Highlights

- Patients often find intestinal treatments embarrassing and unpleasant. At the same time, patients often struggle with long-term intestinal problems with side effects of nutrient absorption or mental limitations.
- Through aromatherapeutic measures, the clinic **has added a beneficial complementary service** to its existing intestinal treatments.
- In the last 12 months, the aroma colonics rate has **grown** by more than 200%. Patients and therapists felt more **comfortable**, more **relaxed** and the treatment was more **effective** and **compliance** was higher.
- The **most effective** "tool" was the **hydrosol mouthwash** followed by the oil treatments of the rectum in longer overnight sessions, the **most pleasant** was the Rosa damascena hydrosol for both air diffusion and colonic Irrigation.
- Over time, we at Natura have continually included new products in our program. In addition to those described, there are 5 new programs, each of which includes an **aroma inhaler** and **aroma meditations** or **breathing exercises**. In addition, **aromatic massages** are performed for relaxation on almost all patients.
- Since patients pay for the services themselves, not all aroma capacities are always utilized. Patients with fewer resources in particular may not benefit from aroma treatments. Therefore it is important to consider in what form support can be given to those in need of aromatherapy in the future.