

*Enjoy a winter break in Maui while earning CEUs !*

# ***USING ESSENTIAL OILS IN ENERGETIC MEDICINE***

with **Peter Holmes**, L.Ac., M.H.

————— *15 NCCAOM & California CEUs available* —————

Genuine essential oils bring a powerful new dimension to a complementary medicine practice. They are proving invaluable in complex or sticky conditions, where they can create amazing shifts in treatment outcome. Like acupoints and reflex zones, essential oils are electromagnetic by nature and are governed by the laws of energy flow. By deeply modulating neuroendocrine functions through neuropeptide activation, they can trigger profound changes in the individual, as seen by immediate pulse changes. In this seminar we will see how oils can enhance both the physiological and psychological actions of points and reflex zones, without causing an additional burden to the digestive system. The use of essential oils represents a perfect complement to bodywork and other forms of energy work, including acupressure and acupuncture, that is user-friendly, safe and extremely effective.

A hands-on treatment practicum will be included on the second day to practice the selection and application of oils to points, as well as to monitor improvements in the pulse, complexion and symptoms. In addition, we will work up case histories throughout both days.

## *YOU WILL LEARN ABOUT . . .*

- First day* • The four different ways of using essential oils in a clinical practice
- Clinical definitions of oil quality: genuine, authentic, integral
  - Oil energetics: the five movements and six fragrance categories
  - How to select and apply oils to points effectively and safely
  - The treatment of Five-Element syndromes with essential oils
- Second day* • Actions and diagnostic indications for over 24 major essential oils, including applications to specific issues such as adrenal fatigue, detoxification, anxiety and depression, hormonal support/balancing, acute infections, chronic pain, etc.

## *PREREGISTRATION IS REQUIRED*

**DATE:** February 27 & 28 (Sat. & Sun.), 9:00 am - 5:30 pm both days

**LOCATION:** Makawao, Maui, in a beautiful conference & retreat center in the Olinda area

**COST:** \$250, payable by credit card or check

Late registration after Feb. 7: \$285

**CANCELLATION POLICY:** Cancellations received up to Feb. 7, receive a full refund less a \$45 administration fee. No refunds can be given after Feb. 7, '10.

**TO REGISTER:** By credit card, call 800 682-8827 or 707 527-0939

By mail, send completed registration form with check to:

**Snow Lotus Seminars, 2430 Darla Dr., Santa Rosa, CA 95401**

*Also check our website, [www.snowlotus.org](http://www.snowlotus.org), for future seminars*

**Questions ? Contact us at [info@snowlotus.org](mailto:info@snowlotus.org) or 800 682-8827**

## *About the Instructor*

Peter is a practitioner of Oriental medicine and a medical herbalist. He originally apprenticed for two years with Cantonese herbalist Dr. Lee in London, England, and graduated from the College of Traditional Chinese Acupuncture (U.K.) in 1980. He went on to study with Ted Kaptchuk, O.M.D., and completed postgraduate studies in Chinese medicine at the Ecole Européenne d'Acupuncture in Paris, France. Peter then completed a Western herbal medicine training at the College of Consultant Herbalists in England. He also apprenticed in London for two years with medical herbalist Christopher Hedley, MNIMH, and with pharmacist-herbalist Henri Verdier in Paris, France, who trained him in the clinical uses of essential oils.

Peter researches, writes and lectures extensively in the field of both Chinese and Western herbal medicine, bringing to his programs over 20 years of study, clinical practice and teaching experience. Peter is author of three acclaimed herbal medicine textbooks, *The Energetics of Western Herbs: A Materia Medica Integrating Western & Chinese Herbal Therapeutics*; *Jade Remedies: A Chinese Herbal Reference for the West*; and *The T.C.M. Materia Medica Clinical Reference & Study Guide*. He is author of *Clinical Aromatherapy*, and coauthor of the forthcoming *Essential Oil Therapy* (with R. Tisserand, C. Hoffman et al.).

## *What Past Participants Have Said ...*

"I always come away from Peter's seminars with lots of specific information that I can start using with my patients right away. His wealth of clinical experience is drawn from many years of practice and research, and is presented in such an organized way that it's easy to follow, and he's able to transmit a great deal of information in just two days." Janene Mitchell, L.Ac.

"Peter's deep knowledge and enthusiasm for essential oils made what could have been an ordinary CEU class an amazingly enriching experience. I was able to use the oils and the information the very next day in my treatment rooms. Peter is on the forefront of a whole new world in the energetic treatment of the body and psyche." Lisa Walker, L.Ac.

"The use of essential oils in Chinese medicine answers the questions and confusion many practitioners face when wanting to choose herbal therapies. Namely, what to do when our patient doesn't fit into a *zang fu* pattern? What to do when patients don't want to cook herbs or use pills? Essential oils provide a pleasant, safe and effective alternative and primary choice for patients and practitioners alike. This course reminds us of the ancient use of these oils as well as enhancing the modern practice of Chinese medicine." Barbara Higgins, D.O.M.

"Peter's workshops are by far the most interesting and valuable continuing education I have taken to date. The information is fascinating and practical, and I have been able to immediately apply the knowledge I have gained, much to the delight of myself and my patients." Gina Haber, L.Ac., DNBAO

"What has stayed with me all these years was a comment of J.R. Worsley that the goal of the acupuncturist was not to use needles. This message has reverberated inside me and has guided me to seek out non-invasive healing modalities; the essential oils are a welcome addition to my repertoire." Ana Easter, L.Ac.

"Peter's classes are cutting edge. His handouts and books make the information easily accessible. Peter is well informed and extremely generous in sharing his considerable knowledge on the subject. His seminar on Using Essential Oils in Chinese Medicine should be on everyone's list of 'must have' seminars. Peter not only teaches how to use them therapeutically but he has spent years in the field, travelling around the world finding the purest oils directly from their source."

"I believe that essential oils are going to be used more and more frequently in practice, not only for their therapeutic properties, but also as a great alternative to herbs. In my own practice, I am using essential oils more frequently than herbs." Bambi Merryweather, L.Ac.