



AIAM HOLISTIC PULSE

September 2021

SUMMER QUARTER CALENDAR

Quarter Begins.....July 6th

Summer Add/Drop
Deadline.....July 12th

Labor Day (school
closed).....Sept 6th

Quarter Ends.....October 4th



AROMATHERAPY

Hey Everyone! As you can see, we're making some changes to the student newsletter. We have a new name, *AIAM Holistic Pulse*, and we're going to have a health and wellness theme each month. This month we're going to focus on Aromatherapy benefits, tips, and information. At the end of the newsletter you can find important dates and information about AIAM.

Choosing an Essential Oil (EO) Advice from Sherri DeRhodes, AIAM Holistic Nursing Concepts Instructor

EO quality is important. The cheaper oils that you can get at the dollar store or even in some of the health food stores and sections at the grocery store are not pure and typically are not consistently formulated from one purchase to the next. You can get mixed results with these oils. It's more beneficial to invest in better quality oils and use them sparingly because a little goes a longer way with them. Take time and build your stock of oils, starting with some of the most common like lavender, lemon, peppermint, and tea tree. Take time to learn what they can do and be sure to research any potential contraindications with medications and health conditions. Just because something is called "natural" doesn't mean it isn't potent and powerful.

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TIPS FROM AIAM PERSONNEL

Admissions Rep, Ramah Dickinson: I will often mix lavender oil into my moisturizer for my face to help me relax. It also helps a lot with dark spots, acne, and scars. Lavender is great for killing bacteria and calming inflamed skin!

Tea Tree oil helps repel fleas, ticks, and lice. You can mix a little into your shampoos (animal or human).



Receptionist, Nadine Hayes: I've found that the Lavender oils are great for helping you relax and sleep better. Also, Eucalyptus helps clear out congestion from the lungs and nasal passages. There is also one called Breath that works well for helping to break up chest congestion.

IT Specialist, Jeni Bynes: Neem oil is great as a deterrent to pests in both house and garden plants. Also, check out this article for some great info about the benefits of Neem, and info about the smell: [Neem oil- unpleasant smell, but works like magic! — Radiance Wellness Spa Diana Ralys Skin Health \(drskinhealth.com\)](#)

Campus Support Specialist, Angela Falasca: When I was a student, I would always keep some rosemary in my bag to inhale the scent before exams because it helps with memory. I don't know about you, but I'm going to do everything I can to improve my exam scores! BBC News did an article on a study which showed a 5%-7% increase. [Exam revision students 'should smell rosemary for memory'](#).

FUN FACTS ABOUT AROMATHERAPY

- Over 2,500 years ago Hippocrates recommend aromatic baths for overall well-being & health
- Philosopher Dioscorides mentioned aromatic oils in his writing in 100 AD
- Aromatherapy oils were used by ancient Egyptian priests during religious ceremonies & antiseptic agents
- Starting in the late 1800s, researchers began using botanical extracts in studies, publishing their reports in respected medical journals
- French and German medical professors started using aromatherapy to fight diseases like tuberculosis and infected wounds
- In the early 19th century, essential oils began being used in Western medicine practices
- French soldiers returning home from WW I were treated with aromatherapy oils to heal wounds, treat anxiety and lower depression
- Aromatherapy made its way to the U.S. around the 1980s
- Today sales of aromatherapy lotions, candles, oils, and fragrances are higher than ever before

BENEFITS OF AROMATHERAPY

- Promotes relaxation
- Helps improve sleep quality
- Help with respiratory issues
- Improves skin health
- Can help manage symptoms or side effects of cancer
- Soothe pain and inflammation
- Help reduce fatigue and raise alertness
- Improve digestion and lower nausea
- PMS or menopause symptoms



SHOULD ANYONE AVOID USING AROMATHERAPY?

- Pregnant women, people with severe asthma, and people with a history of allergies should only use essential oils under the guidance of a trained professional and with full knowledge of your physician.
- Pregnant women and people with a history of seizures should avoid hyssop oil.
- People with high blood pressure should avoid stimulating essential oils, such as rosemary and spike lavender.
- People with estrogen dependent tumors (such as breast or ovarian cancer) should not use oils with estrogen like compounds such as fennel, aniseed, sage, and clary-sage.
- People receiving chemotherapy should talk to their doctor before trying aromatherapy.
- Essential oils can have interactions with medications. WebMD.com is one trustworthy source for articles on essential oils with evidence based medicinal uses, benefits, side effects, and possible drug interactions.

AROMATHERAPY FOR BEGINNERS CHART

Mental Health	Allergies	Cholesterol
Lavender Citrus Oils Pine Rosemary Thyme Copaiba Roman Chamomile Ylang Ylang	Lavender Lemon Peppermint Eucalyptus Tea Tree Frankincense	Citrus Oils Pine Thyme Rosemary Clove Cinnamon
Joint Pain	Sleep	Blood Pressure
Eucalyptus Oregano Thyme Peppermint Wintergreen Rosemary Birch Copaiba Panaway	Citrus Oils Lavender Patchouli Cedarwood Vetiver Valerian Palmarosa Roman Chamomile Ylang Ylang	Cinnamon Cassia Clove Copaiba Theives Thyme Oregano Marjoram
Immune	Soreness	Respiratory
Thieves Cinnamon Clove Thyme Oregano Citrus Oils Eucalyptus Helichrysum	Peppermint Eucalyptus Wintergreen Oregano Copaiba Black Pepper Clove Cinnamon Oregano Thyme	Eucalyptus Peppermint Spearment Wintergreen Thieves RC Raven
Energy/Focus	Skin Clarity	
Citrus Oils Peppermint Spearment Wintergreen Rosemary Cassia Clove Anise	<div> <div>OldSoulMama.Life</div> <div>Old Soul Mama</div> </div>	
	<div> <div>Lavender</div> <div>Frankincense</div> <div>Tea Tree</div> <div>Geranium</div> <div>Chamomile</div> <div>Patchouli</div> <div>Cypress</div> <div>Ylang Ylang</div> <div>Peppermint</div> </div>	

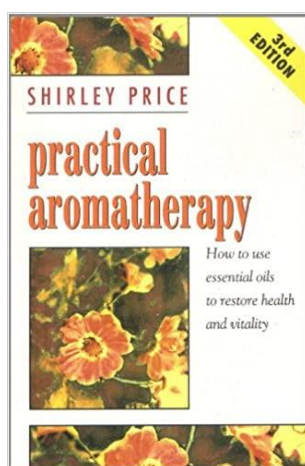
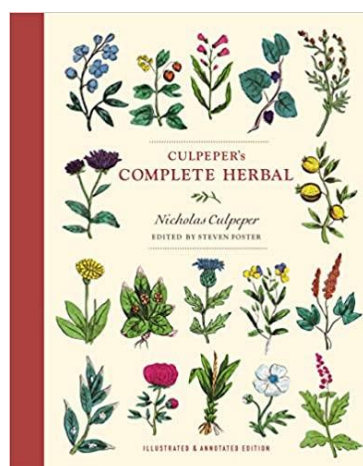
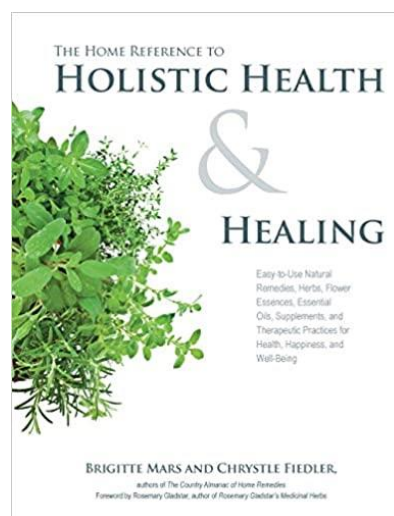
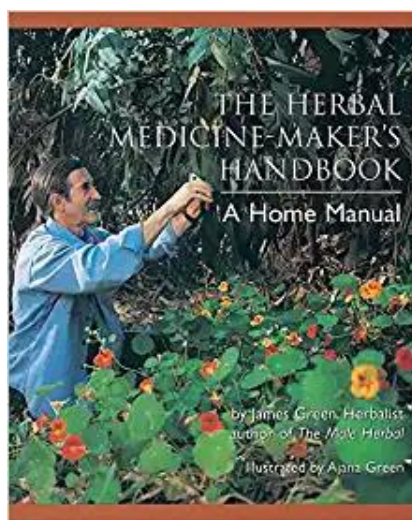
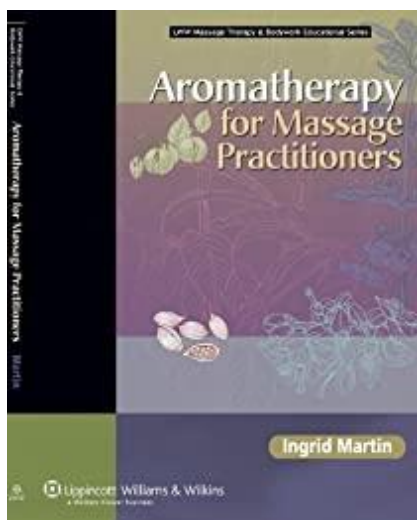
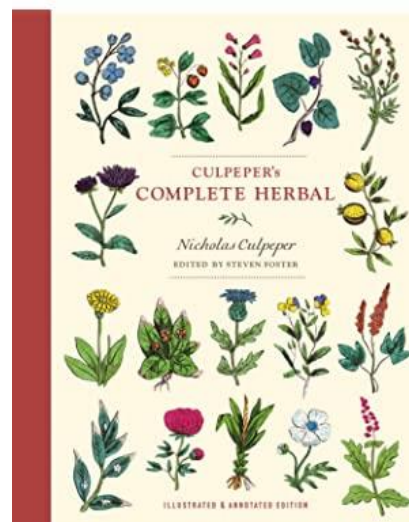
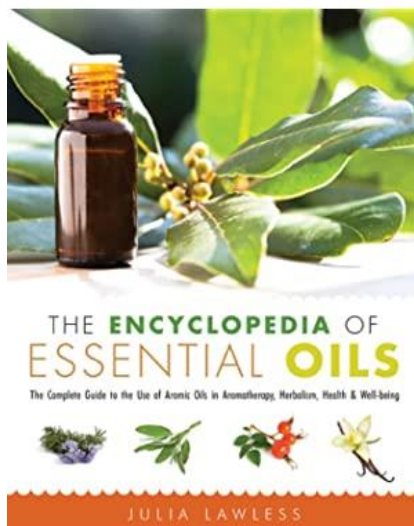
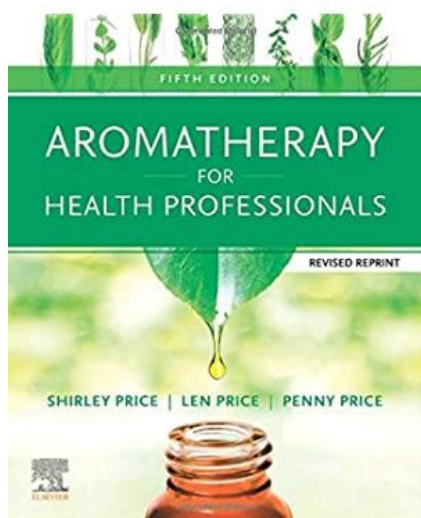
Remember to always research any contraindications, and how to properly use the oil.

Also, if you have pets, be sure to research which ones can be harmful for your pets. Keep your furry friends safe!

[Essential Oils and Animals: Which Essential Oils Are Toxic to Pets?](#)



Library Spotlight: Aromatherapy Books in the AIAM Library



To check out any of these books, email Melissa Fischer at mfischer@aiam.edu.

Library books checkout for 2 weeks and can be picked up in the front desk area.

AIAM IMPORTANT DATES AND OTHER INFO

LAB CHECK-OFF FOR NURSING STUDENTS

All Nursing: Aug 30 – Sept 10, 8:00am – 5:00pm

PNUR 103: IV check-off on August 28, 8:00am – 12:00pm & 1:00pm – 5:00pm.

LIVE REVIEW FOR NURSING STUDENTS

Practical Nursing: Sept 29th and 30th

Registered Nursing: Sept 28th, 29th and 30th.

COURSES THAT HAVE FINAL EXAMS ON CAMPUS*

Acupuncture: AT 701, 600, 508, AW 615 (CPR, 9/17 all day)

Massage: MAS 104 and MAT 111

Practical Nursing: PNUR 103, 105, 106, 107, 108

Registered Nursing: NRS 204c, 201c, 115, 203 A and B, 202 B, 205

*see syllabus or talk to your instructor for dates and times

TEST TAKING STRATEGIES

Janet Adams: Mondays through September 20, 2:00-3:00pm

<https://us02web.zoom.us/j/83637184214?pwd=aS9kTFVGQWdFQXBGMlhlS3htdXNwUT09>

Melissa Fischer: Tuesdays through September 7, 3:00-4:00pm

<https://us02web.zoom.us/j/89146371991?pwd=cZQzWDZORnc3VEJJQUQ0d0VXN2toQT09>

Melissa Fischer: Fridays through September 3, 4:00-5:00pm

<https://us02web.zoom.us/j/82581182588?pwd=OUN5VnY2ZDJ2N2p4aXdBbjUwMnVLQT09>

VIRTUAL COMMENCEMENT (WINTER AND SPRING 21 GRADUATES)



Thursday, September 2, 7:00pm

<https://www.youtube.com/c/AIAMStudents>

AIAM NEW STUDENT WEBINARS: FALL 2021

Join the Assistant Director of Education/Student Services for a new student webinar! Ask questions and get guidance on the skills you'll need as an AIAM student. Populi, Evolve, and basic computer help are available, as well as study skills, test taking strategies, and time management. Just click the link to join- no need to sign up first!

Wednesday, September 8, 6:30-8:30pm

Friday, September 10, 3:00-5:00pm

Wednesday, September 15, 2:00-4:00pm

Friday, September 17, 9:00-11:00am

<https://us02web.zoom.us/j/5409336867?pwd=Qmc4VHppNXhDTktmRkNrc3JFV0l2Zz09>

Note: If none of these times work with your schedule, contact Ms. Fischer to setup an appointment at mfischer@aiam.edu

***** AIAM IMPORTANT REMINDERS *****

Masks are required for everyone on campus until further notice.

Check your AIAM email regularly for important communications from faculty and administration.

When coming on campus, DO NOT park in front of any space with a sign. You will be towed.

Students are responsible for communicating directly with the manufacturer on all warranty-related issues for the laptop computer. If the laptop computer is purchased through AIAM, students are responsible to replace the item(s) at full cost if lost, stolen, or damaged beyond repair or outside of the warranty.

