JOINT PAIN: Sat, April 8th

Joint pain is an increasingly common health condition in the Western world. Practitioners are frequently called upon to treat people with rheumatic disorders – with osteoarthritis and rheumatoid arthritis being the prevalent disease types. The anti-inflammatory and pain-relieving properties of essential oils make them effective therapeutic agents for joint pain. In addition, their selection and application can be enhanced by practical and theoretical tools offered by Naturopathic and Traditional Chinese Medicine (TCM).

In this workshop, the evidence for essential oils important in the treatment of joint pain will be examined. An overview of key musculoskeletal pathologies and their respective treatment goals will be presented, together with an aromatic treatment plan for each common condition. Dosing, dose forms, example formulations, and clinical reference guidelines will be provided.

ANXIETY: Sun, April 9th

Anxiety disorders are among the most common mental illnesses in the United States, affecting 40 million adults, or nearly 18% of the adult population. Sadly, the average age of onset is just 11-years-old. With the escalating prevalence of anxiety disorders in the USA and worldwide, the treatment options offered by natural medicine have an important role to play. Aromatherapy, and essential oil of *Lavandula angustifolia* in particular, have increasingly demonstrated evidence-based anxiolytic benefits.
In this full-day workshop, Gabriel Mojay and Timothy Miller will provide a truly holistic approach to addressing anxiety disorders — by combining Naturopathic insights and interventions, advanced essential oil therapeutics, and the wisdom of TCM.

We will discuss Naturopathic patient assessment, and the various root causes of anxiety according to Naturopathy. We will identify major common obstacles to cure — including vitamin and mineral deficiencies, gastrointestinal health, and adrenal insufficiency. We will then review some of the most important botanical, nutritional, and lifestyle interventions to address this mind-body disharmony.

An in-depth discussion of the therapeutic role of essential oils in anxiety will highlight their multifaceted psychosomatic pharmacodynamics. Dosing, dose forms, example formulations, and clinical reference guidelines according to TCM will be provided.

**Gabriel Mojay LicAc,CertEd,FIFPA**

Gabriel Mojay is a UK-registered practitioner of clinical aromatherapy, herbal medicine, and acupuncture. He first studied natural medicine in 1978, specializing in shiatsu therapy. Following four years of training in TCM, he became in 1987 a member of the British Acupuncture Council. He first trained in botanical medicine and aromatherapy in the 1980s, and has since studied with some of the world’s leading experts in clinical aromatherapy.

Since 1990 Gabriel has been Principal of the Institute of Traditional Herbal Medicine and Aromatherapy (ITHMA), based in central London. In 1990 he founded the Register of Qualified Aromatherapists, a UK professional association that later merged to form the International Federation of Professional Aromatherapists (IFPA).

Gabriel has presented lectures at international conferences and seminars in the USA, Canada, Mexico, Japan, China, Hong Kong, Australia, the Czech Republic, France, Ireland and the UK. He is co-author of *Shiatsu – the complete guide*, and author of *Aromatherapy for Healing the Spirit*. Since January 2015 he has served as Associate Editor of the *International Journal Clinical Aromatherapy* (IJCA).

**Dr Timothy Miller ND,MAc,LAc,RA**

Dr Timothy Miller is a naturopathic physician, licensed acupuncturist, and registered aromatherapist. He is a graduate of the National College of Natural Medicine (NCNM) in Portland, Oregon.

Timothy is a chemistry nerd, and is fascinated by the chemistry found in the natural world. Fueled by the abundant, potent and unique components within aromatherapy, Timothy has sought to understand how essential oils act on the body and mind, and identify which clinical applications are best incorporated into practice.

Timothy first began his aromatherapy studies in 2005. He has since traveled the world to advance his understanding of essential oils and their clinical implications, studying with Rhiannon Lewis, Gabriel Mojay, Mark Webb, Kurt Schnaubelt, and Jeffrey Yuen. He has successfully completed a National Association of Holistic Aromatherapy (NAHA) approved course, and has completed the requirements to become a Registered Aromatherapist (RA). He is a member of the Aromatherapy Registration Council (ARC).

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**KEY WORKSHOP COMPONENTS**

- Background and pathology of joint pain/anxiety.
- Naturopathic philosophy and assessment.
- Naturopathic approach and toolkit: phytotherapy; gemmotherapy; nutrition; dietary supplements — supported by research evidence.
- Herbal medicine posology; aromatic medicine dose forms and guidelines.
- Musculoskeletal pathology/anxiety disorders according to TCM; diagnostic differentiation.
- Aromatic acupressure for joint pain: the actions, location and treatment of selected acupoints.
- Key essential oils for joint pain/anxiety disorders: chemistry and safety; research evidence; energetic properties; example essential oil formulae.

*Our goal is to share these components in a way that allows the practitioner to readily and comfortably incorporate them into their individual style of practice — through a clearly elucidated treatment approach.*