

THERE'S A BAD SMELL COMING FROM BRUSSELS

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In My Opinion & Without Prejudice

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By now all who have read my articles will know that I am very concerned about the EU and the negative effect it is having on alternative medicine and natural health products here in the U.K. However, what you are about to read will probably amaze and irritate even the most ardent Europhiles among you. If like me, you love the smell of a beautiful perfume and the wonderful aromas of pure aromatherapy oils, the life blood of Mother Nature's plants, you will be shocked to read that even these have not escaped the scrutiny of the legislative bodies of Brussels. More EU directives have poured out from this unaccountable bureaucracy than rivers of blood from an unstaunched haemorrhage.

A Directive called the ***Biocidal Products Directive***, which many people will be unfamiliar with, has already banned a wide range of natural essential oils including eucalyptus, tea tree, thyme and citronella that are used as insect repellents and in personal deodorants. What has been left in these products now is either an inconsequential level or there has been an outright ban. From 1st December 2008 there has been a ban on citrus oil usage in cosmetics because the EU regulators have decided that this oil contains 'dangerous toxins'.

This has of course been vigorously disputed by professionals who use cosmetics containing these oils but as usual the EU does not listen and like in the comedy Carry On Films, this unresponsive bureaucracy 'carries on regardless'. If you see products on the shelves of chemists now and in the near future with any of these oils listed in the label, the amount will be so ***minute*** it will be absolutely worthless because therapeutic levels in these products have now been removed or are about to be. The EU regulators whose salaries improve the more legislation they can pass, are responsible for this.

Synthetic versions are now replacing Nature's wonderful essential oils made from plants, flowers, herbs, leaves, roots, berries and barks and are being replaced with man made chemicals. This is a step-by-step method of removing anything that is natural and replacing it with something concocted by man in a laboratory. How can a chemical be safer than a plant oil that has been used since the time of the Pharaohs? Natural oils used as insect repellents are not the only casualties of the European Union's vendetta on natural fragrances.

The smell of a beautiful perfume is like a breath of paradise. Who can fail to be moved by the odour of a fragrance that brings back memories, stirs powerful emotions or just simply lifts the spirits? We all have our favourite scents and aromas and many of us do not feel complete without the aura of a beautiful smell around us when we

get ready to go out. Now even this simple pleasure is going to be tampered with by utilitarian regulators from Europe. It is just unbelievable – an act of wanton vandalism on an art that has been with humanity since the beginning of time. Herbal texts and folklore are full of information on the art of creative blending of oils and their therapeutic use. Now even these will be taken from us. When will it stop? Not only are these oils and essences used for health they are also used to uplift the psyche, emotional mood and to help relax a stressed up mind.

Oakmoss, a species of lichen will soon become illegal as a perfume ingredient. This is a fixative and also has the ability to impart to floral bouquets, orientals or green based perfumes a softness without which a whole lot of beautiful perfumes will lose their intrinsic character and finesse. The new re-formulated chemicals in a bottle will not only not smell like perfume, these creations are the ones that could cause allergic reactions unlike the real blends. The new ‘perfumes’ will just be a mixture of water and man made chemicals at a huge price.

Aromatherapy oils and natural ingredients found in some of the world’s most classic perfumes are now being removed from these timeless perfumes. In order for them to continue to be sold, the great cosmetic houses have had to ‘reformulate’ their classic perfumes by diktat from Brussels. This vandalism has turned once beautiful fragrances into a shadow of their former selves.

www.aromaconnection.org/safetytoxicity/index.html

I noticed some time ago that many perfumes no longer lasted or have the staying power they once had. They do not smell the same, and I guessed that somewhere along the line the sticky fingers of the unelected Brussels bureaucrats will have left their fingerprints all over our perfume bottles and that our beautiful fragrances would not emerge unscathed. It is typical of this philistine SuperState-in-the-making, with its sterile and functional views to turn something fine and beautiful into the mundane and the prosaic. You cannot expect this spiritless form of government to appreciate anything that uplifts the spirit, the bureaucrats think you live by ‘bread alone’. It brings to mind the saying of a wise Chinese sage – ‘if you see bread take half and also take a lotus’.

We need some shape of beauty to ‘lift the pall from our dark spirits’ as the poet Keats said and a beautiful perfume does this for us. How will we be able to be energised and to improve our mood by inhaling chemicals mixed in a laboratory by a chemist? It is profoundly depressing to think that even in the hallowed halls of perfume making the EU has managed to interfere, trampling all over a delicate and timeless art and leaving the usual wreckage in its wake. The EU has poked its dictatorial nose into the sacred art of perfume making, an art that can only be appreciated by people who are sensitive and who understand the human psyche. This is something that the plannificatory bureaucrats who want to micro-manage every area of our lives cannot appreciate. Something so fine as a wonderful perfume, incense, eau de toilette or any type of fragrance just wafts over their philistine heads.

They simply have no understanding that: The citrus oils that will be banned are quite extensive and include lemon, blackpepper, verbena, melissa, lemongrass, ginger and any that contain ‘citral’. This of course is found in citrus fruits when they are cut and peeled hence their pungent smell! Will the dicators of Brussels be banning citrus

fruits and juices next? Don't be too surprised if this is the next piece of lunacy to emerge from this suffocating tyranny.

- Lemon oil which is widely used in skin and beauty care acts as a bactericide and is good for insect bites and stings. It is also good for the psyche making us feel more alert.
- Blackpepper is a spicy oil that is good for muscular aches and pains, is stimulating and warming and helps our moods with its sensual smell.
- Lemongrass repels insects, is stimulating yet calming and has the ability to evoke childhood memories and to heal.
- Ginger has been used since the Middle Ages as a tonic, is warming and stimulating and revives tired and aching muscles. It helps confer feelings of confidence mentally.
- Melissa is an antidepressant and seems to have a calming yet uplifting effect on the emotions. It can help fatigue and seems to have an affinity with the female reproductive system.
- Verbena has many uses, among them the ability to help the respiratory system possibly for bronchitis as well as nasal and sinus congestion. Mentally it is famed for banishing depression due to its tonic effect on the nervous system.

No man-made chemical can do any of the above. All of these essential oils will be made illegal and the many therapeutic uses that mankind has put these wonderful oils to in order to improve health and well being, will be lost. This is a crime against humanity. The idea that it is for 'public safety' is hogwash. I think I definitely smell the odour of mendacity. This is simply to stamp out any natural substance that people use therapeutically to prevent disease and to improve wellbeing. It is well known that during periods of oppression, and this is what is happening now, sensual fragrances and aromatics have been lost.

Many natural ingredients found in perfumes come from lichens, oakmoss, cedarmoss and treemoss. Unfortunately The EU Scientific Committee on Cosmetic Products {SCCP} at a Plenary Meeting on 15th April 2008 {SCCP Opinion SCCP/1131/07'Opinion on Oakmoss/Treemoss'} adopted to impose *limits* on oakmoss, treemoss and cedarmoss. Who exactly is on this Committee? And more importantly who pays these self-appointed 'experts' to come to these conclusions? I bet you anything you like that no qualified aromatherapist will be on this quango. It will be orthodox scientists. Who pays these scientists to come up with this 'science'? That is a good question. Transparency is not easy to obtain.

The EU's proposals in one fell swoop will destroy the heritage, culture and art of perfumery. These fragrant mosses are the cornerstone of perfumes known as 'chypre' types or 'fougere' and are very important throughout the perfume industry.

When I worked at St. Thomas' Hospital in London, in a book for nurses available on their 'aromatherapy' courses for 'health professionals' the author, an orthodox

medical doctor said, 'we do not know how aromatherapy oils work, so we have to assume they are all toxic'. Is this based on science? Just assume something!! I must also add that for a nurse to become an expert in aromatherapy all that is needed usually is a couple of week-end courses!! And to think that a qualified aromatherapist has to study for a number of years and pass exacting exams. The above shows the type of 'science' that is being used to ban our essential oils. I would very much doubt if the yardstick that they always insist on to test natural substances are used to test these oils. No proper scientific research will have been conducted, no double-blind placebo trials that orthodox science so often touts when it comes to alternative medicine. How can I be so sure? Because plants are unable to be tested in this way. Every year the same plant will be different because of weather conditions, soil, etc. So the same plant can be tested ten years in a row and every time the results will be different. Even if these trials took place their results would be inconclusive. So this is just **opinion**.

Because of the changes in UK Common Law and the EU's interference in natural health, midwives are now increasingly using aromatherapy oils without proper study - as already mentioned, a weekend course or a short introductory course being considered sufficient. How insulting to the true aromatherapists who have studied for years and appreciate that plants have an energy, something conventional medicine scoffs at.

In the magazine *Complementary Therapies in Nursing and Midwifery* May 2004, there was an article called 'Midwives' Enthusiasm for Complementary Therapies: a cause for concern?' Lavender oil was mentioned and it was stated in this magazine that lavender oil could have negative effects in the delivery room, i.e. 'the inadvertent **excessive** use of lavender oil [used for relaxation and extremely safe] in labour, or allowing the vaporisation of essential oils in the delivery suite without appreciating the impact it may have on the mother and her partner as well as the state of alertness of the midwives'. [Tiran D. *Clinical aromatherapy for pregnancy and childbirth*, 2nd ed. Edinburgh: Churchill, Livingstone; 2000].

This will show the abject ignorance of the use of lavender oil by the new so called 'experts' who have moved in and marginalised the real and true aromatherapists. That lavender oil could in any way be detrimental, is to use the same criteria to judge it, as if it were a drug. But this is the trouble, orthodox medicine attaches the same caution to natural therapies as it does to drugs. They cannot think outside the boundaries of their conventional and narrow training.

The idea that lavender oil when used in a vaporiser or used for relaxation could have a negative effect, the midwives not appreciating the impact it may have, presuming a negative one, just shows the appalling lack of knowledge that 'health professionals' show when it comes to alternative medicine. Aromatherapists know how these essential oils work because they have studied them, extensively, and for years. Midwives, nurses, doctors etc. have not, yet they are arrogant enough to believe that a weekend course will suffice because they are the ones who are sanctioned by the State and are the 'health professionals'. This just shows you the profound stupidity of mainstream medicine's 'medical providers' when they are put in charge of a therapy they know nothing about.

From this you can see that the art of aromatherapy and the use of these wonderful oils is being put into the hands of people who do not understand them, the result being the predictable banning of many of these essential oils that have been around for thousands of years.

Another essential oil, bergamot, is under the EU cosh. One perfume casualty already is one of a well known perfume house's great classics. This perfume was emphatically green with mosses and Scicilian bergamot [this has also been banned – as *might* cause photosensitivity!} So now an adulterated version is sold to the public masquerading as the once great perfume that was full of mystery and romance. This masterpiece was created in 1919 and the master perfumer who created it will I am sure be turning in his grave. It was inspired by an ill-fated romance with a sad ending. A great love story that gave birth to a beautiful fragrance and now ham-fisted EU bureaucrats with clay feet have waded in and destroyed it.

Oscar Wilde said 'we are all behind prison bars but some of us are looking at the gutter and some of us the stars'. This type of political system can never see the stars, this soul-less, grey, dull, barren and spiritually dead system that threatens to engulf us all if we do not escape from it and escape soon, can only see the mud of the gutter, and they are dragging the citizens of the EU into it at alarming speed.

Another great perfume that has hit the buffers is one of my favourites. This fragrance contained bergamot and oakmoss. I could weep that such a beautiful perfume will be ruined now because these ingredients will be banned. What a sacrilege, what a desecration. This sumptuous scent has been around since 1947. The couturier Dior said at the time that this great perfume was created 'Europe is tired of letting off bombs, all it wants now is to let off fireworks!' and this is what this perfume does.

Alas no more, now all Europe wants is not to let off fireworks but restrict, regulate, legislate and destroy. How sad that we have come to this and it will get worse, much worse if we do not get out of the EU and become free and self-governing once more.

Caleche, another classic which is rich, refined and polished also contains bergamot, lemon, moss and sandalwood. This perfume was created in 1961 by the House of Hermes. Full of flowers, spices and woods its chypre sharpness moderated with oakmoss will also no doubt be dealt a death blow if the reformulations take place. I remember wearing this perfume in all seasons and all weathers and feeling good when I dabbed on some of this elegant classic. I just cannot imagine what the world will be like without the heady smell of a beautiful aroma when all our perfume masterpieces have gone. To the EU 'life is grim and life is earnest' there is no room for beauty, uplifting perfumes, pleasure, enjoyment is not considered, no, we all have to be 'protected' 'risk-free' and basically spiritually DEAD. This cloying bureaucracy with its unwanted edicts is getting worse every day.

This is all part of the slow and steady decimation of the natural health industry. First off the starting block in the EU was the EU Food Supplements Directive, then came the Herbal Directive, and the rest is history as they say. We must continue to challenge this European approach because it will slowly but surely become the blueprint for what will be done globally through the UN Codex Alimentarius

Commission. Believe me the arrogant, posturing EU safety officials will not stop until all of natural health is swallowed up by the food and drug corporations.

When you go to a trade show today, compare it to one you may have attended 10 years ago. You will see that the process has been marching along at a headlong pace and today we have practically nothing compared to what we had a decade ago.

Excessive regulation from the EU is killing the aroma industry, and now we have useless water plus chemicals masquerading as 'perfumes'. This **EU Biocidal Directive** will spell the end of natural, unadulterated essences altogether, traditional citrus colognes, chypres, fougères etc. all will be severely affected.

This is an act of cultural vandalism by the EU and the Cosmetic Commissioners [who are these 'scientific experts'?] who have taken a wrecking ball to the sacred art of perfume making. It is not in the remit of the EUCC to deny us access to beautiful, romantic aromas that ravish the senses and seduce the soul. Scent is important as a source of sensuous pleasure and enjoyment. All ancient cultures used perfumes and essences and the art of the creative perfumer can be compared to a painter, a poet, a great writer or a composer. He is in fact an artist. Now, thanks to the EU, instead of beautiful individualistic perfumes created by artists we will have cheap, chemicalised, conformist, utilitarian, poor quality scent purporting to be 'perfume'.

They already all smell the same, this is part of the 'standardisation' where we will all be lumped into a homogenised whole. Sounds dull? You bet it does. These emasculated formulae filled with just water and toxic chemicals are what the EU regulators think are 'safe'. If they think that these finished products are 'perfumes' they do not know the meaning of the word. What a travesty, but what it tells me is a lot about this backward, boring, functional system of government that is slowly turning our democracy into a spiritless tyranny and far from liking it, I think this new EU 'chemicalotherapy' in bottles stinks and I hope my article gets up noses of these self-appointed regulators who were never elected by anyone!!