



Welcome to the Renal Diet Headquarters podcast, with your host Mathea Ford, CEO of Renal Diet Headquarters. This is our weekly talk about how you can succeed with a kidney diet, brought to you by RenalDietHQ.com, a website whose mission is to be the most valued resource on kidney disease that people can use to improve their health.

Hi, this is Mathea Ford, with the Renal Diet Headquarters podcast and this week we

are on podcast number fourteen. I am so excited; we made it past number thirteen, lucky number 13. So, if you want to find more information and all the links that I talk about on this podcast you can go to www.renaldietHQ.com/014 This episode is being released on March 26, 2014 and this week I am excited to talk about the progress I am making on the caregiver product and share some more information on it; we are going to discuss some alternative therapies, mainly aromatherapy and I will tell you an exciting thing you can do to make your family member or person you are caring for relax a little, just a way to do some alternative therapies for chronic kidney disease.

Now, I wanted to talk a minute about spring break, we just got done at my house with spring break and it was a nice break, but I know the kids were happy to go back to school. I kind of wonder how summer will go if they were already ready to go back to school after one week. Part of spring break was kind of bad because my son got strep throat, so he was sick and didn't feel good. We had a good spring break and I hope you are enjoys at least a little bit of spring in your part of the world or the nation. I know there is a lot going on, but I hope you do take time to enjoy yourself a little. Spring is always a time that reminds me that we all get a chance at renewal and rejuvenation so I hope you take advantage of that.

This week I want to give you a little update on the caregiver home study course. We have decided to make it more like a home study course. I think I talked about that last week. We are still on track for the April 15, 2014 release. I don't want to go into the nitty gritty details about what is in it because I did a very thorough explanation of that last week and I don't want to sound like a broken record. We plan to continue to build up

the items that are in it. I have got some things in the works and I am excited about those. I will have it ready for release on April 15th, 2014. I hope to release it early but I am not sure about that. If you want to know more, we are starting to build the webpage and information and as I have said before, it is \$47 until April 15, 2014. It may get released early but you can go to www.renaldietHQ.com/go/caregiver to find out more. If you have any questions, go ahead and email me at podcast@renaldietHQ.com I would love to answer your questions. It will be about 100 pages and organized like a home study course, you will have the opportunity to get a physical copy (if you are in the United States), if outside the U.S. there will be a different price for digital only version and in the U.S. as well. For now I am only doing the physical printed copy.

This week we are going to talk about, obviously this will probably be a little shorter podcast because we are already talking about topic #2 at 4 minutes in, I want to talk about the alternative therapies for chronic kidney disease and aromatherapy is one I specifically want to talk about. I have spent a lot of time learning about aromatherapy for this product we are getting ready to release. Aromatherapy is important to understand that it is complementary medicine; it is not something that you are going to do instead of what the doctor orders. It is not considered to heal you; it just compliments what your doctor is already doing. The oils, the essential oils, are distilled and you can look them up on YouTube if you fell like seeing how they distill the oils. Basically there is a pretty complicated process but you get very little oil for the amount of matter that you start with.

I want to tell you about how they are going to affect your body. So, one thing I talk about in my book, and I do have another book also that is module 12 that will talk about alternative treatments, so the caregiver guide goes into the extensive detail about aromatherapy, reflexology and craniosacral therapy, but I also have a 60 page guide that is a short book on aromatherapy and other alternative therapies for chronic kidney disease, but it goes over many more, it kind of briefly goes over things so you can decide if it is something you are interested in.

Something that is interesting to think about with aromatherapy and aromatherapy oils; you might think if you apply some oil, smelly oil, or if I inhale smelly oil it does not really make a lot of difference, but, you can do an experiment where you take a clove of garlic and you rub it on the soles of your feet. Rub it pretty liberally on the soles of your feet. Give it about 20 minutes to spread through your body and get absorbed. Then, let someone smell your breath. They will smell garlic on your breath. Obviously you didn't put the nasty piece of garlic you just rubbed on your feet in your mouth, but somehow the oil has gotten from your feet and into your body. So that tells you that it is getting transported through your body and is able to go to different parts of your body, which convinces me that it can make a difference.

These oils are not to be directly applied to anything, I read a blog today where someone said they put like 10 drops of grapefruit oil in their water, and then they drank it, and I thought Oh My Goodness that just sounds disgusting. I defiantly don't recommend that you ingest them, that is something that is highly discouraged.

One of the methods of application is to put it in a lotion. If you put the oil in a lotion, or massage oil, then you can put it on your body, and it does not matter where you put it, it will make it to the part of your body that needs the healing from the aromatherapy. So think about it this way, you put it in a carrier oil, like a sunflower oil or something, then mix the product with the carrier oil, then apply it to the body in a massaging manner, on the shoulders, hands, or arms, and then it gets absorbed into the body through the pores and it makes the emotional or physical difference that you expect. Now you can also put it in a cream or a lotion so you can do the same sort of thing, where you put some drops in to a ready-made lotion the is unscented, and you add whatever oil you would like to help with dealing the emotions and things you have listed to deal with.

So that is something that I strongly encourage you to think about doing. Another thing you can do is put, about 10 drops of oil in your bath water. So if you pour a warm bath, put in 10 drops of oil in there and then let it distribute through the air, and then go in there and absorb it. You don't even have to smell it for it to work. It will go into your sinuses and your body pores when you get in the bathtub. Just relax and let it adjust and treat your emotions. Those are some different ways you can use aromatherapy.

I want to talk about some great aromatherapy oils for you. One of the favorite aromatherapy oils for people with chronic kidney disease is lavender. I am sure you have seen lavender lots of places. Lavender helps you sleep, it is cooling, it is calming, soothing and it relieves pain. *Lavandula angustifolia* is very helpful oil for guiding the caregiver into understanding the patients' needs. So remember, this month is also about being a caregiver, remember as a caregiver, that you will be affected by these oils, you will smell them and have them on your hand from massaging them into the person's body, or you may have them in the bath and you may be in there with them. That lavender is going to help you sooth and be soothed and relax. Lavender is one of the best ones you can use. There are lots of different kinds of lavender.

Another oil that is very helpful, when used together is chamomile and lavender and that will help with itchy skin. You can do a little chamomile and lavender in some lotion and that will be a good combination to help with itchy skin. For difficulties falling asleep or staying asleep, lavender and chamomile oil, not tea, and spikenard are good. Let me tell you a little bit about spikenard it is a very ancient oil and it is blue. It is expensive, but useful if a condition becomes very acute. Chronic pain and terrible insomnia are both helped by spikenard. It is antibacterial, which means it helps with infections and stuff too.

When someone is feeling fear, maybe they have a fear of dying or surgery or something; marjoram and chamomile, both of those are oils. So you can use those oils and put them in massage oil or lotion and apply them several times a day to the arms or feet and accessible area and they will get in the system, and after a day or two it should help.

Now something that you should not use is cinnamon oil or camphor oil, they are way too strong for people with kidney disease and you should avoid them. Don't use cinnamon oil, don't use camphor oil. Just be careful and stay away from those.

I again want to remind you not to drink any oils. I mentioned that someone said something about drinking grapefruit oil that is defiantly not a recommended way to take oil, especially someone with chronic kidney disease.

This week, I really wanted to take some time and talk about something as a caregiver that you can do to help, and if you liked this little bit of talking that I did about aromatherapy, all the details are in the book. So there are like 25 oils, there are extensive detail about how to mix them, ratios, other ways to apply the oils, where to find them and those things. So if you want some more help with that, there are other conditions and recommendations for which oils to use, if you are interested in using that. Even the reflexology you can use in combination with the aromatherapy and it really will help the patient for you.

I am once again, just want to reiterate, I am very excited, we are well on the way with the new product. After that we will have the dialysis breakfast cookbook I have been working on. If you know you are going to go to the kidney meeting out in Las Vegas that I mentioned last week, then the links are in the show notes. If you know you are going to the meeting, let me know so we can meet and talk about how you are doing, I would love to get a chance to meet you and find out more about your needs and how I can meet them. If you have any suggestions for future podcasts or you have someone you want me to interview, let me know and I will approach that person about doing an interview and see what we can arrange. I want to thank you again, I have a series of people who listen to this podcast every week and who download it faithfully, and I want you to know how much I appreciate you. I would love to hear from you and hear how you feel about the show and any suggestions you might have. So send me a note. Otherwise I appreciate your time this week and I hope you have enjoyed listening to a little bit about aromatherapy.

Next week is going to be April, and it will be about stress. So next month all the talks are going to be on stress. I am going to have quite a bit of stress next month and I will talk to you about it maybe midmonth about some of the things that are going to be stressful for me in the month. I can't talk about them yet, but I will disclose them at that

time, I have something exciting going on. So I plan on going to a health expo this weekend and talking to a few people. I want to tell you guys to have a great weekend yourself and I will be back to talk to you next week about stress. Don't forget to send me a note if you have any questions. Thanks again for listening.

You've been listening to the Renal Diet Headquarters podcast. Head on over to the website at www.RenalDietHQ.com/go/email to sign up for our email list and get exciting updates every week about what is happening. Thanks and we will talk to you again next week!!