

TIMOTHY MILLER (USA) & GABRIEL MOJAY (UK)

“ANXIETY: NATUROPATHIC AND TCM AROMATIC THERAPEUTICS”

Anxiety disorders are among the most common forms of mental illness. In the United States they affect some 40 million adults – nearly 18% of the adult population. Sadly, the average age of onset is just 11 years. With the increasing prevalence of anxiety disorders in the USA and worldwide, efficacious treatment options afforded by natural medicine should be considered: Aromatherapy, and essential oil of *Lavandula angustifolia* in particular, have demonstrated significant evidence-based anxiolytic benefits.

In this three hour 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 terrain differentiation of traditional Chinese medicine (TCM). They say *“Our goal is to share these components in a way that allows the practitioner to readily incorporate them into their individual style of practice — through a clearly elucidated treatment approach.”*

The workshop will cover naturopathic patient assessment and the various root causes of anxiety according to Naturopathy. It will identify major common obstacles to cure, and address important aetiologies including vitamin and mineral deficiencies, gastrointestinal dysfunction and adrenal insufficiency. Beneficial nutritional, botanical and lifestyle interventions will also be reviewed.

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

Key workshop components

- Background and pathology of anxiety.
- Naturopathic philosophy and assessment.
- Naturopathic approach and toolkit: phytotherapy; gemmotherapy; nutrition; dietary supplements.
- Herbal medicine posology; aromatic medicine dose forms and guidelines.
- Anxiety disorders according to TCM; diagnostic differentiation.
- Key essential oils for anxiety disorders: chemistry and safety; research evidence; bioenergetic properties; example essential oil formulae.

About Timothy...



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. He 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 to 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, Kurt Schnaubelt, Mark Webb 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).

www.drthimothymiller.com

About Gabriel...



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 a member of the British Acupuncture Council in 1987. 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), which has some 1800 members worldwide.

Gabriel has presented lectures at international conferences and seminars in the USA, Canada, Mexico, Brazil, 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).

www.aromatherapy-studies.com