



the *ACHS Reporter*

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Welcome to the *ACHS Reporter*, your resource for holistic health and college news. Our goal is to provide our students with an interactive and engaging “launchpad” for their own complementary alternative medicine studies and practice. Inside these pages, you will find ACHS college news, industry updates, holistic health tips and recipes, career-building information, continuing education opportunities, and much more.



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ACHS Raises Lavender Awareness Through Open House

ACHS Chief Institutional Officer and Master Gardener Erika Yigzaw demonstrates how to pot lavender. Image by Joel Strimling © ACHS 2011.



On July 20 we hosted our annual Lavender Open House community wellness event at the College campus. More than forty people attended the event to raise awareness about the benefits of growing and harvesting lavender for personal health and as a garden aid!

Our ACHS Chief Institutional Officer and Master Gardener, Erika Yigzaw, led participants through a series of hands-on workshops highlighting the holistic health applications of lavender, including a lecture about the aromatherapeutic properties, a demonstration of how to use lavender in personal care items, and a demonstration of how to grow, harvest, and pot lavender and other herbs for culinary and herbal medicine use.

Free downloadable videos from the day's events will be available through the ACHS YouTube channel, ACHStv (www.youtube.com/ACHStv), and more photos and suggested uses for lavender are available on ACHS Facebook (www.facebook.com/ACHSedu).

Download and read the full-text press release online here: <http://www.achs.edu/news/news-detail.aspx?nid=269>

We'd love to hear from you! What lavender-specific topics would you like ACHS to cover at our next Lavender Open House event? Post your ideas to ACHS Facebook at www.facebook.com/ACHSedu

First Annual ACHS Graduation Ceremony UPDATE

The 1st Annual ACHS Graduation Ceremony is October 8, 2011 and you're invited!

In response to your positive feedback, we're moving the graduation event from the Avalon Hotel to the ACHS campus in John's Landing, which will allow us to host more participants, family, and friends for a fun and relaxing celebration: 5-8 pm, PST, 5940 SW Hood Ave., Portland OR 97239.

ACHS Graduation 2011 will be an open house-style event, free to attendees and open to all ACHS students, graduates, and the local community.

For more information about how to participate, visit <http://faq.achs.edu/questions/114/ACHS+Graduation+Ceremony+Information>

Have Some Great News? Tell Us and We'll Tell Everyone

We love hearing from our students and alumni. So, if you have news, we want to know.

If you are in print, online, on the radio, or on TV, we'd love to share your success with other students, graduates, and the community.

Send an email to newsletter@achs.edu with the subject line "Student/Graduate in the News" and an online link to your news, or mail a hardcopy to American College of Healthcare Sciences, ATTN: The Reporter/Lauren Shapiro, 5940 SW Hood Ave., Portland OR 97239.

We look forward to hearing from you!

Aromatherapy Abroad:

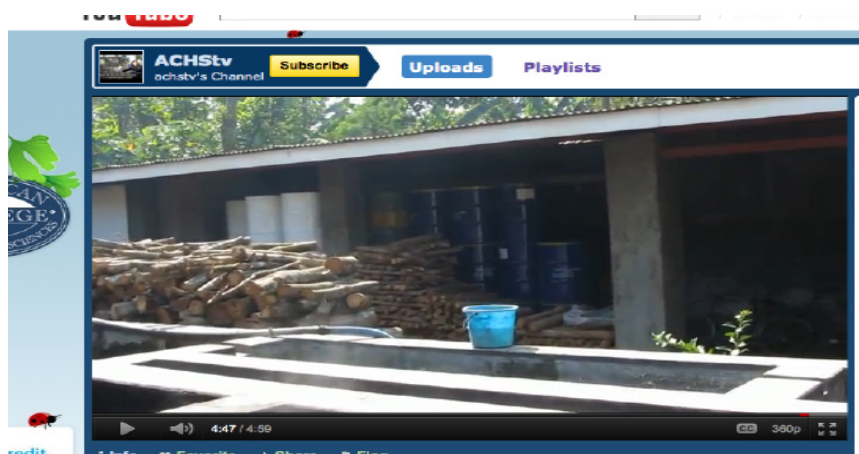
What is the difference between cananga and ylang ylang? Find out here!

A CHS President Dorene Petersen recently traveled to Indonesia on an essential oil study tour. While there, she visited with representatives of several essential oil distilleries, sourcing high-quality, organic, aromatherapy essential oils for the Apothecary Shoppe College Store (www.apothecary-shoppe.com).

While on location, Dorene filmed several ACHStv videos about distillation in Indonesia. Watch her videos here! Just click on the video you want to view and you will be automatically redirected to ACHStv on YouTube.

Enjoy! And—be sure to leave a note for Dorene with any questions or comments.

Cananga Distillery East Java



Distillation of the flowers at this distillery is by hydrodistillation. It is a slow 60-hour process but with a relatively high yield of 1.8%. Canaga is marketed as a complete oil unlike ylang which is distilled into four distinct grades. Many perfumers consider it inferior to ylang ylang because of this.

Gathering Cananga Flowers



Here, in East Java, we are learning how cananga flowers are gathered for distillation. Cananga and ylang ylang are sometimes used interchangeably but there are botanical and subsequently essential oil differences. Ylang ylang is *Cananga odorata* var. *genuine* while cananga is *Cananga odorata* var. *macrophylla*. Both are from the Anonaceae family.

The trees of *C. odorata* var. *macrophylla* are quite common in East Java. The oil is extracted from cananga flowers using the hydro distillation process. The oil content in the flower varies from 0.75% to 1%. Total annual production of cananga oil in Indonesia is approximately 30-35 tons.

Learn more about areas of concern for this industry, including how caterpillars are affecting healthy leaves, on ACHStv on YouTube here: <http://www.youtube.com/achstv#p/u/1/x72gH1amjMI>

5 Toxins to Avoid in Personal Care Products

As holistic health students, practitioners, and enthusiasts, emphasizing the importance of safe, toxic-free ingredients in the products we use is a critical issue. If the small amounts of toxins in the everyday products we use can provoke health challenges like irritation, asthma, and even cancer, then what is the effect of cumulative exposure over long periods of time? Let's not find out. Here are 5 toxins to avoid in your personal care products, provided by [Green America](#):

1. Parabens: They're in adult and baby shampoo and many other products, and they are estrogen mimickers that can lead to cancer.
2. Fragrance: The FDA requires that food, drug, and body care companies list their ingredients on their products—but chemicals used to scent products can be clumped under the vague term "fragrance." Found in everything from shampoo to deodorant, a single product's secret fragrance mixture can contain potentially hundreds of toxic volatile organic compounds.
3. Nanoparticles: Found in lotions, moisturizers, make-up, and particularly sunscreen, these untested ingredients are so small, many scientists are very concerned about their potential health effects, as they can penetrate cell walls and are highly reactive. Products with nanoparticles aren't often labeled as such, so check your conventional body care products at [CosmeticDatabase.org](#) or [NanotechProject.org/inventories/consumer/](#)
4. Formaldehyde: A common hardener in nail polish and an ingredient in bath products, this chemical is a known carcinogen. Nail polish also often contains the developmental toxicant toluene.
5. Phthalates: These hormone disruptors have been linked to male genital abnormalities, liver and kidney lesions, and higher rates of childhood asthma and allergies. They're often hidden in the fragrances of an array of products for men, women, and children, and listed as dibutyl phthalate in nail polish.

For a list of additional toxins to avoid, see the full-text article at: Green America. (Apr/May 2011). 9 Toxins to Avoid in Personal Care Products. Retrieved from <http://www.greenamerica.org/pubs/greenamerican/articles/MarAprMay2011/Nine-Toxins-to-avoid-in-personal-care-products.cfm>



Spotlight on Herbal Tea

Here at the ACHS offices, we've all gone a bit bonkers for herbal sun tea. It's hard not to when your campus includes a lush botanical garden. Our most recent concoction: lavender, lemon balm, and peppermint sun tea. We served this blend at the Lavender Open House July 20, at our wellness booth at the Beaverton Farmer's Market July 29, and at our National Night Out Booth August 2, and it was a resounding hit at all events. Give it a try!

Download the recipe for our Herbal Sun Tea from ACHSedu at <http://www.achs.edu/news/news-detail.aspx?nid=270>

Tell us how much you love it! Feel free to post your feedback, herbal tea tips, and favorite recipes to ACHS Facebook at www.facebook.com/ACHSedu

Plus, we're now offering complimentary herbal tea tastings at the Apothecary Shoppe College Store! Visit us on campus for a unique tea experience!

With regular use, herbal teas can help tone, soothe, and balance the body. To learn how to distinguish black, green, white, and oolong teas, download our Preparing Herbal Teas Manual free from the Apothecary Shoppe College Store here: http://www.apothecary-shoppe.com/products/info.php?cPath=45&products_id=1612



ACHS Graduate Corner

Congratulations to all our Summer 2011 graduates!

We are very proud of your accomplishment and look forward to hearing all about your future successes. Don't forget, we love to feature our graduates in *The Reporter* and on the Alumni in Action section of our website. If you would like to be featured in an upcoming article, send a brief email of interest to newsletter@achs.edu.



Associate of Applied Science in CAM

Amy Arnao
Nasser A. Al-Fureih

Diploma in Holistic Health Practice

Amanda Strader
Amy Arnao
Ann Powell, Honors
Celia Holliday Turner
Doriana Gorsky
Eva Wasserman-Margolis
Jamie Johnson
Jennifer Zuniga
Julie Jacobson
Julie E. Morton
Sandra Ann Lloyd, Honors
Shelly Hochstetler
Teresa Lee Ward

Diploma in Aromatherapy

Amy Arnao
Lori Herrmann
Rachel Nelson, Honors

Shannon Allen
Stephanie Rose Veilleux-Welch

Diploma in Herbal Studies

Gene Gosse
Nicole Lessard
Philip Reich, Honors
Wendy E. Medley

Certificate in Aromatherapy

Aseyah Rossling, Honors
Hannah Preston
Irene Vance
Joan M. Wassic
Mundey Young
Wendy Jossick

Certificate in Wellness Consulting

Amy L. Tobin
Amy Arnao
Cecilia Martinez, Honors
Georgia Tsaprali
Jennifer Lake
Jessica Rosas
Kristin A. Rimkus

Lisa Fox
Mark Alan Saren, Honors
Mundey Young
Regina Brugh, Honors

Certificate in Herbal Retail Management

Donna Shroyer
Esau W. Kerr
Nina Kalfas, Honors

Certificate in Natural Products Manufacturing

Clarissa Winn
Deborah Portalatin
Donna Shroyer
Rita Bielasiak, Honors
Sayward Lynn Kasdan
Simone Ammann

Certificate in Holistic Nutrition Consulting

Caroline McLane
Cecilia Martinez, Honors
Gloria Peebles Butler

Jennifer J. Kunkle
Jessica Rosas
Katrina Robinson
Kelly Brubaker, Honors
Kristin A. Rimkus
Mary-Ann Maccaione, Honors

Certificate in Homeopathy Consulting

Lorraine M. Herinckx

Certificate in Dynamic Phytotherapy Consulting

Shelly Hochstetler

New DET Honor Society Members

Maria del Carmen Acevedo Sanchez
Jennifer Lynn Wright

Web Extras

AVAILABLE FOR DOWNLOAD

News and Events

The ACHS website, www.achs.edu, includes a News and Events link on the left-hand toolbar. This is your go-to resource for developing College news and articles by ACHS faculty. Read up on new discounts for industry organization members and potential new scholarships to help fund your education!

Alumni in Action


Read stories from ACHS alumni and learn how they have started successful businesses, launched radio programs, and published articles. Go to: <http://www.achs.edu/alumni/alumni-spotlight.aspx>


ACHS Reporter Archive


Refer to our past issues for an online archive of holistic health resources for personal and professional use. Access our archive at: <http://www.achs.edu/news/news.aspx?id=8>


CONNECT WITH ACHS

We have more opportunities than ever to see what's going on at the College and with your fellow students!

 ACHS has its own social network: You're invited to join MyACHS Connect, a vibrant online community exclusively for ACHS students and graduates. Please visit <http://myachs.ning.com> and sign up using the same email address that is in your student records, so your membership can be approved without delay.

 We also have our [ACHS YouTube](#) and [Vimeo](#) channels where everyone can view seminars, lectures, and videos from ACHS. Be sure to subscribe so you are alerted with updates. **You also can tag your own videos with ACHStv and we may select them to be featured on the ACHS channel.**

 Follow us on [Twitter](#) (ACHSedu, ACHSApothecary, and CAMResearch) for real-time updates and news. **And—be sure to share your Twitter address with us so we can follow you too!**

 Join the discussion and "Like" us on [ACHS Facebook](#) facebook.com/ACHSedu, [Apothecary Shoppe](#) facebook.com/ApothecaryShopeStore, and [ACHS Urban Herb Botanical Teaching Garden](#) <http://www.facebook.com/pages/ACHS-Urban-Herb-Botanical-Teaching-Garden/136644046851>

 Network with ACHS students, graduates, and community on [LinkedIn](#).

 Check in with ACHS and the Apothecary Shoppe on [Foursquare](#) for special offers: <http://foursquare.com/venue/6028061>

The **ACHS Reporter** is a monthly eNewsletter published by the American College of Healthcare Sciences. Its purpose is to provide holistic health education, career information, and resources for holistic health students, ACHS graduates, and professionals.

The *ACHS Reporter* is available electronically. For the fastest in-box delivery, sign up for the *ACHS Reporter* at www.achs.edu

Print editions are available by special request. Send requests and correspondence to the editor.

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