

HEALTH STARTS WITH BREATHING

健康从呼吸开始

How Scents Can Be Used For Therapeutic Effects
芳香疗法如何起到治疗作用

By Mr. Jürg Singer

由Jürg Singer先生撰写

官方进口商：贺荷（上海）环境科技有限公司

Introduction介绍

- Jürg Singer: Entrepreneur, Pharmaceutical industry background, Co-author of the book “Smart Scents”
Jürg Singer先生:企业家，制药行业背景，合著《Smart Scents》一书。
- AromaStick: A Switzerland based manufacturer of all natural nasal inhalers
阿萝玛公司:瑞士全天然鼻用吸入器制造商。
- Essential Oils: Plant based hydrophobic liquids that can be used topically, orally, or aromatically for medicinal purposes
精油: 植物基疏水性液体，可局部、口服使用，或者成为药用香料。
- TCM and Western Medicine: Both have a rich history of using essential oils to treat illnesses
传统中医和西方医学: 两者都有使用精油治疗疾病的悠久历史。
- Aromatherapy: A non-scientific approach with many false truths and no scientific backing
芳香疗法: 一种非科学的尝试进而伴随着产生了大量无科学依据的错误使用

Three Parameters 三个参数

For scents to work therapeutically, three parameters must be fulfilled:

要使香味发挥治疗作用，必须满足三个参数：

1. **The concentration of scent molecules** 香味分子的浓度
2. **The exposure time** 接触时间
3. **The sniff** 嗅吸

The Concentration of Scent Molecules

香味分子的浓度

The higher the concentration of scent molecules, the larger the effects.

香味分子的浓度越高，效果越大。

At < 300 Dalton, scent molecules must be bundled to have an effect.

在小于300道尔顿时，芳香分子必须集中在一起才能起作用。

The Exposure Time 接触时间

Contrary to popular belief, the shorter the exposure time, the larger the effect. 与人们的普遍认识恰巧相反，事实是与香味分子接触的时间越短，效果越大。

The olfactory system has evolved to quickly warn the organism of changes in the environment. If a scent lingers, it is being pushed into the background. 人体的嗅觉系统进化到可以迅速提醒身体对环境变化信息发出反应。如果气味一直不散，人体就会适应这种气味而不再产生反应。

The Sniff 嗅吸

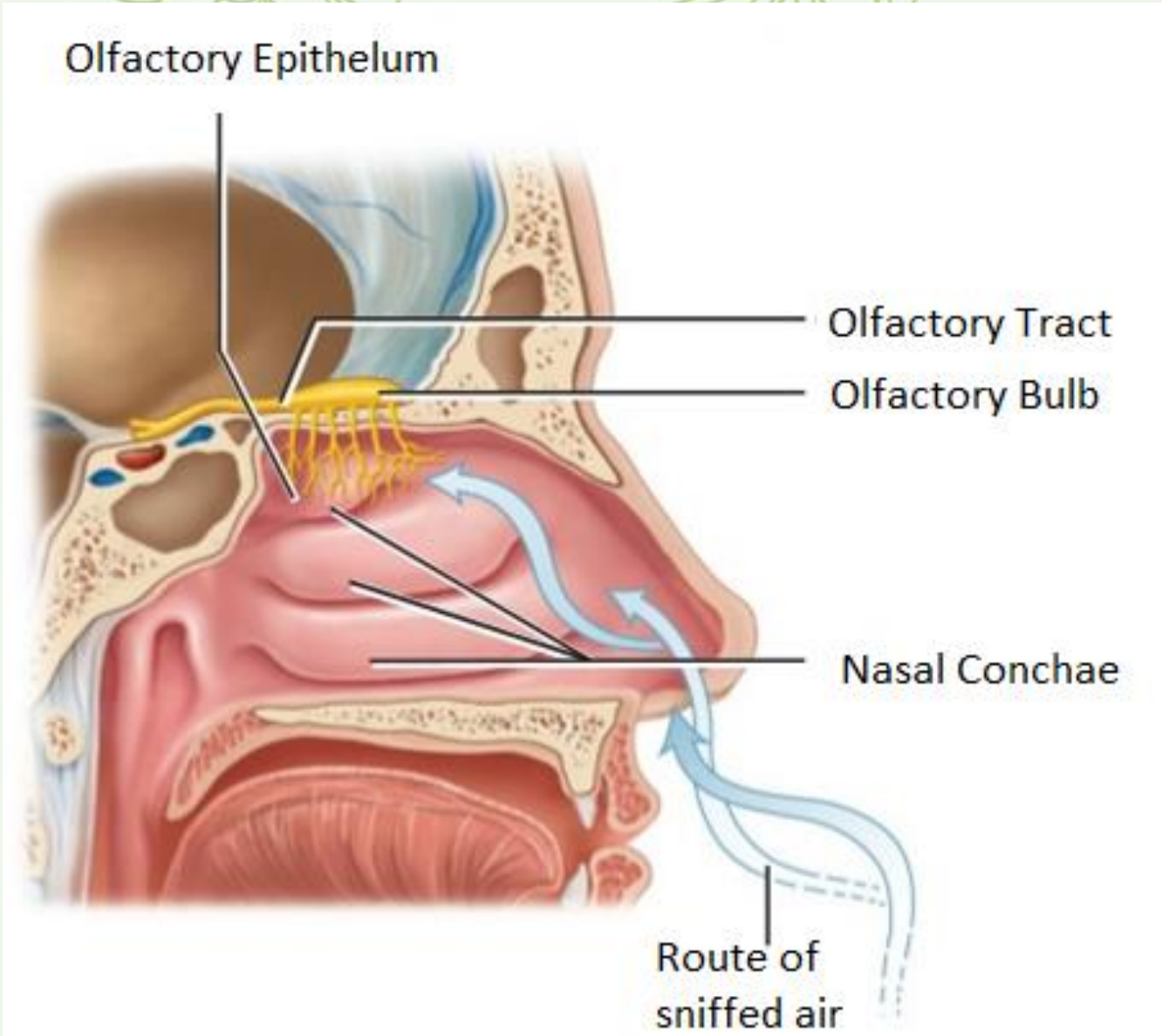
The sniff is important to transport sufficient scent molecules to the epithelium high up in the nose.

嗅吸非常重要，能够将足够多的香味分子输送到鼻腔后上部的嗅上皮组织。

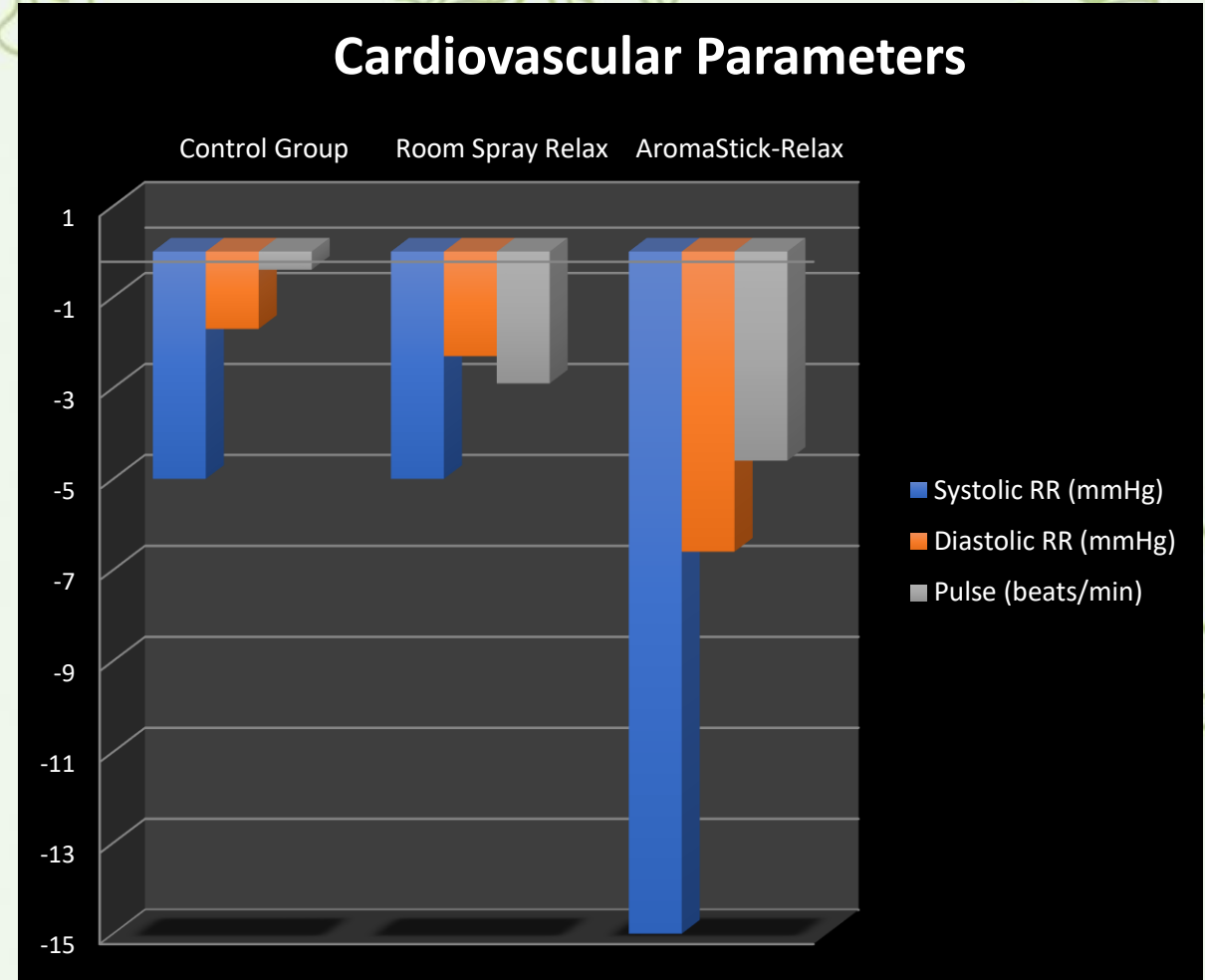
During normal breathing, only 5-10% of scent molecules make it to the epithelium, where the olfactory receptors are located.

在正常呼吸过程中，只有5-10%的香味分子进入到嗅上皮组织，嗅觉感受器就在嗅上皮组织内。

**Location
Of the
Epithelium
嗅上皮组
织的位置**



Scents from the
AromaStick® Inhaler
300% More Effective
than Room Scent*
嗅吸贺荷阿萝玛
精油棒的浓缩芳香
分子比室内熏香
效果提高300%。

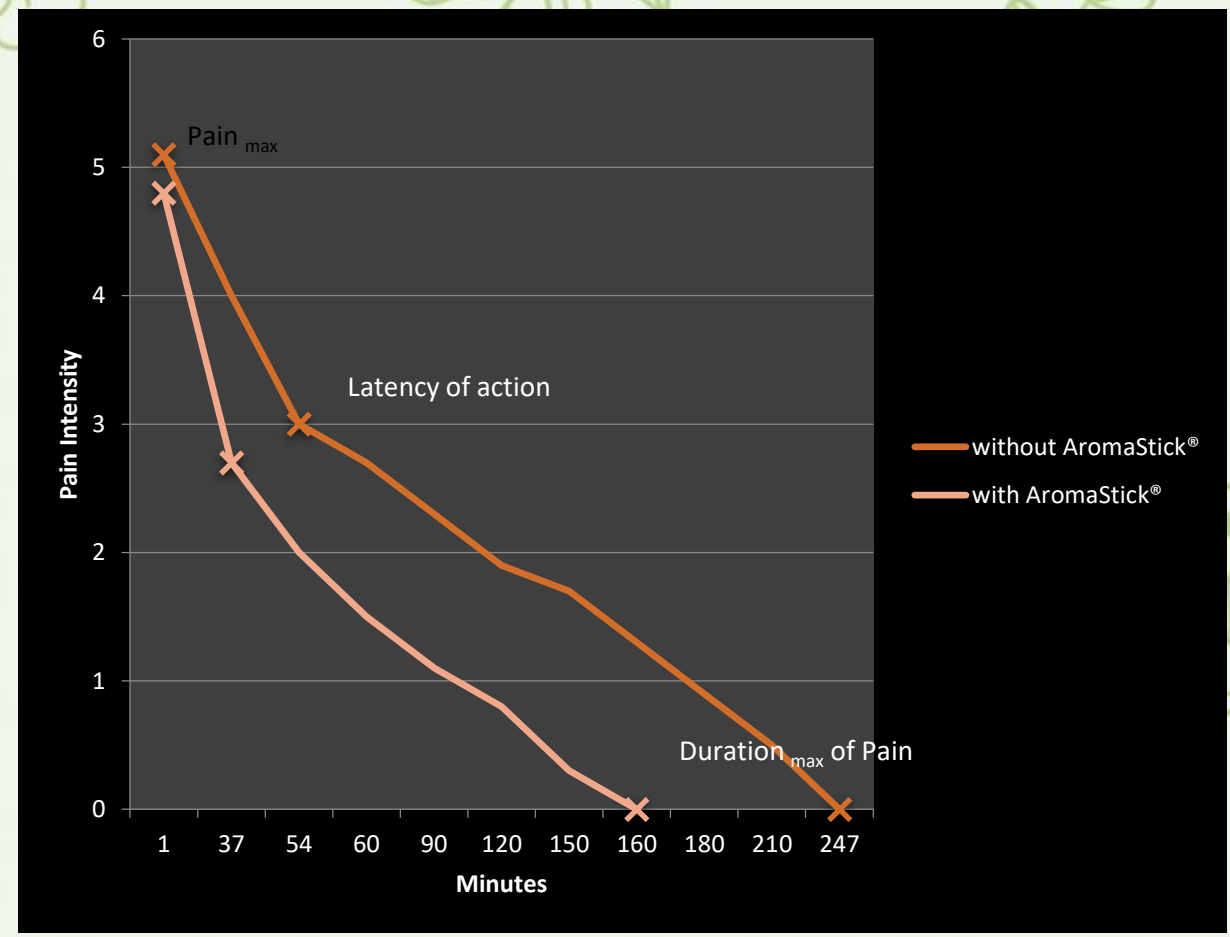


- Schneider, R. (2016). There is something in the air: Testing the efficacy of a new olfactory stress relief method (AromaStick®). *Stress & Health*, 32, 411-426 参考文章: Schneider, R. (2016) 空气中有某些东西: 测试以一种新的嗅觉减压方法的疗效 (Aromastick®)。压力与健康, 32, 411 - 426

Scents from the AromaStick® Inhaler

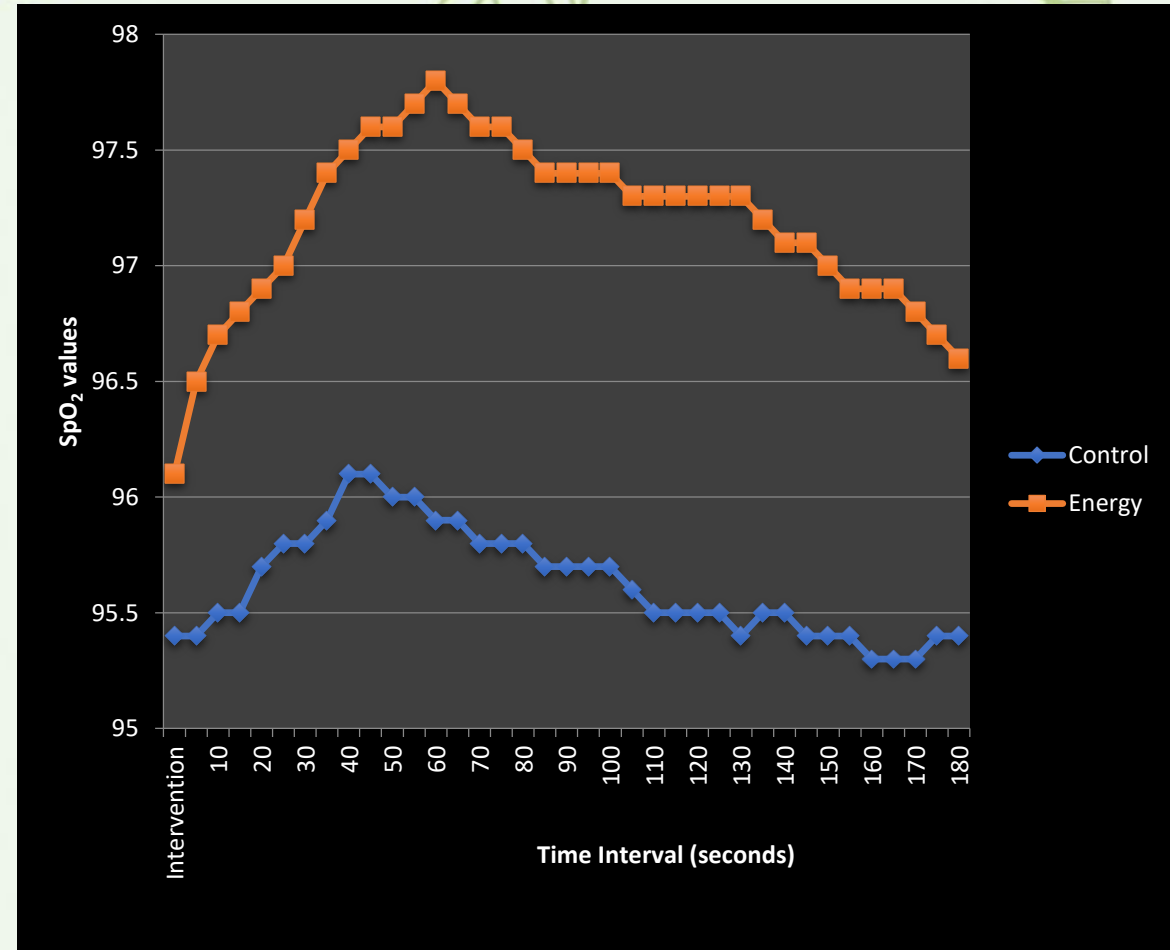
Improve
Menstruation Pain
By 35%*

嗅吸贺荷阿萝玛
精油棒的浓缩芳香
分子能够缓解
35%的痛经。



- Schneider, R. (2017). From Pain to Pleasure: A newly Developed Essential Oil Inhaler (AromaStick®) Alters Pain Dynamics and Increases Well-Being. *Current Psychopharmacology*, 6, 136-147
- 参考文章: Schneider, R. (2017).从痛苦到快乐: 由 (Aromastick®) 新开发的精油鼻用吸入器能有效降低痛苦感和增加幸福感。当前精神药理学, 6136-147

Scents from the
AromaStick® Inhaler
Improve Blood
Oxygen Levels
For More Energy
嗅吸贺荷阿萝玛
精油棒的浓缩芳香
分子能够提高血氧
水平增加能量。



- Schneider, R. (2017). A Breath of Fresh Air: Arterial Blood Oxygen Saturation is Significantly Increased Upon the Use of an Essential Oil Inhaler (AromaStick®). Current Respiratory Medicine Review, 2017, 13, 1-8 参考文章: Schneider, R. (2017年)。呼吸新鲜空气: 使用贺荷阿萝玛精油鼻用吸入器 (Aromastick®) 可显著提高动脉血氧饱和度。当前呼吸医学评论, 2017, 13, 1-8

AromaStick Natural Inhalers Within Minutes...

嗅吸贺荷阿萝玛纯天然精油棒几分钟之内的效果：

- **Reduce stress by 缓解压力**
 - reducing high blood pressure by 15 mmHg 将血压降低15毫米汞柱
 - reducing heart rate by 8 beats/minute 将心率降低8次/分钟
 - reducing stress hormone cortisol by 17% 将压力荷尔蒙皮质醇降低17%
- **Increase concentration by 提升专注度**
 - increasing attention by 19% 注意力提高19%
 - reducing error rate by 38% 出错率降低38%
- **Increase energy by 增加能量**
 - increasing blood oxygen levels from 95.6% to 97.2%
将血氧水平从95.6%提高到97.2%
 - providing higher levels of oxygen for 3 minutes vs 1 minute
把高含氧时间从1分钟提高到3分钟

List of Research最新相关研究论文



2016: A new olfactory **stress relief** method. *Stress & Health*.

一种新的嗅觉减压方法的疗效。压力与健康。

2016: Scent compositions improve **cognitive performance**. *Applied Cognitive Psychology*.

气味成分提高了认知能力。应用认知心理学

2017: Odor inhaler promotes **weight loss**. *International Journal of Clinical Aromatherapy*.

精油芳香棒促进减肥。国际临床芳香疗法杂志。

2017: A new essential oil inhaler alters **pain dynamics**. *Current Psychopharmacology*.

一种新型的精油吸入器改变疼痛动力学。当今精神药理学。

2018: Natural inhaler increases **blood oxygen**. *Current Respiratory Medicine Reviews*.

天然精油棒增加血氧量。当今呼吸医学评论。

2019: **Allergic rhinitis** benefits from essential oil inhaler. *The Natural Products Journal*.

精油芳香棒对过敏性鼻炎有显著疗效。《自然产品杂志》。

2019: Medical aromatherapy revisited. *Human Psychopharmacology*.

再次进行医学芳香疗法研究。人类心理药理学。

Speed of Scents vs. Other Methods*

精油芳香疗法各种方法产生效果速度比较*

Route of Administration

使用方法

1. Olfaction 嗅吸
2. Intravenous 静脉注射
3. Oral inhalation (vapor)
口腔吸入 (吸入剂)
4. Oral administration 口服
5. Transdermal 擦在皮肤上

Speed

速度

150-200 milliseconds 毫秒

30-60 seconds 秒

2-3 minutes 分钟

30-90 minutes 分钟

minutes to hours

从分钟到小时

* David Nutt (2012) Drugs Without the Hot Air. UIT Cambridge, England

Summary总结

AromaStick natural inhalers are so powerful because
贺荷阿萝玛纯天然精油棒效果强势：

- We work with **certified organic** essential oils only
我们只使用经过认证的有机精油。
- We use a special **suspended filter technology**
我们使用一种**特殊的悬浮过滤技术**
- We deliver the scents **highly concentrated**
我们生产出的精油配方提供**高浓缩的芳香分子**
- We force the user **to sniff** to bring the scents directly to the epithelium
我们的使用方法是**嗅吸**将芳香分子直接传到嗅上皮组织。

HEALTH STARTS WITH BREATHING

健康从呼吸开始

Visit Booth 5.2Q10

请至5.2Q10号展柜参展

- to learn more about the AromaStick
- 来了解更多关于贺荷阿萝玛精油棒的相关信息
 - test the products
 - 欢迎您来体验产品
 - ask questions
 - 欢迎你来咨询