



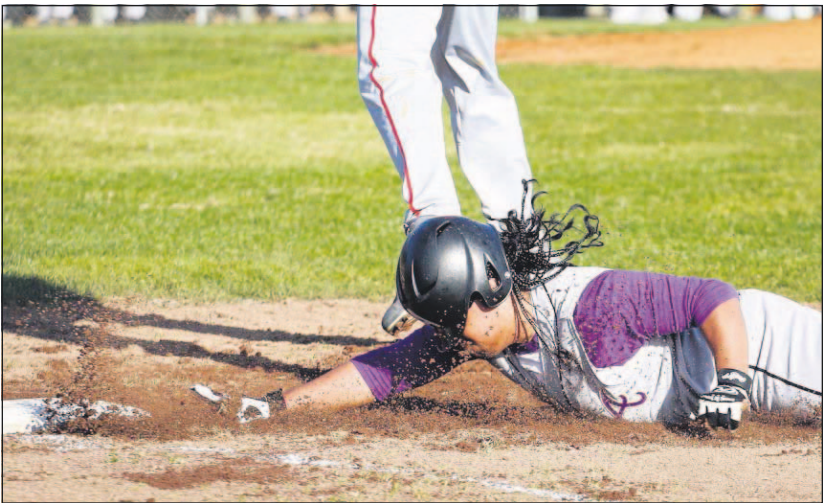
JOSHUA BESSEX — The Daily Astorian
Leland “Bud” Lewis, a World War II veteran and member of SC-186, gives a thumbs up during the OBON 2015 Returning Ceremony at the Barbey Center March 19. The ceremony was the first public ceremony for WWII veterans and their families to return Yosegaki Hinomarus (Japanese family flags). Lewis was one of several who gave their Yosegaki Hinomaru to OBON to be returned to Japan.



JOSHUA BESSEX — The Daily Astorian
Sea lions and seals rest on the docks of the East Mooring Basin March 24.

Photos of the Month

Daily Astorian photographer Josh Bessex is collecting some of his favorite photographs at the end of each month to display online. Some have been published in the newspaper and others have not. They are available at <http://bit.ly/1MBhJKK>



JOSHUA BESSEX — The Daily Astorian
Astoria's Samboy Tuimato, No. 19, dives back to the bag during a pickoff attempt in the second inning of the baseball game against Corbett March 18.

Aromatherapy can offer help for PTSD

By ANGELA SIDLO
For The Daily Astorian

Post-traumatic stress disorder, commonly known as PTSD, is an anxiety disorder that can develop after experiencing a traumatic event. Typically, this event threatens serious physical danger or involves physical violence. Following this experience, an individual may feel scared, confused or angry. However if these feelings continue long-term and become disruptive to daily activities, they may be suffering from PTSD.

Nearly 7.7 million Americans suffer from PTSD each year. Most public attention for PTSD is related to war veterans. However, it can result from common events such as a car accident, natural disaster or personal assault. It is estimated that among veterans, the rate of PTSD is somewhere between 14 and 33 percent. Not everyone who experiences a traumatic event will suffer from PTSD, but being aware of the symptoms and stressors could help with treatment and prevention.

Mood management ther-



Aroma therapy can help alleviate PTSD.

apy using pharmaceuticals is the most common way that PTSD is treated in the United States. Today, information regarding integrative therapies is more widespread and research substantiating the use of aromatherapy for depression, anxiety and emotional support is strengthening. All of these symptoms can be as-

sociated with PTSD.

Aromatherapy is the therapeutic use of essential oils to address various physical, mental and emotions concerns. For more than 3,500 years, history has documented the use of essential oils for healing the body, mind and emotion. Recent research has proven, for instance, that lem-

on essential oil can be used to lift mild depression. Aromatherapy is a natural, less invasive treatment for chronic afflictions.

Many people with PTSD recover over time, but about 1 out of 3 experience PTSD as a recurring challenge. The use of aromatherapy in these cases has many advantages. If

used correctly, they have minimal to no adverse side effects when used over time. Aromatherapy is also a healthy alternative, and essential oils when diluted and applied to the skin (or inhaled) can display almost immediate results.

Essential oils are distilled directly from plants. Essential oils are powerful and concentrated and should not be applied to the skin undiluted. Dilute with a carrier oil such as sweet almond oil or jojoba oil.

Using essential oils when treating PTSD should be part of a comprehensive program discussed with your doctor and a certified aromatherapist as part of a consistent routine. The recommended integrative therapies solution is a combination of wellness protocols such as holistic nutrition, aromatherapy and tai chi or qigong. To compliment a balanced and consistent program, here are some suggestions for simple, yet effective uses of aromatherapy at home.

- Diffuse undiluted essential oils into the air on a room-by-room basis to assist with mood balancing. Inexpensive



Angela Sidlo

room diffusers can be purchased locally.

- Put a few drops of essential oils in a handful of Epsom salts and add to your bath water or a relaxing foot soak.
- Add essential oils to a spray bottle with water and spritz your pillow at bedtime for a good night sleep.
- Carry an inhaler with essential oils for quick relief of feelings of anxiety or depression.

Essential oils known for their anti-anxiety and antidepressant qualities include: bergamot, chamomile, geranium, lavender, lemon, pine, rose, rosemary and sandalwood.

Angela Sidlo is a certified holistic aromatherapist in Astoria, and the Oregon director for the National Association of Holistic Aromatherapy.

While other newspapers give you less, The Daily Astorian

GIVES YOU MORE

Our new **CAPITAL BUREAU** covers the state for you

From left: Peter Wong, Hillary Borrud, Mateusz Perkowski