

HEALING CIVILIZATIONS

INTERVIEW WITH NADIM

Thank you for taking some time to visit with us today, Nadim! Could you share a bit of your story with us? What drew you to begin working with and seeking out essential oils around the world?

I have been in the business of essential oils for over 30 years now. I am on the board of one of the largest essential oil companies in the Middle East and Africa (Hashem Brothers in Egypt). I have attended numerous harvesting of flowers, herbs and seeds as well as distillation and extraction processes to yield the coveted essential oils, absolutes and hydrosols.

Is there anyone who has been an influential mentor or teacher in your work with essential oils?

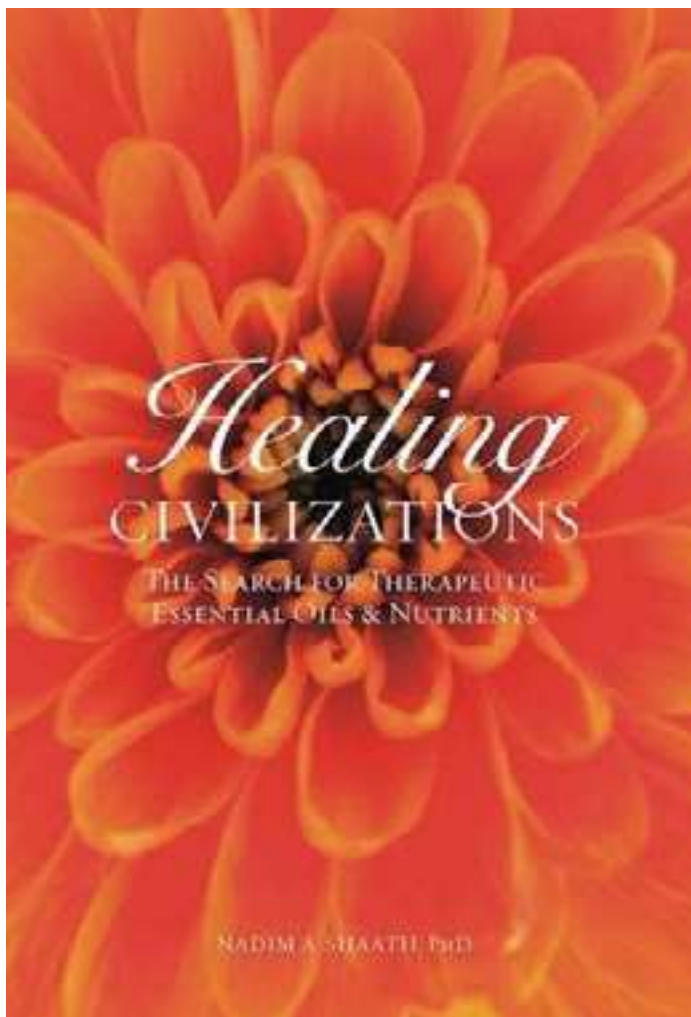
Two come to mind: Ernst Gunther and Stephen Arcander.

Tell us a bit about your book, *Healing Civilizations*. What inspired you to write it and what can readers expect to find within it?

The book is the culmination of my personal journey around the world seeking out and rediscovering essential oils and therapeutic ingredients used since antiquity. I sought out secrets from the past, searching for time-tested natural remedies. The book is also a reference manual for practitioners in the fields of essential oils, aromatherapy and healing.

Tell us about one of your most memorable trips.

My most memorable trip was in Egypt. We visited the fields in the Nile Delta and witnessed the harvesting of Jasmine flowers in the middle of the night. This yielded



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AROMACULTURE'S REVIEW

This is probably the most beautiful aromatherapy book I've ever come across. It's oversized, perfect as a conversational display piece on the coffee table, and filled with beautiful photography and rich, vibrant colors. Historical and modern uses of aromatic plants are covered in detail, but the main star of this book is the collection of essential oil profiles. Each one includes a plethora of information, including a sample GC and MS report, identifying characteristics, safety data and storage recommendations, along with historical uses of the essential oil. It's a stunning book. A beautiful gift for your aromatherapy loving friends!