

A Modern Day Alchemist

by Sydney L. Murray

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Alchemy is the art of manipulating life, and consciousness in matter, to help it evolve, or to solve problems of inner disharmonies.

–Jean Dubuis

After visiting with Regina Di Silvestro, the owner and creator of RD Alchemy Natural Products, I realized I had met a modern day alchemist; albeit one that was devoted to health, well being and beauty. You cannot believe how amazing her lotions and potions smell. They are heavenly. I was drawn right away to the unique names that Di Silvestro has given her different lines. Di Silvestro has a bachelors degree in zoology and a minor in anthropology. Then she went to graduate school and studied pharmacology and toxicology. She has worked as a natural product and peptide chemist for over 10 years and has been a practicing certified Herbalist since she was eighteen years old. It seems that Di Silvestro is a Renaissance in the true sense of the word. Here's more about what this modern day goddess had to say about her unique line of herbal products.

VM: What does RD Alchemy stand for?

RD: RD are my initials. Initially the name of the business was RD Natural Products but I wanted to add something with more of a holistic twist to it. I was at the Getty museum in LA and I saw a painting called the Alchemist. I thought 'that is exactly me and what I like to do in my lab.' Plus it ties right into my chemistry background.

VM: Some of the products have such incredible names. Is that from your schooling?

RD: Yes. It is from chemistry and pharmacology along with my holistic training. I have done a lot of natural product chemistry, working at a lab. Usually you find an herbalist or a natural products chemist but you don't usually find the two together. That was always to my advantage—to have the herbal background. I was able to combine that with my natural products chemistry. On the other end, I was able to pull from my chemistry field to give people more of a scientific understanding of what herbal medicine was and how it works.

VM: What are the Emotion Potions?

RD: Those are my aromatherapy creations that have crystals in them. I've studied crystals since I was twelve years old and I still do a lot of crystal healing and believe in the vibrational quality of it. I wanted to combine that with the aromatherapy, blended together for specific emotional therapies and add the crystal therapies to enhance this process. All of the Emotion Potions I have are blended already for a specific emotion and the crystal goes along with that. For instance my Amor de Fuego has the essential oil of rosewood that helps increase love, passion and creativity, plus I've added carnelian crystals which also have these properties.

VM: I am so fascinated with the Body Ceutics™ skin products given that potentially up to 60% of the active ingredients are absorbed.

RD: The premise is that if you're going to put something on the skin and it gets absorbed into the bloodstream it might as well be beneficial. In this case the beneficial ingredients are therapy-specific blends of herbal extracts. They were developed to be an alternative to oral dietary supplements as well as beautifying. I tried to take the transdermal technology, like what they have on a transdermal patch and apply it without the patch.

And the big thing in skin technology is trying to get deeper into the skin...I've used penetration enhancers that are as natural as possible. Certain types of oils will help. Essentials oils help to penetrate [the skin] with their chemical structure. And it's not just a therapeutic product. You receive the beautifying effect also. Say you wanted to work on detoxifying your system. If you had lymphatic edema or just [are] completing a cancer treatment and you want to detoxify from all of the drugs, you can rub on the scrub, rub on the mask or rub on the lotion and get beautiful skin while helping to detoxify your system.

VM: If someone came to you with migraines, what would be a product you would recommend?

RD: The Kranion product line, which acts as a dual product. [It] also helps the hair and scalp as a beautifying treatment; first as a clarifying treatment, which you would wash off, and then a lotion that you could leave in or wash out. The temple tonic you can rub on the temples to temporarily

relieve pain. The herbal extracts in the products help relieve the effects from a migraine while also leaving your hair healthy and beautiful.

VM: Our theme this month is gods and goddesses. How do you think your products relate to this theme?

RD: Have the best health that you can and take care of yourself the best that you can. And with the work that I do it really focuses on the internal beauty. If you can take care of yourself internally, you're going to radiate health. You're not only going to look beautiful, you're going to feel beautiful. You're going to feel like a god or a goddess. And that's more of the trend—people want to feel good, as well as look great, and to have their health at their fingertips.

People want better control of their health. And at RD Alchemy you have a great start. Not only with great products but quality information on health and well being that will ultimately lead to bringing out the inner goddess or god in you.

For more information visit www.rdalchemy.com or call 619/825-6078.