

# **Shari Emami Interviews Global Pioneer Caroline Ingraham on Animal Self-Medication and Holistic Healing**

Shari Emami Award Winning Author, Interview With Caroline Ingraham In Aromatika Magazine, Leading E-Journal In Aromatherapy

ESSENTIAL OILS – HERBS – TRADITIONS – APPLICATIONS



**AROMATIKA**  
Magazine

GIANTS Interview with Gloria Yuan and Linda Anne Kahn

7TH SENSE Chiara Benati: At the beginning was perfume

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**TRADITIONS** Dr. Nicole Bou Khalil: A living paradise: Terra Nostra Garden in the Azores

**Manhattan Beach, California Jan 5, 2026 ([Issuewire.com](https://www.issuewire.com))** - Award-winning author and holistic health practitioner Shari Emami has secured a landmark interview with renowned expert Caroline Ingraham in the Winter 2025 issue of Aromatika Magazine, shedding light on the revolutionary field of applied zoopharmacognosy and its implications for human wellness. This in-depth conversation explores how animals instinctively self-medicate using essential oils, herbs, and natural extracts, bridging the gap between veterinary aromatherapy and human holistic practices.

In the feature, titled “An Interview with Caroline Ingraham,” Emami delves into Ingraham’s 40+ years of groundbreaking work, including her development of the Ingraham Method of Individualised Medicine (IIM). Ingraham, a celebrated author, lecturer, and media personality featured on BBC, ITV, and National Geographic TV, shares captivating stories of animals like dogs, horses, elephants, and kangaroos using plant-based remedies for pain, anxiety, and healing. Emami, drawing from her own expertise in natural therapies, highlights parallels to human conditions such as fibromyalgia, emphasizing the potential for cross-species insights in integrative health.

“This interview is a game-changer for anyone passionate about natural healing,” said Shari Emami, H.H.P., C.H.C. “Caroline’s pioneering approach not only transforms animal care but inspires us to rethink human wellness through self-empowerment and nature’s wisdom. It’s a testament to the growing evidence that holistic modalities can complement conventional medicine.”

Emami’s role as interviewer in this prestigious quarterly e-journal—dedicated to aromatherapy professionals and enthusiasts worldwide—solidifies her rising status in the field. As a board-certified Holistic Health Practitioner (H.H.P.) and certified health coach, Emami has dedicated her career to empowering others with natural remedies. Her personal triumph over fibromyalgia since 2016, achieved through aromatherapy, nutrition, supplements, and lifestyle changes, informs her compassionate, evidence-informed guidance.

This latest milestone follows the success of Emami’s acclaimed book, *Breaking Free From Pain: From Suffering to Strength – My Own Personal Journey With Fibromyalgia and Healing Modalities* (2024). The award-winning title—recipient of the Literary Titan Gold Award and Reader’s House UK Editor’s Choice—blends memoir, practical tools like meal plans and journaling sections, and holistic strategies to help readers reclaim their lives from chronic pain. Praised as “a beacon of hope” and “life-changing” in reviews, the book is available on Amazon, Barnes & Noble, and major retailers, empowering thousands to explore integrative paths to wellness.

Emami’s work extends beyond writing; she’s a sought-after guest speaker, featured in outlets like Reader’s House UK, Mosaic Digest, Everglades University, and the Los Angeles Public Library, where she advocates for disability rights, animal welfare, and accessible natural health solutions. [Shari’s Instagram](#)

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