



Natural Scientific Remedies

**The Medicine of the
Future**

**100% Pure Chemotyped
Essential Oils Formulas**



What Are Essential Oils

Essential Oils are highly concentrated and potent oils extracted from plants, leaves, flowers, roots, buds, twigs, rhizomes, heartwood, bark, resin, seeds and fruits. Essential Oils are found in special secretory glands or cells within plant life. The aromatic substances are formed and stored in certain organs of a plant as a byproduct or because of its metabolism. Each essential oil has its very own blueprint that is absolutely unique. The combination of the plants blueprints, the energy of the sun, soil, air and water gives each oil its individual perfume and beneficial healing properties. The same species of plant can produce an essential oil with different properties depending on whether it was grown in dry or damp earth, at high or low altitude, or even in hot or cold climates. According to the International Organization for Standardization, essential oils are a "product made by distillation with either water or steam or by mechanical processing of citrus rinds or by dry distillation of natural materials. Following the distillation, the essential oil is physically separated from the water phase."

Unlike vegetable oils expressed from nuts and seeds, essential oils are not actually oily. Some essential oils are viscous; others are fairly solid and most are somewhat watery. Worldwide there are 3000 different essential oils with only about 300 commonly used. Essential oils are the most concentrated form of any botanical. It takes at least one pound of any given plant to create one drop of essential oil. Essential oils provide a concentrated dose of nature's vast pharmacological active ingredients in a single drop of oil (25 mg). One hundred percent pure unadulterated essential oils are distinguished by a remarkable diversity of substances that only nature could produce.

Natural Scientific Remedies
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Introduction

Important points to consider when using Essential Oils for internal use:

- As with all medicines, keep out of reach of children
- Avoid heat and high temperatures
- Not for use during pregnancy or breast feeding. Seek advice of physician
- Not for use by children under the age of 6 without physician approval
- Use only as directed, Essential Oils are extremely powerful; 75 - 100 times more powerful than herbal extracts
- In the case of Essential Oils, less is better than more
- For maintenance and chronic cases, take small dosages, 1 to 2 capsules daily for several weeks to months
- For acute cases, such as infection, take high dosages, 3 to 6 capsules daily, not to exceed 5 days.
- An essential oil can treat several indications because each oil contains up to 250 different molecules; whereas a synthetic drug is only a single molecule.
- Essential oils are well tolerated internally, when used as directed.
- 100% Natural, 100% Pure, No Excipients
- Marine gelatin capsules

TABLE OF CONTENTS

Formula 1: Ear, Nose, Throat Support.....Page 10

- Anti-bacterial, anti-viral, anti-fungal, anti-parasitic
- Immune Booster
- General Tonic
- Rhinitis, Cold, Sinusitis
- Throat affections
- Dermatological ailments

Formula 2: Intestinal and Colon Health.....Page 12

- Powerful, broad spectrum anti-infectious formula
- Intestinal anti-parasitic
- Diarrhea
- Bladder infection
- Gastro-intestinal disorders of bacterial, viral or parasitic origin
- Oral antiseptic (broad spectrum action)

Formula 3: Gastric and Liver Function..... Page 14

- Aperitive and carminative
- Liver stimulant, protector and detoxifier
- Supports gall bladder function and bile production
- Relieves nausea, bad digestion and feeling of dissention
- Motion sickness
- Supports and prepares the digestive tract

Formula 4: Immune Function Page 16

- Very powerful immuno-stimulant
- Powerful anti-viral
- All viral (acute and chronic) pathologies
- Flu, hepatitis, shingles, sore throat, cold, and viral retinitis
- Weak immunity
- Supplement for patients subjected to radiation or chemotherapy
- Recovery after all illnesses
- **A powerful formula able to stop most viral infections**

Formula 5: PMS and Urinary Tract FunctionPage 18

- Anti-spasmodic and powerful analgesic
- Anti-inflammatory
- Natural pain killer
- Relieves muscle cramps and pains
- Relieves abdominal cramps during periods
- Relieves pains due to an infectious or inflammatory condition
- Elevates mood

Formula 6: Circulation Page 20

- Circulatory tonic and phlebotonic
- Venous and lymphatic decongestant
- Anti-inflammatory analgesic
- Heavy legs, poor circulation of the lower limbs
- Phlebitis
- Varicose veins
- Hemorrhoids
- Lymphatic detoxification

Formula 7: Stress and Insomnia Page 22

- Sedative and calming
- Anti-depressant
- Anti-spasmodic
- Anti-stress
- Relieves all forms of anxiety and insomnia

Formula 8: Liver, Kidney, Digestion Function Page 24

- Liver and Digestive Tonic
- Supports and decongests kidneys
- Lowers Cholesterol

Musk Rose Oil Capsules Page 27

- Anti-inflammatory
- Anti-oxidant
- Balances hormones
- Omega 3 fatty acids
- Minimizes wrinkles, anti-aging
- Supports healthy skin, hair and nails
- Protects skin from over exposure to sunlight

Formula for Sun and Environmental DamagePage 28

- Powerful antioxidant
- Anti-inflammatory
- Cell and tissue regeneration
- Anti-aging
- Heals wounds and burns
- For all skin conditions triggered by inflammation (psoriasis, eczema and dermatitis)

Face and Skin Beauty CapsulesPage 30

- Anti-oxidant
- Supports detoxification of the liver
- Anti-inflammatory
- Harmonizes women's hormonal balance
- Anti-aging

CREAMS, GELS, SHAMPOO

Leg Circulation Gel Page 34

- Heavy, tired legs
- Varicose veins
- Phlebitis
- Lymphatic detoxification
- Improve circulation in lower limbs
- Elimination of metabolic toxins

Cellulite Cream Page 36

- Cellulite
- Compliments weight loss
- Venous and lymphatic decongestant
- Hepatonic
- Reduces capillary permeability
- Anti-inflammatory
- Lipolytic

Joint and Muscle Gel Page 38

- Arthritis
- Improves muscle and tendon flexibility
- Muscle cramps
- Gout
- Stiffness
- Tendonitis and bursitis

Massage Oil Page 40

- Muscle relaxing
- Cramps
- Pulled muscle, torn muscle
- Tendonitis, bursitis, tennis elbow
- Arthritis and stiffness

Essential Oil Shampoo and Spray..... Page 42

- Eliminates lice and nits

Lip Gel Page 44

- Cold sores, fever blisters, and shingles
- Herpes 1

Chest and Back Rub (Eucalyptus) Page 46

- Cold, flu and upper respiratory conditions

THE HISTORY AND ORIGIN OF ESSENTIAL OILS

Recognized for their powerful therapeutic properties and used for millennia in China (cinnamon, anise, ginger), India, the Middle East (ammi, pine, fennel, etc), Egypt, Greece, America (Aztecs, Mayas, Incas: Ho wood, sassafras) and Africa (frankincense, myrrh, ravintsara), essential oils fell into disuse during the Middle Ages. This was a time when Europe was falling back into barbarism, with a general decline in knowledge. It took the arrival of the Arabs to bring about the rebirth of plant-based medicine, which then occupied a prime spot in the therapeutic arsenal of the era.

The extraction of essential oils by steam distillation came into being during the industrial revolution, making the development of food products and perfumes possible. In the early 20th century, researchers (Chamberland, Cadéac, Martindale) used experiments to demonstrate the antiseptic properties of essential oils. But the real “fathers” of aromatherapy were first, Gattefossé, and then Valnet and his followers. R.M. Gattefossé, a pioneer of modern perfumery, burned his hands during an explosion in his laboratory and had the inspired reflex of plunging his hands in a container filled with essential oil of lavender. He felt instant relief, and his wound healed surprisingly fast. Amazed by the result, he decided to study essential oils and their properties.

Modern aromatherapy was born. Nevertheless, despite its incontestable efficacy, aromatherapy never received due recognition from physicians. The reason for the limited success of aromatherapy during this period include competition from laboratories producing synthetic chemical products, with much greater financial clout, and the incorrect use of EOs (Essential Oil) as a result of unfamiliarity with the different varieties of a single species.

ESSENTIAL OIL

Today, high-calibre physicians (Valnet, Duraffourd, Lapraz, d’Hervincourt, Belaiche) researchers (P. Franchomme), and pharmacists (D. Baudoux) have definitively established the reputation, efficacy and extraordinary richness of essential oils.

THE REBIRTH OF AROMATHERAPY

Plant aromatherapy is the oldest therapy in the world. It has always existed, as plants have always been used in food, medicine or rituals (thyme, tarragon, basil, mint).

Contrary to drugs obtained by chemical synthesis or the extraction of active substances, plant aromatherapy is the natural medicine par excellence. The structure of an essential oil is complex and never possesses just a single, but rather several therapeutic properties. Consequently, there are possibilities of synergy and potentiation which allow individualisation of therapy.

But the main characteristic lies in the fact that it is a holistic medicine which aims to re-establish the equilibrium of the organism as a whole. This characteristic can be illustrated as follows: marshes in tropical areas are infested by disease-carrying mosquitoes.

- *Conventional medicine would recommend mass destruction of the mosquitoes (disease) by an insecticide (antibiotic).*
- *Holistic medicine would aim at making the mosquito's life impossible by drainage, pumping and plants. Aromatherapy allows holistic medicine, certainly not as quick as the first solution considered, but much more durable and effective, and most important, no side effects.*

It is not a question of playing the “all-chemical” against the “all-natural”. Synthesized chemical substances have produced exceptional results recognized by everyone. Their brilliant success was the reason why medicinal plants were forgotten for many years.

But the short and brutal action of chemical drugs, the often-exceeded sought-after effects and the frequent side effects explain the public's disenchantment with the conventional allopathic medicines. As a result, after the tidal wave of chemotherapy and in a general ecological context, patients are hoping for medicines that are effective but simpler and more natural. This current trend is the main reason for the rebirth of scientifically-credible phytoaromatherapy.

The rational use of essential oils (the term “essence”, used in the past, has been definitively abandoned today) can have remarkable results, in cases where other treatments have failed. On the other hand, their uncontrolled use may lead to incidents with serious consequences. When in doubt, consult a healthcare practitioner or knowledgeable retailer according to the case. They can provide useful information.

Essential oils with an often-complex chemical composition are effective, powerful medicines with a hitherto-unsuspected therapeutic powers that pave the way for a promising future. **Essential oils are 75-100 times more powerful than herbal extracts.**

This booklet presents the “indispensable” essential oils. These offer the greatest possibilities and effectiveness with the lowest toxicity at the prescribed doses. The recommended doses, borne of the researcher's long experience, may appear insignificant to some. After all, what can 75-150 mgs do? Not much - except in the case of essential oils with their remarkable reactive effect. So always follow the prescribed doses carefully. Overdoing it will add nothing on the therapeutic level and may even cause unwanted effects.

SOME FIGURES :

To obtain 1 kg of essential oil...

- of rose, 4,000 kg of petals (1 hectare of rose bushes) must be distilled
- of true lavender, 150 kg of flowering tops
- of lavandin, 50 kg of flowering tops
- of clove, 7 kg of this bud
- of Lemon Balm, 8,000 kg of leaves

A formula containing 100-200 mgs of Lemon Balm extract would be extremely small in comparison to 1 drop of Lemon Balm Essential Oil due to the fact that it takes 8,000 kilograms of Lemon Balm to produce 1 kilogram of Essential Oil.

The cost and rarity of certain oils, as well as the use of long and delicate procedures for obtaining them, have spurred some unscrupulous producers and middlemen to use falsified, sometimes even totally synthesized essential oils. This is why therapeutic-quality essential oils must undergo regular and thorough checks - gas chromatography along with mass spectrometry for each of these batches. Only reputable laboratories use this sophisticated equipment to ensure the quality of their raw materials systematically.

Search for an Essential Oil company that has a long-standing history of producing the highest quality of Essential Oils totally supported by lab analysis for every batch produced.

CONCEPT OF CHEMOTYPE : CTEO

The very powerful techniques of chemical analysis currently available to researchers (thin-layer, counter-current, gas chromatography, mass spectrometry, magnetic resonance) have enabled us to acquire a deeper knowledge of the molecular structures present in essential oils. **An essential oil contains several hundred highly complex chemical elements.** These are made up of very diverse molecular assemblies, each having different properties. A thorough knowledge of these chemical components is fundamental for a therapist. Within a single botanical species, this chemical variation allows us to define specifically the nature of sub-species, varieties, cultivars and taxons of aromatic plants. This chemical variation raises the concept of CHEMOTYPE or CHEMICAL RACE. A fundamental concept in aromatherapy.

This is a form of chemical, biological, and botanical classification designating the molecule that is mainly present in an essential oil. This classification depends on factors directly related to the plant's specific conditions, such as country, climate, soil, plant exposure, phytosociological factors, and the harvest period, which may influence the composition of an essential oil. This is referred to as a CHEMOTYPED ESSENTIAL OIL, CTEO.

SOME EXAMPLES :

- Thyme, *Thymus vulgaris* :
 - CTEO of *Thymus vulgaris* CT THYMOL; this Essential Oil contains mainly thymol, with major anti-infectious properties
 - CTEO of *Thymus vulgaris* CT THUYANOL; this Essential Oil contains mainly thuyanol, with bactericidal, viricidal and neurotonic properties
 - CTEO of *Thymus vulgaris* CT CARVACROL; this Essential Oil contains mainly carvacrol, with antiseptic activity

- CTEO of *Thymus vulgaris* CT GERANIOL; this Essential Oil contains mainly geraniol, with antibacterial, antifungal and antiviral activity
 - CTEO of *Thymus vulgaris* CT LINALOL; this Essential Oil contains mainly linalol, with bactericidal, viricidal and antifungal properties and activity against intestinal parasites
 - CTEO of *Thymus vulgaris* CT TERPINEOL; this Essential Oil contains mainly terpineol, with hemolytic properties
 - CTEO of *Thymus vulgaris* CT CINEOLE; this Essential Oil contains mainly cineole, with broncho-pulmonary decongestant activity
 - CTEO of *Thymus vulgaris* CT PARACYMEN; this Essential Oil contains mainly paracymen, with anti-infectious activity and a strong analgesic action that is highly recommended in cases of rheumatism or arthritis
- Rosemary; *Romarin officinalis* :
 - CTEO of *Romarin officinalis* CT CAMPHOR; this Essential Oil contains mainly camphor, acting against muscular contractures and cramps and with anti-inflammatory activity
 - CTEO of *Romarin officinalis* CT 1,8 CINEOLE, this Essential Oil contains mainly 1,8 cineole, with anti-catarrhal and expectorant properties. In particular, it has pulmonary antiseptic and mucolytic actions.
 - CTEO of *Romarin officinalis* CT VERBENONE; this Essential Oil contains mainly verbenone with cicatrizant, bactericidal, expectorant mucolytic, cholagogue and hepatodrainning properties.
 - Eucalyptus :
 - There are hundreds of eucalyptus species. The composition of their essential oils is very dissimilar, so their properties are extremely diverse, even conflicting.

To define the therapeutic action of an essential oil, scientific aromatherapy requires a perfect knowledge of the botanical classification of aromatic plants, precise knowledge of chemical and chemotyped components, rigorous expertise in the precautions for use in terms of quantity determination, dosage, mode of use and possible contradictions. **The essential oil thus prescribed should be a CTEO that is 100% pure, 100% natural and 100% integral.**

QUALITY CRITERIA OF CHEMOTYPED ESSENTIAL OILS

Synthesized chemical substances are dead substances whose uneliminated waste products, stored in certain organs, unsettle us and diminish our vitality. Essential oils, on the other hand, are natural products that bring about an intense revitalization of the body.

Nevertheless, obtaining a therapeutic-quality essential oil is a particularly delicate process, because the CTEO must meet numerous quality criteria:

1. Botanical certification :

The plant name must indicate the genus, the species, the sub-species, and the variety in order to avoid and error stemming from common names.

Ex: *Aniba rosaedora* var. *amazonica* - *Helichrysum italicum* ssp. *serotinum*

2. Geographical origin :

The name of the country or region provides interesting information about the biotype (environment) of the aromatic plant and characterizes its specific biochemical composition.

3. Cultivation type :

This detail indicates whether the plant is wild or cultivated, and whether it was grown using organic FARMING methods (ORGANIC label) or not.

4. Level of botanical development :

Chemotype characteristics sometimes depend on the level of development : harvest before, during or after flowering, etc.

5. The distilled organ (or expressed organ, for Lemon zest only) :

The biochemical composition of CHEMOTYPED ESSENTIAL OILS varies according to the part or organ of the distilled plant.

6. Extraction method :

The composition of CTEOs can vary according to the method of extraction used : distillation, steam distillation, percolation, expression.

7. The chemotype:

Analysis using gas chromatography and mass spectrometry indicates the basic molecules for the correct use of CTEOs
(see concept of chemotype - page 4)

METHOD OF EXTRACTION OF ESSENTIAL OILS

Most essential oils are obtained by distillation through the passage of steam under low pressure. The process consists of making steam pass through a tank filled with aromatic plants.

At the distillation tank outlet and under controlled pressure, the steam enriched with essential oil goes through a coil, where it condenses. At the outlet, an essence jar (formerly known as a Florentine vase) receives the water and the essential oil. The difference in the densities of the two liquids allows easy separation by spillover of the collected essence.

Another procedure reserved for Citrus zests (tangerine, orange, lemon, etc.) consists of scraping the fresh zest to collect the essence on a natural sponge, which is then squeezed to retrieve the essential oil.

Other methods of extraction (by enfleurage, by solvent) will not be detailed here as they can not be used for treatment with essential oils worthy of the name.

HOW TO USE

As for the duration of treatment, this depends on the degree of the health concern.

- If treatment is started early enough, as soon as the first symptoms, the duration can be very short (12 to 48 hours).
- For acute disorders, the duration is generally extended to 5 to 7 days at fairly strong doses. 2 capsules, 3 times daily with food.
- For more serious chronic problems, the treatment period can spread out over several weeks or months, with cycles of 3 weeks of treatment, 1 week without, and at lower doses. Usually 1-2 capsules per day with food.

AN OVERVIEW OF 11 ESSENTIAL OIL CAPSULE FORMULATIONS FOR ORAL USE

Formula #1

Supports your body's health and defense systems and supports the Ear, Nose & Throat structure and function

Supplements Facts		
Serving size 2 capsules Servings Per Container 15		
	amount per serving	% Daily value
Amount per 2 capsules		
Oregano Chemotyped (<i>Origanum compactum</i>)	150 mg	*
*Percent Daily Value Not Established		

Other ingredients: Gelatin (marine); Organic canola oil (*Brassica napus*); glycerine; aqua, antioxidant: tocopherols (natural vitamin E)

Main properties

- **Broad-spectrum anti-infectious capsule for upper body regions,**
 - Anti-bacteria
 - Anti-virus
 - Anti-fungus
 - Anti-parasite
 - Rhinitis, cold, sinusitis
 - Throat affections
 - Dermatological ailments
- **Immuno-booster**
- **General tonic**

Description

Formula 1 capsules are natural aromatic antiseptics for oral use. Oregano essential oil (*Origanum compactum*) is one of the most powerful antiseptic oils and can be used internally for the prevention and the active care of many infectious conditions. Many scientific publications emphasize the huge antimicrobial activity of oregano oil. This chemotyped essential oil is very efficient against almost all bacteria (with the exception of *Pseudomonas* spp.), fungi and many protozoans (amoeba, Plasmodium, *Trypanosoma*, ...). The MBC (minimum bactericidal concentration) values for these microbes vary from 100 ppm to 0.5% in oregano oil. Oregano oil is particularly efficient against *E.coli* and *Staph. aureus*, even those exhibiting a cross resistance against many antibiotics. Clinically the OREGANO capsules are used successfully for more than 10 years for the active care of ORL (otolaryngology) affections (angina, pharyngitis, chills, colds,...) and a series of other infectious conditions.

Major interests

- Very well tolerated
- No known bacterial resistance
- ALSO effective against virus and fungus
- Complements perfectly other therapeutic routes
- Encourage a profound revitalisation of the systems
- Optimize the natural defences' action

Formula #1 continued:

Useful Information:

- Keep out of reach of children
- Keep away from heat source
- Not for use during pregnancy and breast feeding or for children under 6 years old without your doctors approval

Main indications

- Bacterial and/or viral throat infections
- Cold, rhinitis, chill (to be combined with a local decongestant treatment)
- Urinary tract infections (cystitis,...)
- Prevention and care of protozoa infestations (malaria, tropical diseases...)
- Viral infections (flu) instead of antibiotic to prevent from any secondary infection
- Oral antiseptic by systematic routes to support a local care of dermatological infection (wounds...)

Instructions for use

- **As a preventive measure :**
1-2 capsules a day with meals as long as needed.
- **Declared infectious** (for adults only) :
2 capsules immediately before meals 3 times a day, not to exceed 5 days

Can be safely combined with medical treatment.

Formula #2

Helps to maintain the natural balance of the intestinal flora. Increases the body's resistance. Supports intestinal and colon health. Excellent for everyday use and perfect when traveling.

Supplements Facts		
Serving size 2 capsules		
Servings Per Container 15		
Amount Per 2 capsules	amount per serving	% Daily value
Proprietary Formula (<i>Chemotyped Oils</i>), Moroccan Oregano (<i>Origanum Compactum</i>), Greek Oregano (<i>Origanum heracleoticum</i>), Exotic Basil (<i>Ocimum basilicum</i>), Peppermint (<i>Mentha x piperita</i>), Mountain Savory (<i>Satureja Montana</i>), Cinnamon bark (<i>Cinnamomum verum</i>)		
	150 mg	*
*Percent Daily Value Not Established		

Other ingredients: Gelatin (marine); Organic canola oil (*Brassica napus*); glycerine; aqua, antioxidant: tocopherols (natural vitamin E)

Main properties

- **Powerful broad spectrum anti-infectious capsule for lower body regions**
 - Intestinal anti-parasite
 - General tonic, digestive tonic
 - Diarrhea
 - Bladder infections
- **Supports immunity**
- **Anti-spasmodic, manages and relieves digestive cramps**

CTEO	Active molecules	Anti-infectious	Anti-spasmodic	Anti-inflammatory	Tonic	Others
Moroccan Oregano (<i>Origanum compactum</i>)	Carvacrol, thymol	•••			••	Immunostimulant, anti-parasitic
Greek Oregano (<i>Origanum heracleoticum</i>)	Carvacrol, thymol	•••			••	Immunostimulant, anti-parasitic
Peppermint (<i>Mentha x piperita</i>)	Menthol, menthone	••	••	•	••••	Analgesic, digestive tonic, hepatic tonic
Basil (<i>Ocimum basilicum</i>)	Methyl chavicol		•••	••		Hepatostimulant
Winter savory (<i>Satureja montana</i>)	Carvacrol, thymol	•••	•		•	tonic
Cinnamon (bark) (<i>Cinnamomum verum</i>)	Cinnamaldehyde	•••			••	Immunostimulant, anti-parasitic

Chart Guide:

- = Advised
- + ••• = Recommended
- + •••• = Highly Recommended

Formula #2 continued:

Description

Formula 2 capsules contain a synergy of strong and broad spectrum antimicrobial essential oils as well as aromatic compounds stimulating and regulating the digestive system. This product has been especially designed for travellers who frequently face precarious hygienic conditions. A series of scientific works have been devoted to the determination of the antimicrobial effect of essential oils. They all conclude that phenol- and aldehyde-containing essential oils are the most potent antiseptic agents. Among these oils, cinnamon bark oil and oregano are the best ones. For their part, peppermint and basil oil are strong digestive tonics. Peppermint stimulates the whole digestive tract whereas basil works as a spasm- and pain reliever. This is why Formula 2 capsules are especially indicated in case of gastro-intestinal disorders encountered in tropical countries where weak hygienic conditions are observed.

Useful Information:

- Keep out of reach of children
- Keep away from heat source
- Not for use during pregnancy and breast feeding or for children under 6 years old without your doctors approval

Major interests

- High antimicrobial activity, acts quickly
- Good gastrointestinal tolerance
- Acts against bacteria, parasites, protozoans, virus, fungus,...
- Replaces some vaccines that carry harmful side-effects
- Very effective as a preventive measure

Main indications

- Gastrointestinal disorders of bacterial, viral or parasitic origin
- ENT Infections, (sore throat, pharyngitis, flu, rhinitis, sinusitis...)
- Prevention of endoparasitic infections (amoebiasis, malaria...) frequent in areas with bad hygiene conditions
- Veterinary medicine (prevention and care of the newborn calf diarrhea)
- Oral antiseptic of broad spectrum of action

Instructions for use

- **As a preventive measure :**
1-2 capsules daily immediately before meals during a sensitive period (start a day before the departure to a country with poor hygienic conditions)
- **In case of infection** (for adults only) :
2 capsules morning, lunchtime and evening immediately before meals until return to normal
- **In case of endo-parasitic infestation :**
Prolong the treatment however do not exceed 10 consecutive days, can be used again if necessary after a 1 week break.

Can be safely combined with medical treatment.

Formula #3

Supports both gastric and liver functions. Aids digestive and intestinal function; helps overcome bloated feeling and flatulence.

Supplements Facts		
Serving size 2 capsules		
Amount per 2 capsules	amount per serving	% Daily value
Proprietary Formula (<i>Chemotyped Oils</i>), Peppermint (<i>Mentha x piperita</i>), Exotic Basil (<i>Ocimum basilicum</i>), Star Anise (<i>Illicium verum</i>), Cumin (<i>Cuminum cyminum</i>), Lemon (<i>Citrus limon</i>), Caraway (<i>Carum carvi</i>), Black Pepper (<i>Peper nigrum</i>)	150 mg	*
*Percent Daily Value Not Established		

Other ingredients: Gelatin (marine); Organic canola oil (*Brassica napus*); glycerine; aqua, antioxidant: tocopherols (natural vitamin E)

Main properties

- **General digestive tonic**
 Aperitive, eupeptic, carminative
 Hepatobiliary stimulant, protector and drainer
 Supports gallbladder function and bile production

CTEO	Active molecules	Eupeptic	Carminative	Anti-spasmodic	Digestive stimulant	Hepatic-stimulant
Peppermint <i>(Mentha x piperita)</i>	Menthol, menthone	••••	•••		•••	•••
Basil <i>(Ocimum basilicum)</i>	Methyl-ether, chavicol			•••		
Cumin <i>(Cuminum cyminum)</i>	Cuminal, Cuminaldehyde	•••	••			
Star anise <i>(Illicium verum)</i>	Transanethol	•••	••	••		
Lemon (zest) <i>(Citrus limon)</i>	Limonéne, pinéne	••			••	•••
Caraway <i>(Carum carvi)</i>	Carvone		•••			
Black pepper <i>(Piper nigrum)</i>	Sesquiterpens				•••	

• **Regulates gastric pH in case of acidity and acidic reflux**

Chart Guide:

- = Advised
- + ••• = Recommended
- + •••• = Highly Recommended

Formula #3 continued:

Description

Formula 3 capsules are a reliable partner for people who frequently have bad digestion. They need to stimulate and support their digestive system, from the stomach to the intestine. Except for peppermint oil all ingredients of this formula are considered as “aromats” and are extensively used as dried powders or fresh extracts in cooking. Here their digestive promoting molecules have been hyper-concentrated in essential oils so that just some drops are enough to get very beneficial results.

Formula 3

stimulates the stomach, is appetitive, supports liver and gall bladder functions, and prepares the intestine to receive and metabolize heavy nutrients. Peppermint is added because it is an overall digestive tonic, with special effect on the stomach (increases the stomach pH in case of acid reflux) and the liver (liver stimulant and decongestant)

Major interests

- Combined activation and stimulation of both gastric and hepatic activity
- Effective both as preventive measure and after a heavy meal
- Interest of mint and caraway in the elimination of gastric gas
- Perfect tolerance when ingested
- Can be equally used before, during or after EVERY meal

Main indications

- (Before or after) heavy meals
- Supports and prepares the digestive tract
- Aerophagia Intestinal gas (flatulences)
- Acid reflux and heartburn
- Nausea, bad digestions, feelings of distension
- Travel sickness: seasickness, airsickness...

Useful Information:

- Keep out of reach of children
- Keep away from heat source
- Not for use during pregnancy and breast feeding or for children under 6 years old without your doctors approval

Instructions for use

- **As a preventive measure :**
1 to 3 capsules immediately before meals
- **Bad digestion after a heavy meal :**
2 to 4 capsules within 24 hours following a heavy meal.
- **Daily support to digestion**
1-2 capsules immediately before breakfast
Repeat if needed with a break of 10 days between two cures

Can be safely combined with medical treatment.

Formula #4

Supports Immune Function

Boosts the body's natural defenses

Supplements Facts		
Serving size 2 capsules		
Servings Per Container 15		
Amount per 2 capsules	amount per serving	% Daily value
Proprietary Formula (Chemotyped Oils), Ravintsara (Cinnamomum camphora CT cineole), Tea Tree (Melaleuca alternifolia), Thyme (Thymus satureioides), Eucalyptus (Eucalyptus radiata), Clove (Eugenia caryophyllus)	150 mg	*
*Percent Daily Value Not Established		

Other ingredients: Gelatin (marine); Organic canola oil (Brassica napus); glycerine; aqua, antioxidant: tocopherols (natural vitamin E)

Main properties

- **Very Immunostimulant (boost the IgA and IgM synthesis)**

Immunomodulant (regulates the intensive production of some pro-inflammatory immunoglobulins)

Broad spectrum antiseptic

- **Powerful anti-viral**

CTEO	Active molecules	Immuno-stimulation	Antiviral action	Others
Ravintsara (Cinnamomum camphora CT cineol)	1,8 cineol a-terpineol	● ● ● ●	● ● ●	Brochodilator, expectorant
Tea tree (Melaleuca alternifolia)	1,8 cineol a-terpineol Terpinene 1 ol 4	● ● ●	● ●	Broad antiseptic Anti-inflammatory
Satureioides Thyme (Thymus satureioides)	Borneol		●	Anti-inflammatory, Immunomodulant
Eucalyptus radiata (Eucalyptus radiata)	1,8 cineol a-terpineol	● ● ●	● ● ●	Brochodilator, expectorant
Clove (Eugenia caryophyllus)	Eugenol	● ●	● ●	Powerful antibacterial Antiparasitic

Chart Guide:

● = Advised

●● + ●●● = Recommended

●●● + ●●●● = Highly Recommended

Formula #4 continued:

Description

Formula 4 capsules contain a synergy of essential oils with immuno-stimulating properties coupled with strong antiviral and antiseptic actions. These capsules can be very useful in many situations where people have a weakened immunity or a viral problem. Ravintsara (*Cinnamomum camphora* 1,8-cineole), Eucalyptus radiata and Tea tree (*Melaleuca alternifolia*) contain the molecules terpinene-4-ol and alpha-terpineol. This couple has been shown to increase the synthesis and the blood level of Immunoglobulins of the M and A groups (IgM and IgA), which are correlated to mucosal and cutaneous tissues. For its part *Thymus saturoides* is one of the rare oils containing borneol, a terpenic alcohol that has an immuno-modulating function (it regulates the immune state of the organism). Finally all the essential oils included in Formula 4 are potent anti-viral and antiseptic compounds and are very useful in case of viral affections.

Useful Information:

- Keep out of reach of children
- Keep away from heat source
- Not for use during pregnancy and breast feeding or for children under 6 years old without your doctors approval

Major interests

- **A powerful formula able to stop most viral infections**
- Very well tolerated, no side effects
- Super synergy combining immuno-stimulation and direct antiseptic action (thanks to clove and tea tree)
- Many useful indications (see below)

Main indications

- Viral pathologies (flu, hepatitis, shingles, sore throat, cold, viral rhinitis, etc...)
- Weak immunity
- Supplement for patients subjected to radio- or chemotherapy
- Period of convalescence
- Grave and acute viral chronic pathologies, (AIDS, hepatitis, mononucleosis...): as a complement to basic therapy
- Ideal to restructure natural body's defences as a spring or autumn cure

Instructions for use

- **Prevention**
1 or 2 capsules daily immediately before meals
- **Chronic pathology :**
2 to 3 capsules a day for 20 days. If necessary this dosage can be used again after a 10 day break
- **Flu, viral respiratory problems :**
Two capsules three times during the first 10 hours. However, for a stronger effect, if necessary, begin with three capsules, three times within a 10 hour period.

Can be safely combined with medical treatment.

Formula #5

Provides relief of PMS symptoms and promotes healthy urinary and bladder function.

Supplements Facts		
Serving size 3 capsules Servings Per Container 10		
Amount per 3 capsules	amount per serving	% Daily value
Proprietary Formula (Chemotyped Oils), Tarragon (<i>Artemisia dracunculus</i>), Exotic Basil (<i>Ocimum basilicum</i>), Coriander (<i>Coriandrum sativum</i>), Bay (<i>Laurus nobilis</i>), Lime Petitgrain bigarade (<i>Citrus aurantium ssp aur</i>)	225 mg	*
*Percent Daily Value Not Established		

Other ingredients: Gelatin (marine); Organic canola oil (*Brassica napus*); glycerine; aqua, antioxidant: tocopherols (natural vitamin E)

Main properties

- **Antispasmodic, powerful analgesic**
Anti-inflammatory
Painkilling
Anti-neuralgic
- **Neuromuscular relaxing**

CTEO	Active molecules	Analgesic	Anti-spasmodic	Anti-Inflammatory	Anti-neuralgic	Others
Basil (<i>Ocimum basilicum</i>)	Methyl, chavicol	•••	•••	•	••	
Tarragon (<i>Artemisia dracunculus</i>)	Methyl, chavicol	•••	•••		••	Anti-allergic (prevention)
Petit grain (<i>Citrus aurantium ssp aurantium (feuille)</i>)	Linalol, Linalyl acetate		•••	••		Calming, relaxing
Coriander (<i>Coriandrum sativum</i>)	Terpenic aldehydes	••	••	••	•••	
Laurel (<i>Laurus nobilis</i>)	1,8 cineol Linalol	•••		••	•••	Powerful antiseptic, anti-viral

Chart Guide:

- = Advised
- + ••• = Recommended
- + •••• = Highly Recommended

Formula #5 continued:

Description

Formula 5 capsules have been developed to offer an original and natural solution for people who are sensitive to temporary painful health disorders such as muscle cramps, intestinal cramps, discomforts during menstruation periods. Basil and Tarragon oils contain methylchavicol as main constituent. This phenol methylether works as a local anesthetizer at the neuromuscular level. Coriandrum sativum essential oil contains special molecules (called decanals) which have the capacity to exchange electronic charges with other organic molecules such as free radicals. Coriander oil acts as a free radical scavenger, inhibiting thereby their pro-inflammatory capacity. Finally laurel and petitgrain work as painkillers through an action on the parasympathetic nervous system.

Major interests

- Very good gastric tolerance when ingested (unlike chemical products)
- For preventive strategy or in case of sudden painful period thanks to the essential oils of basil and tarragon

Main indications

- Muscle cramps and pains
- Abdominal cramps during periods
- Pains due to an infectious or inflammatory problem
- Bowel cramps

Useful Information:

- Keep out of reach of children
- Keep away from heat source
- Not for use during pregnancy and breast feeding or for children under 6 years old without your doctors approval

Instructions for use

- **As preventive measure for painful periods :**
1 capsule morning and evening starting a few days before the period.
Tips : for carefree periods, try the combination of Formula 5 with Evening primrose capsules (2 capsules a day)
- **In case of sudden pain :**
1-2 capsules morning and evening during 5 days or more if needed
- **Regular discomforts during pre-menopause :**
1 capsule morning and evening for 20 days.
Repeat if needed after a break of 10 days.
- **Pain relief in case of infectious or inflammatory problems :**
Take 3 capsules immediately and then up to 6 capsules a day.
Note : In case of sharp pain,consult a physician.
Afterwards, carry on with Formula 5 with 5 to 6 capsules a day.

Can be safely combined with medical treatment.

Formula #6

Produces a soothing effect and aids circulation in the event of heavy, tired legs.

Supplements Facts		
Serving size 2 capsules Servings Per Container 15		
Amount Per 2 capsules	amount per serving	% Daily value
Proprietary Formula (<i>Chemotyped Oils</i>), Niaouli (<i>Melaleuca quinquenervia</i>), Patchouli (<i>Pogostemon cablin</i>), Mastic (<i>Pistacia lentiscus</i>), Scots Pine (<i>Pinus sylvestris</i>), Clary Sage (<i>Salvia sclarea</i>)	150 mg	*
*Percent Daily Value Not Established		

Other ingredients: Gelatin (marine); Organic canola oil (*Brassica napus*); glycerine; aqua, antioxidant: tocopherols (natural vitamin E)

Main properties

- **Circulatory tonic, phlebotonic**
- **Venous decongestant**
- **Lymphatic decongestant**
Anti-inflammatory, analgesic
General tonic and stimulant

CTEO	Active molecules	Circulatory tonic	Venous & lymphatic decongestant	Anti-inflammatory, analgesic	General tonic
Niaouli (<i>Melaleuca quinquenervia</i>)	Viridiflorol	•••	••		•
Patchouli (<i>Pogostemon cablin</i>)	Patchoulol	•••	•••		
Mastic (<i>Pistacia lentiscus</i>)	a-cadinol	•••	•••		
Scots pine (<i>Pinus sylvestris</i>)	Monoterpens, esters, a-cadinol		••	•••	•••
Clary sage (<i>Salvia sclarea</i>)	lynalyl acetate, sclareol	••	•	••	

Chart Guide:

- = Advised
- + ••• = Recommended
- + •••• = Highly Recommended

Formula #6 continued:

Description

Formula 6 capsules are composed of a special blend of essential oils sharing a high concentration in sesquiterpenols (viridiflorol, patchoulol, a-cadinol, ...). These molecules are not only potent decongestant for lymph and blood vessels, but are capable of stimulating these two circulatory systems. As a result Formula 6 may be useful for people suffering from different types of venous disorders (varicose veins, hemorrhoids, ...) as well as in case of heavy legs and bad circulation in general. Formula 6 is devoid of essential oils which may induce gastric disorders (as Cypres or Cedarwood), and is therefore very well tolerated, even in a long term strategy.

Important : Formula 6 must be viewed as a complement of a general decongestant care in case of circulatory ailments. It must be combined with daily massages with topical creams or ointments containing similar aromatic compounds (e.g. Rejuvaleg aromatic gel), in order to improve the circulatory comfort and to accelerate the pain relief.

Major interests

- Exclusive combination of the most powerful aromatic circulatory tonics
- Perfectly tolerated even on long term
- 3 ACTIONS IN ONE PRODUCT - DECONGESTANT, TONIC AND PAINKILLER!

Main indications

- Heavy legs, poor blood circulation of the lower limb
- Venous stases, phlebitis
- Varicose veins
- Hemorrhoids
- Lymphatic drainage

Useful Information:

- Keep out of reach of children
- Keep away from heat source
- Not for use during pregnancy and breast feeding or for children under 6 years old without your doctors approval

Instructions for use

- **Circulatory comfort :**
1 to 2 capsules daily in the morning immediately before breakfast
- **Heavy legs :**
1 capsule morning, lunchtime, evening immediately before meals for 1 week; renew if needed after a break of 7 to 10 days
- **Hemorrhoids :**
2 capsules 3 times a day immediately before meals not to exceed 5 days. Can be used again after a one week break.

Can be safely combined with medical treatment.

Formula #7

Calming effect, used to support the nervous system in times of temporary stress and provide a healthy night's sleep.

Supplements Facts		
Serving size 4 capsules Servings Per Container 7.5		
Amount per 4 capsules	amount per serving	% Daily value
Proprietary Formula (Chemotyped Oils), Sweet Marjoram (<i>Origanum majorana</i>), Lavender (<i>Lavandula hybrida</i>), Mandarin Zest (<i>Citrus reticulata</i>), Lemongrass (<i>Cymbopogon citratus</i>), Lemon verbena (<i>Lippia citriodora</i>)	300 mg	*
*Percent Daily Value Not Established		

Other ingredients: Gelatin (marine); Organic canola oil (*Brassica napus*); glycerine; aqua, antioxidant: tocopherols (natural vitamin E)

Main properties

- **Sedative, calming (calms the sympathetic Nervous System and stimulate the parasympathetic NS)**
Relaxing, sleep inducer
Antispasmodic
- **Antidepressant**

CTEO	Active molecules	Calming, sedative	Antispasmodic	Relaxant
Sweet marjoram (<i>Origanum majorana</i>)	Lynalyl acetate, terpinene-4-ol	● ● ● ● (parasympathico- tonic)	● ●	● ●
Reydovan lavandin (<i>Lavandula hybrida reydovan</i>)	Linalol, lynalyl acetate	● ●	● ● ● ●	● ●
Mandarin (zest) (<i>Citrus reticulata</i>)	Limonene, Pinene	● ● ●		● ●
Lemongrass (<i>Cymbopogon citratus</i>)	Citrals, neral, geranial	● ● ●		●
Lemon verbena (<i>Lippia citriodora</i>)	Citral, (neral, geranial)	● ● ●		●

Chart Guide:

- = Advised
- + ●● = Recommended
- + ●●● = Highly Recommended

Formula #7 continued:

Description

Formula 7 capsules contain a special blend of chemotyped essential oils with relaxing and stress-relieving properties, without the known side effects of classical drugs. This formula is really efficient for people suffering from mild nervous disorders (anxiety, anguish, sleep disorders, stress, nervousness and irritability, ...) All the aromatic ingredients of this formula have a sedative effect through a stimulation of the parasympathetic- and/or an inhibition of the sympathetic autonomous nervous system. The synergy works as a calming, relaxing, anti-depressive, and as a gentle sleep inducer.

Major interests

- Perfectly tolerated when ingested
- No addiction
- No side-effect, apart from the researched relaxing and sedative effect
- Direct effect on the autonomic nervous system
 - Simultaneous action: stimulation of the parasympathetic NS (relaxing) and calms the sympathetic NS (tonic)

Main indications

- Stress
- Anxiety, light or more severe
- Predictable stress
- Insomnia, difficulties to fall asleep
- Depression, extra work

Useful Information:

- Keep out of reach of children
- Keep away from heat source
- Not for use during pregnancy and breast feeding or for children under 6 years old without your doctors approval

Instructions for use

- **As preventive measure :**
 - 1 to 2 capsules a day immediately before meals
 - OR
 - 1 to 2 capsules an hour before any stressful event
- **Sleep induction :**
 - 1 to 2 capsules 30 minutes before going to bed
- **Depression, stress, and anxiety :**
 - 1 capsule 3 times a day immediately before meals for a maximum of 20 days
 - Repeat if needed after a break of 10 days.

Can be safely combined with medical treatment.

Formula #8

Detoxifies and Cleanse Liver, Kidney and Digestive Function

Helps maintain healthy cholesterol levels that are already within the normal range.

Supplements Facts		
Serving size 2 capsules Servings Per Container 15		
	amount per serving	% Daily value
Amount Per 2 capsules		
Proprietary Formula (<i>Chemotyped Oils</i>), Peppermint (<i>Mentha x piperita</i>), Rosemary (<i>Rosmarinus officinalis</i>), Lovage (<i>Levisticum officinale</i>), Celery (<i>Apium graveolens</i>), Carrot (<i>Daucus carota</i>), Juniper (<i>Juniperus communis</i>)	75 mg	*
*Percent Daily Value Not Established		

Other ingredients: Gelatin (marine); Organic canola oil (*Brassica napus*); glycerine; aqua, antioxidant: tocopherols (natural vitamin E)

Main properties

- **Hepato-renal drainer effective but gentle**
 Digestive tonic
 Hepatoprotector (protection and clearing of hepatocytes)
 Strongly purifies liver, kidneys and lymphatic system
 Toxic and chemical overload
- **Stimulates and decongests kidneys**
 Also working on pancreas

CTEO	Digestive tonic	Hepatostimulant, hepatoprotector	Renal clearing	Hepato-renal drainer	Others
Peppermint <i>(Mentha x piperita)</i>	•••	•••			Refresher Gastric tonic
Verbenone rosmary <i>(Rosmarinus officinalis CT verbénone)</i>	•	•••	•••	••••	Lipolytic
Common juniper <i>(Juniperus communis)</i>					Anti-inflammatory- nervous etiology
Carrot <i>(Daucus carota)</i>	••	••	••••	••••	
Celery <i>(Apium graveolens)</i>	•••			••	Cholagogue, Decongestant
Lovage <i>(Levisticum officinale)</i>	•	•••	••••	•••	

Chart Guide:

- = Advised
- + ••• = Recommended
- + •••• = Highly Recommended

Formula #8 continued:

Description

There are an increasing number of elements of our modern life which can dramatically affect an individual. Tobacco, family and professional stress, unbalanced food, aging, over-consumption of chemicals and drugs can all lead to a general weakening of the body: it becomes saturated by toxins, which can inhibit the correct functions of purifying organs such as the liver, kidneys, skin, intestine and lungs. Among these organs the liver is the most important one. It plays a key-role in many physiological processes, particularly, the detoxification and the elimination of metabolic waste products. When the liver and gall bladder becomes saturated and does not work as it should, people can undergo severe health disorders, if the body detoxification is not taken over by other purifying organs. At this level the liver has to be supported and strengthened. This formula contains a suitable concentration of cetonic terpenes and of phtalids; these molecules are responsible for the stimulation of the whole digestive tract but specifically the liver. They stimulate hepatocytes and regenerate them. They also have a decongestant and purifying action on the liver. Among the cetonic essential oils, those of peppermint and rosemary (*Rosmarinus officinalis* CT verbenone) have been chosen because they show a particular tropism for the liver. But peppermint oil is also an interesting stimulator of the stomach and a general digestive tonic. Cetonic terpenes such as menthone and verbenone are also potent mucolytic and lypolytic compounds, what can be critical for hepatic management of fat metabolism in order to prevent any risks of "fatty liver" often leading to irreversible liver diseases (cirrhosis). Beside cetonic terpenes another kind of aromatic molecules has liver-protective capacities: the phtalids. They are present in the essential oils of celder and *Levisticum officinalis*, which have significant decongestant and hepato-stimulating properties. Interestingly the phtalids also exert stimulatory and purifying action on the kidneys and the pancreas. As a result, this formula provides people with a complete and powerful support of the liver function but also of the general digestive system.

Major interests

- Use before meals to stimulate digestion
- Use after meals to relieve a heavy, bloated feeling
- Perfectly tolerated when ingested
- Safe and effective
- Rapid action

Formula #8 continued:

Main indications

- Period of convalescence
- As a complement to classical therapies (chemotherapy, long-term use of analgesics, of antidepressants...)
- Physical overload (athletic activity)
- As a spring or autumn cure or anytime according to needs
- Hyper-cholesterolemia (adjuvant)

Useful Information:

- Keep out of reach of children
- Keep away from heat source
- Not for use during pregnancy and breast feeding or for children under 6 years old without your doctors approval

Instructions for use

- **Detox program can be used for a period of 15 days.** One capsule in the morning and evening immediately before meals. Can be taken again after a 10 day break if desired.
- **Cholesterol lowering** (as a complement to a basic treatment) :
1 capsule a day for 1 month
Repeat if needed after a one week break

Can be safely combined with medical treatment.

MUSK ROSE ESSENTIAL OIL FOR ORAL USE

First cold-pressed oil of Musk Rose - 500mg

Main Properties (orally)

- **Anti-inflammatory**
- **Antioxidant**
Hypo-cholesterol
Source of phospholipids for the cell membranes
Harmonizes hormonal balance
- **Important source of essential fatty acids OMEGA 3**
- **Source of pro-vitamin A, active in the healing of wound and burns**

Description

Musk Rose oil is extraordinary because it contains a very high level (40%) of omega-3 essential fatty acids, which are necessary for a great variety of physiological processes (cell integrity, hormonal balance, hormonal messages, etc).

Unlike evening primrose oil, musk rose contains almost no saturated fatty acids (4%). It is mainly composed of oleic acid (omega 9), linoleic acid (omega 6, 40%), and alpha-linolenic acid (40%), the first element of the omega-3 EFA chain. This oil improves the integrity of cell membranes, improves the regeneration of altered skin and works as an anti-inflammatory by stimulating the pathways of anti-inflammatory prostaglandins. It has superb cell regeneration properties; it helps to form and reform cell membranes. Interestingly musk rose oil also contains an active form of vitamin A (trans-retinoic acid) that has the capacity of healing wounds and burns without creating any hypersensitivity, contrarily to the chemically synthesized vitamin A.

GLA Content:	
Primrose Oil	10-13% GLA
Borage Oil	21-27% GLA
Musk Rose Oil	38-40% GLA

Main indications

Musk Rose oil capsules are often combined with a topical application of Musk Rose oil

- Burns, wounds, broad range of dermatological problems (eczema, psoriasis...)
- Wrinkles, early skin aging, aging spots, lifeless or dry skin
- Skin often exposed to sunlight and/or wind
- Nourishing and strengthening of nails and hair

Method of use

- **Maintenance :**
1 - 2 capsules a day immediately before meals
- **In other cases :**
start with 2 capsules 2 times a day for 10 days, afterwards follow the "Maintenance" procedure

Can be safely combined with medical treatment.

- Keep out of reach of children
- Keep away from heat source
- Not for use during pregnancy and breast feeding or for children under 6 years old without your doctor's approval

ESSENTIAL OIL FOR ORAL USE AGAINST SUN / ENVIRONMENTAL DAMAGE

Supplements Facts		
Serving size 2 capsules		
Servings Per Container 20		
Amount per 2 capsules	amount per serving	% Daily value
Selenium	55 ug	78%
Proprietary Formula		
Evening primrose oil (<i>Oenothera biennis</i>), Pumpkin seed oil (<i>Cucurbita pepo</i>), Musk Rose oil (<i>Rosa rubiginosa</i>), Wheat germ oil (<i>Triticum vulgare</i>), Sunflower oil (<i>Helianthus annuus</i>), Omega 3 (<i>Cod, Halibut</i>), Squalene (<i>Shark</i>)	362 mg	*
*Percent Daily Value Not Established		

Other ingredients: Gelatin; glycerine; aqua; tocopheryl acetate; (natural Vitamin E); soya lecithin; selenium yeast; beta-carotene; (natural Vitamin A)

Main properties

- **Major antioxidant**
Protects from free radicals
Anti-inflammatory
Cell and tissue regeneration
- **Source of natural pro-vitamin A and vitamin A**
- **Active in the healing of burned or damaged skin**
Anti-aging

Description

Sun/Environmental Damage formula contains a blend of plant oils, fish oils, vitamins and trace elements especially designed to prepare the skin for tanning and to protect and care for the skin during tanning. Sun/Environmental Damage formula does NOT protect the skin of the UV-radiations; it brings the necessary elements for a perfect and balanced maintenance of a skin that has been exposed to the sun and harsh elements.

The aim of the ingredients is to protect the skin's cells from free radicals attacks induced by a too long or too hard exposure to the sun. For this reason vitamin E, pro vitamin A (beta carotene of carrot oil) selenium and squalene oil have been included in the formula. Moreover a balanced composition of omega 3 and omega 6 essential fatty acids has been composed for its ability to induce an inhibition of a possible cutaneous inflammatory reaction, and also because EFA's are essential elements of the cell's membranes and offer the capacity for damaged skin to repair more easily and faster. Important: This product does not replace the classical UV-protective sunscreens; it prepares skin for tanning, and helps avoid the classical accelerated skin aging process following long sun exposure.

Useful Information:

- Keep out of reach of children
- Keep away from heat source
- Not for use during pregnancy and breast feeding or for children under 6 years old without your doctors approval

Essential Oil for Oral Use Against Sun/Environmental Damage continued:

Main indications

- Preparation to tanning
- Maintenance cure for suntanned skins
- Anti-aging cure
- Well-balanced source of antioxidants and essential fatty acids
- Perfect food supplement for people suffering from burns
- Active care and maintenance of the skin, especially for problem skin
- Care of the skins prone to inflammatory reaction, interesting supplement for people prone to articular problems

Method of use

- **Two weeks prior and during exposure to the sun :**
2 capsules a day immediately before meals
- **When tanning :**
3 to 4 capsules a day immediately before meals
- **When you are back from holidays :**
2 capsules a day for 15 days
- **Anti-aging cure or other indications :**
2 capsules a day for 20 days
repeat if needed after a 10 day break

Can be safely combined with medical treatment.

ESSENTIAL OIL BEAUTY CAPSULES (FOR ORAL USE)

Each two capsules contain	amount per serving	% Daily value
Selenium	22 mcg	31%
Proprietary Formula Evening primrose oil (<i>Oenothera biennis</i>), Musk Rose oil (<i>Rosa rubiginosa</i>), Wheat germ oil (<i>Triticum vulgare</i>), Jojoba oil (<i>Simmondsia chinensis</i>), Salmon oil (<i>Salmo salar</i>), Rosemary oil (<i>Rosmarinus officinalis</i>)	450 mg	*
*Percent Daily Value Not Established		

Other ingredients: Gelatin; glycerine; aqua; antioxidants: tocopheryl (natural vitamin E) selenium; soya lecithin

Description

This beauty formula is a complete blend of natural plant oils and fish oil complete with minerals, trace elements, vitamin E and the chemotyped essential oil of *Rosmarinus officinalis* CT verbenone. It is a balanced formulation of Essential Fatty Acids (omega 3 and 6) coupled with a series of anti-oxidants (vitamin E, selenium) and is indicated as a support to the physical and physiological youth of women. It is a synergistic combination of Evening primrose and musk rose, complete with an extra antioxidant action of vitamin E and selenium. Essential fatty acids are present in a ratio omega 3/omega 6 of 1/5. They are indispensable for the structure of the cell membranes and they improve the suppleness and the brightness of the skin. Through the stimulation of the synthesis of specific prostaglandins they control the female hormonal balance and they stimulate anti-inflammatory pathways. In addition to EFA, selenium and vitamin E are scavengers of free radicals protecting the oxidation of lipids from cell membranes. In doing so they prevent accelerated skin aging and maintain the integrity of the skin, while also maintaining normal female hormonal balance.

Main properties

- **Antioxidant (vitamins, EFA, selenium)**
Source of phospholipids for skin cell membranes
Source of constitutive elements of hair
- **Stimulation and drainage of the liver**
- **Anti-inflammatory in case of skin problem**
Harmonizes woman hormonal balance
Anti-aging

Main indications

- Periods, pre-menstrual syndrome
- Hypertension, hypercholesterolemia
- Hair and skin problems, dermatological affections
- General maintenance of the skin, anti-aging cure
- Perfect food supplement for people suffering from burns

Essential Oil Beauty Capsules (For Oral Use) continued:

Method of use

- **Maintenance :**
1 - 2 capsules a day immediately before meals
- **In other cases :**
start with 2 capsules twice a day for 10 days
afterwards, follow the “Maintenance” procedure

Can be safely combined with medical treatment.

Useful Information:

- Keep out of reach of children
- Keep away from heat source
- Not for use during pregnancy and breast feeding or for children under 6 years old without your doctors approval

IMPORTANT REMINDER

Whether we are essential oil enthusiasts or not, aromatherapy is playing an increasingly important role in our homes due to its contribution to our health and well being.

But the products used must be of the best quality and must be accompanied by objective, competent and scientific information and guidance. Anyone can benefit from the remarkable properties of these oils, but the risks of toxicity in the event of excessive self-medication should be borne in mind.

To avoid the drawbacks (taste, overdose, etc.) of the oral form, several laboratories have developed encapsulated aromatherapy products consisting:

- of **Chemotyped Essential Oils** in 50 mg and 75 mg doses, ensuring a concentration high enough to be effective. The chemotype is the original name identifying an essential oil from a botanical and biochemical point of view. Only knowledge of the chemotype can guarantee the therapeutic quality and safe use of an essential oil. This fundamental principle of modern scientific and medical aromatherapy was developed by Pierre Franchomme in 1975, and is now recognized and used the world over, and others have at times given this **Chemotype** different specific names.

- of **Vegetable Oil** (soft capsule) which enables better gastric distribution of the mixture and reduces the potential aggressiveness of **Chemotyped Essential Oils** on mucous membranes.

Avoid vegetable oils such as **Sesame, Peanut**, etc., which trigger allergies. Recent data from the CIBAA (circle of clinical and biological studies in food allergology) show allergies to sesame in 1.12% of children and 3.56% of adults. This allergy is probably on the rise because we consume increasing amounts of sesame.

- the coat is 100% **Vegetal** (hard capsule) or **Marine** (soft capsule).

Finally, these health products, veritable food supplements, are certified by several health ministries and hold a rightful place in the family's alternative medicine cabinet. The product's dose and appropriate quantity offers the two-fold advantage of efficiency and economy for the duration of treatment.

In addition to the capsule forms, pure CTEOs (**chemotyped essential oils**) can obviously be used as well in all the applications described in detail by Dr. A Zhiri, who holds a doctorate in plant biotechnology.

ESSENTIAL OIL THERAPEUTIC CREAMS
FOR TOPICAL USE

ESSENTIAL OIL GEL FOR LEGS & CIRCULATION

Leg Gel Formula

Ingredients : aqua, essential oils 7% (Peppermint (*Mentha x piperita*), Cajeput (*Melaleuca cajuputi*) Cypress (*Cupressus sempervirens*), Niaouli (*Melaleuca quinquenervia*), Patchouli (*Pogostemon cablin*), Everlasting (*Helichrysum italicum*), Mastic (*Pistacia lentiscus*), plant oils 6% Sunflower (*Helianthus annuus*), Calophylla (*Calophyllum inophyllum*), Horsetail extract (*Equisetum arvense*), Natural Vitamin E (*tocophero*), arginine

MAIN PROPERTIES

PROPERTIES	Essential oils and other active components
Circulatory tonic	Mint, Niaouli, Cypress, Everlasting, Mastic VO Calophylla
Venous and lymphatic decongestant	Niaouli, Cypress, Mastic, Cajeput VO Calophylla
Blood fluidifying	Everlasting
Local cooling effect	Peppermint
Analgesic, anaesthetic	Peppermint

Description

This gel is a tonifying non fatty gel for people suffering from heavy legs or any kind of circulatory problem. This product is made of a balanced formulation of chemotyped essential oils that support and stimulate blood and lymph circulation. It provides a cooling and refreshing effect that helps fluid retentions to be evacuated.

The gel is composed of the most powerful venous decongestant essential oils: mastic (*Pistacia lentiscus*), cypres, patchouli and everlasting (*Helichrysum italicum*). They all induce a vasoconstriction of veins and lymph vessels and stimulate blood circulation and lymph draining. The gel works fast and is able to relieve the pain and discomfort caused by these fluid retentions. Peppermint (*Mentha piperita*), and especially menthol, has a potent cooling effect that potentiates the vasoconstrictive effect. It also works as a local anesthetizer and pain reliever.

Useful Information:

- Keep out of reach of children
- Keep away from heat source
- Not for use during pregnancy and breast feeding or for children under 6 years old without your doctors approval

Main interests of CIRCULATION gel

- Non-greasy gel, **perfect penetration**
- Fast relieving and decongestant effect
- Cooling effect, pleasant in case of heavy legs
- High concentration of essential oils, for a **fast and targeted effect**
- Synergy of essential oils with the vegetable oil calophylla
- Contains **organic silica** for a draining and purifying action
- Organic silica speeds up the transcutaneous penetration of essential oils and therefore, their speed of action

Main indications

- Heavy legs
- Varicose veins
- Phlebitis
- Lymphatic drainage
- Bad circulation in lower limbs
- Recover after an effort
(eases the elimination of metabolic toxins)

Method of use

- **Massage CIRCULATION gel morning and evening until improvement is noticeable**

Important : slightly massage the gel into the skin, from the ankle to the thigh, in an upwards direction.

- Preventive use:

Massage gel into the skin once or twice a week before going to bed

Can be safely combined with medical treatment.

Excellent to use with Formula 6 (page 20-21)

ESSENTIAL OIL GEL FOR CELLULITE & SLIMMING

Ingredients : aqua, essential oils 7.85% (Eucalyptus lemon (*Eucalyptus citriodora*), Cedarwood (*Cedrus atlantica*), Cypress (*Cupressus sempervirens*), Citronella (*Cymbopogon winterianus*), Lemon zest (*Citrus limonum*), Sage (*Salvia officinalis*), Jasmine (*Jasminum officinale*), plant oil 5.85% (Sunflower (*Helianthus annuus*), Horsetail (*Equisetum arvense*), Natural Vitamin E (*tocopherol*)

MAIN PROPERTIES

PROPERTIES	Essential oils and other active components
Lipolytic	Atlas cedar, Santalwood, Sage
Anti-inflammatory	Eucalyptus lemon, Java citronella
Lymphotonic	Atlas cedar, Cypress
Venous and lymphatic decongestant	Cypress, Atlas cedar, Santalwood
Vitamin P-like action (Increases blood circulation and reduces capillary permeability)	Lemon
Blood fluidifying	Lemon
Hepatotonic	Lemon

Description

This gel is particularly suitable to complete and strengthen a general weight loss and anti-cellulitis program. It is particularly concentrated in essential oils (7%), and is supplemented with a carrier oil of sunflower, as a buffer of essential oils. This gel contains aromatic molecules that can work at three important levels: it can first induce the dissolution of fatty cells (thanks to Cedarwood, Sandalwood and Sage essential oils), afterwards Cedarwood and Cypress oils, together with the aromatic essence of Lemon peel, stimulate lymph and blood microcirculation to evacuate fats to the liver and other purifying organs. Finally fats will be metabolized and excreted in the feces and urine, and Lemon peel essence will stimulate the liver and the whole digestive system to support this excreting action.

Main interests of gel :

- Non-greasy gel, **perfect penetration**
- Fast relieving and decongestant effect
- High concentration of essential oils for a **fast and targeted effect**
- Contains **organic silica** for a draining and purifying action
- Organic silica speeds up the transcutaneous penetration of essential oils and therefore, their speed of action

Main indication

- **Cellulite**
 - Must be combined with: specific massages, hepatic support, diet program
- Complements weight loss diet
- Hydrolipidic retentions, lipoma
- **Maintenance of your body (apply after bath or sauna)**
- Heavy or congested legs
(useful but less effective than CIRCULATION GEL)

Method of use

- Apply locally 1 or 2 times a day
- In case of CELLULITE :
It is important to massage in well, for the dissolution and elimination of subcutaneous fat
- Excellent to combine with Formula 8 (pg 24) for detoxifying the entire metabolic system.

Can be safely combined with medical treatment.

Useful Information:

- Keep out of reach of children
- Keep away from heat source
- Not for use during pregnancy and breast feeding or for children under 6 years old without your doctors approval

ESSENTIAL OIL GEL FOR JOINTS AND MUSCLES

Ingredients : aqua, essential oils 7% Basil (*Ocimum basilicum*), Wintergreen (*Gaultheria procumbens*), Eucalyptus lemon (*Eucalyptus citriodora*), Lavandin (*Lavandula hybrida*), Ligurian yarrow (*Achillea ligustica*), plant oils 3% Sunflower (*Helianthus annuus*), Calophylla (*Calophyllum inophyllum*), dehydroacetic acid/benzyl alcohol, Horsetail extract (*Equisetum arvense*), Natural Vitamin E (*tocopherol*), arginine

MAIN PROPERTIES

PROPERTIES	Essential oils and other active components
Anti-inflammatory	Wintergreen, Eucalyptus lemon, Yarrow
Analgesic, anti-spasmodic (muscular tropism)	Wintergreen, Basil, Lavandin
Counterirritant	Wintergreen
Wound healing	Wintergreen
Calming, relaxing	Lavandin

Description

Joint and Muscle gel is a non fatty gel especially designed for the care of painful joints. It has a pain relieving action and promotes the suppleness of the joints. For this reason it can be perfectly used preventively by athletes, laborers, people aiming to do physical work. The gel warms joints and muscles so that they are immediately available for physical performance. In doing so it is possible to prevent articular problems such as arthritis, muscular cramp, torn muscle, etc. Wintergreen essential oil (*Gaultheria procumbens*) is almost composed of one single molecule, methylsalicylate. This aspirin analogue has similar properties: calming, anti-inflammatory and pain-reliever. This central compound is coupled with other pain-killing and anti-inflammatory molecules: the terpenic aldehydes of *Eucalyptus citriodora*, the terpenic esters of lavandin and the sesquiterpenes of *Achillea ligustica*. Basil is also included because it has a spasmolytic and pain relieving action through an inhibitory action at the neuro-muscular junction.

Main interests of JOINT AND MUSCLE gel :

- Non-greasy gel, **perfect penetration**
- Fast and targeted action
- JOINT AND MUSCLE GEL gives a warming effect for a relieving and well being feeling
- High concentration of essential oils, for a fast and targeted effect
- Contains **organic silica** for a draining and purifying action
- Organic silica speeds up the transcutaneous penetration of essential oils and therefore, their speed of action

Main indications

- Articular discomforts, articular pains
- Rheumatisms, articular limping
- Muscle warming, preparation to physical effort
- Helps muscle and tendon flexibility after physical effort
- Muscle cramps, pulled muscle
- Local pain in case of osteoarthritis, arthritis (gout)
- General articular flexibility
- Muscle and articular stiffness (warming in case of)
- Tendinitis, bursitis

Method of use

- **Apply a small amount of gel on the painful area**
Massage to assist the diffusion of the active components
Repeat massage up to 4 times a day if needed

Can be safely combined with medical treatment.

PAIN MANAGEMENT MASSAGE OIL

Ingredients : Plant oils 92% Sunflower (*Helianthus annuus*), Grapeseed (*Vitis vinifera*), Sesame (*Sesamum indicum*); Essential oils 8% Eucalyptus lemon (*Eucalyptus citriodora*), Lavandin (*Lavandula hybrida*), Wintergreen (*Gaultheria procumbens*), Juniper (*Juniperus communis*), Scotch pine (*Pinus sylvestris*), Rosemary (*Rosmarinus officinalis ct camphor*) Black pepper (*Piper nigrum*) Cedrelopsis (*Cedrelopsis grevei*)

MAIN PROPERTIES

PROPERTIES	Essential oils and other active components
Painkiller anti-inflammatory	Wintergreen, Eucalyptus lemon, Juniper, Scots pine, Rosemary CT camphor, Pepper, Cedrelopsis
Muscle relaxant, anti-spasmodic	Wintergreen, lavandin
Local warming effect, vasodilatator	Wintergreen, Rosemary CT camphor
Counterirritant, wound healing	Wintergreen

Description

This massage oil is a special aromatic composition with pain relieving and muscle relaxing properties. It can be very beneficial to alleviate muscular cramps and to prepare muscles to an optimal recovery. It is also particularly indicated for the care of painful inflamed tendons.

Most of the ingredients work as pain relieving and as anti-inflammatory agents. This is the case for wintergreen, lemon eucalyptus, cedrelopsis and juniper. Another important ingredient is the camphor chemotype of rosemary. This essential oil is typically associated with muscular care, cramp alleviation and muscle relaxation, due to a high level of natural camphor (also called borneone). Camphor induces a local increase of tissue temperature (hyperemia) and acts as a vasodilatator, allowing a faster blood draining of the produced metabolic toxins such as lactic acid. *Rosmarinus officinalis* CT camphor has therefore also a pain relieving action. Finally black pepper contains close to 90% sesquiterpenes which are excellent transdermic pain-killing agents. This oil is used successfully in case of arthritis, rheumatism, rheumatic pains, tendinitis or osteo-muscular algia.

Main indications

- **Recuperation after a muscular effort**
- Muscle relaxing
- Cramps, pulled muscle, torn muscle
- **Tendinitis, Tennis elbow, Golf elbow**
- Articular limping, rheumatism, articular stiffness

Method of use

- **Massage Oil over the entire surface of the muscle or joint**
Exert moderate pressure when massaging in the upwards direction

A good massage may take time in order to relax muscle fibers and eliminate metabolic toxins

Can be safely combined with medical treatment.

ESSENTIAL OIL SHAMPOO & SPRAY TO ELIMINATE LICE & NITS

Shampoo Ingredients: aqua, sodium laureth sulfate, cocoamidopropyl betaine, cocamide DEA and glycerol, PEG-8 caprylic/capric glycerides, essential oils (1%): Tea tree (*Melaleuca alternifolia*), Ylang ylang (*Cananga odorata*), Lavandin (*Lavandula hybrida*), Eucalyptus (*Eucalyptus radiata*), Clove (*Eugenia caryophyllus*), Pennyroyal (*Mentha pulegium*), Myrtle (*Myrtus Communis*), Greek oregano (*Origanum heracleoticum*) Contains: benzyl benzoate; eugenol, limonene (natural active components as found in the essential oils).

Spray Ingredients: denatured alcohol, essential oils (34%): Tea tree (*Melaleuca alternifolia*), Ylang ylang (*Cananga odorata*), Lavandin (*Lavandula hybrida*), Eucalyptus (*Eucalyptus radiata*), Clove (*Eugenia caryophyllus*), Pennyroyal (*Mentha pulegium*), Myrtle (*Myrtus Communis*), Greek oregano (*Origanum heracleoticum*), herb-water *Lavandula*. Contains: benzyl benzoate, benzyl salicylate; citral, coumarin, eugenol, farnesol, geraniol, isoeugenol, limonene, linalol (natural active components as found in the essential oils).

Description

This is a new aromatic approach for the management of head lice infestations. Contrary to the commonly available drugs, this shampoo and spray provides a non toxic, very efficient, reliable solution. It smells much better than classical drugs and is not susceptible to the development of parasitic cross resistance. It is very easy to use and can be applied preventively.

There are many scientific and clinical evidences about the fast and powerful activity of some essential oils on adult and nits of headlice, *Pediculus capitatus humanis*. Essential oils kill parasites in minutes where chemicals need hours or days to achieve similar results. Our research has demonstrated that spray is able to destroy a whole population of head lice in less than 15 minutes. Additionally it is a great antiseptic, it promotes skin repair in case of intense crabbing, and it protects from itching. This is a complete solution for a complex health problem.

Essential Oil Shampoo & Spray to Eliminate Lice & Nits continued:

- Efficacy from its first use
- Effect on nits and mature parasites
- No resistance known
- Does not dry out the scalp
- Preventative and curative action
- Fresh and pleasant smell
- Non-irritating
- Wound healing
- Anti-itching

MAIN PROPERTIES

- Shampoo and Cleansing Spray with chemotyped essential oils
- 100 % pure and natural
- As a preventative, spray the lotion behind the ears before leaving for school.

HOW DO THESE ESSENTIAL OILS WORK

<u>Immunostimulant</u>	<u>Antiparasitic</u>	<u>Repellant</u>
E.O. of Honey Myrtle CT cineol, E.O. of Tea tree, E.O. of Eucalyptus radiata	E.O. of Tea tree, E.O. of Greek Origano, E.O. of Pennyroyal, E.O. of Clove	E.O. of Lavender super, E.O. of Ylang Ylang

ESSENTIAL OIL LIP BALM FOR COLD SORES, FEVER BLISTERS & SHINGLES

Ingredients: aqua, glycerin, essential oils (6%): Ravintsara (Cinnamomum camphora ct cineole), Eucalyptus (Eucalyptus radiate), Niaouli (Melaleuca quinquenervia), Lemon (Citrus limonum), Peppermint (Mentha piperita), Tansy (Tanacetum annuum); Lysine (amino acid); Sodium acrylaten/sodium acryloyldimethyl; taurate copolymer polyisobutene; caprylyl/capryl glucoside, Plant oils (3.04%): Jojoba (Simmondsia chinensis), Calophylla (Calophyllum inophyllum), Argan (Argania spinosa), rosehip (Rosa rubiginosa), Evening primrose (Oenothera biennis); Dehydroacetic acid/benzyl alcohol; Tocopherol (natural vitamin E); Phenoxyethanol. Contains: citronnellol, citral, geraniol, limonene, linalol (natural active components as found in the essential oils.)

- Superb action from first application
- Effective prevention from first tingling
- Fast regeneration of skin tissues thanks to the rare and precious oils it contains
- Dermatologically tested - more effective than Acyclovir
- Non greasy gel easy to apply
- Fresh and pleasant smell
- For healthy and Beautiful Lips
- See and Feel the Difference

THE END OF COLD SORES & HERPES 1 5 unique synergic actions for amazing efficacy

Antiviral +++

E.O. Ravintsara,
E.O. of Eucalyptus radiata,
E.O. of Niaouli,
E.O. of Lemon

Healing +++++

P.O. of Argan,
P.O. of Jojoba,
P.O. of Evening primrose,
P.O. of Musk Rose
P.O. of Calophylla

Analgesic +++

E.O. of Peppermint
Anaesthetic ++
E.O. of Peppermint

Anti-inflammatory +++

E.O. Tansy

Anti-pruriginous +++

E.O. Tansy

Essential Oil Lip Balm For Cold Sores, Fever Blisters & Shingles continued:

Acyclovir → Anti-Viral

Aromatic Blend (EO) →
Anti-Viral
Pain Relieving
Wound Healing
Skin Nourishing
Anti-Septic

Aroma-therapy offers

COMPLETE BALANCED SOLUTION TO COMPLEX AND MULTIFACTORIAL HEALTH DISORDERS

Strengths

- Special non-fatty excipient - excellent skin penetration
- Special nozzle for a very practical use
- 5 grams instead of 2 or 3 - one can easily repeat the applications
- Great clinical performance, at least as powerful as chemical drugs
- Balanced composition, that offers a complete therapeutic solution
- Combination of essential oils
- Very quick soothing effect
- If early detection - possible to avoid outbreak
- Fresh and lovely smell

Description

This lip balm is a unique and powerful lip gel for the active prevention and the care of cold sores and fever blisters. Unlike the most common available drugs, essential oils remain the unique efficient compounds which have been proven to exert a strong anti-viral activity.

Essential oils in the lip balm have been found to have a stimulating effect on the immune system. Moreover several publications indicate that some essential oils can kill a wide variety of circulating viral particles by direct interaction and through the potentiation of the immune response. Finally essential oils and plant oils work together to protect the affected skin area and to promote and accelerate its healing.

EUCALYPTUS CHEST AND BACK RUB

- Cold, Flu, Upper Respiratory
- Can be used by the entire family and newborn babies (older than one month)
- Safe and effective
- External use only
- Decongestant
- Productive cough
- Breathing difficulty
- Aid to naturally fall asleep (decongestant & massage & aromatic scents)

Description

This is a creamy gel, stable, non greasy, homogenous, very soft when applied on the skin. It contains a blend of 100% pure and natural essential oils with proven decongestant activity for the respiratory tract. Other essential oils rather work antiviral, mucolytic or anti-inflammatory, or have a positive influence of the immune system. All essential oils have been very carefully selected, so this gel is very well tolerated, even by very sensitive skins. For similar reasons, not less than 20% vegetable oils have been added in the composition of the gel; they bring relief, have skin nourishing activity and improve the quality and the softness of the massage

Ingredients: aqua; plant oils (10%): Sweet Almond (*Prunus amygdalus*), Canola oil (*Brassica napus*), Hazelnut oil (*Corylus avellana*), Rosehip oil (*Rosa rubiginosa*); sodium acrylate/sodium acryloyldimethyl taurate; copolymer; polyisobutene; caprylyl/capryl glucoside; essential oils (3,03%): Eucalyptus (*Eucalyptus radiata*), Cinnamomum fragrans, Ravintsara (*Cinnamomum camphora*), Balsam fir (*Abies balsamea*), Black spruce (*Picea Mariana*), Chamomile (*Anthemis nobilis*), Sweet inula (*Inula graveolens*); dehydroacetic acid / benzyl alcohol; phenoxyethanol; Natural Vitamin E (tocopherol); arginine Contains: Limonene, linalool, citral, geraniol (natural active components as found in the respective essential oils)

Instructions for use: Once or twice daily, apply a dab of gel to chest and back and massage until it has fully penetrated.

- Organic certified
- 100% Natural
- Approved by the European Ministry of Health (European FDA)
- No Parabens, No Petroleum
- Enriched with organic cold pressed plant oils
- Soothing, nourishing, healing for highly sensitive skin
- Complies with cosmetic regulations
- Does not contain menthol, eugenol, camphor, or synthetic eucalyptol
- Non-greasy
- No residue, completely penetrates
- Fast, effective and perfect penetration
- #1 selling chest rub in Europe
- More hygienic package (tube vs. jar)

GLOSSARY OF TERMS

Analgesic: Reduces or eliminates pain.

Anaphrodisiac: Lessens or mellows erotic feelings.

Antibacterial: Assists the body in resisting or destroying infectious bacteria.

Antidepressant: Helps uplift mood.

Antifungal: Assists the body in resisting or destroying fungal organisms, such as yeast.

Antineuralgic: Helps soothe nerve pain (neuralgia).

Anit-inflammatory: Reduces heat, redness, and swelling associated with inflammation.

Antirheumatic: A general term for an agent that helps ease arthritic symptoms, such as musculoskeletal pain and inflammation.

Antiseptic: Inhibits the growth of microorganisms such as bacteria or fungi.

All essential oils show some degree of antiseptic action.

Antispasmodic: Eases muscular spasms or cramps.

Antiviral: Assists the body in resisting invasion of viruses or relieving accompanying symptoms.

Aphrodisiac: Enhances or stimulates erotic feelings.

Astringent: Contracts, firms, and strengthens skin and other tissue; reduces secretion.

Carminative: Promotes digestion and peristalsis; assists in expulsion of intestinal gas.

Couperose: Red, 'spider-veined' skin due to weakened or broken capillaries.

Emollient: Softens, soothes and protects especially dry or chapped skin.

Euphoric: Promotes a sense of well-being.

Expectorant: Promotes elimination of excess respiratory mucous.

Fixative: A viscous (thick) oil with a very low evaporation rate; used in perfumery to stabilize and increase the 'staying power' of a blend.

Mucolytic: Helps fluidify (dissolve) mucous.

Neat: To apply undiluted, directly on skin.

Nervine: Having an effect on the nervous system (*for example, a sedative or stimulant*)

Photosensitizing, phototoxic: May cause a skin reaction such as burning, irritation, or pigment change upon exposure to ultra-violet light (sunlight, tanning lights)

Regulating: Helps balance and normalize body functions

Sedative: Relaxing, calming, soothing effects.

Sensitizing: Capable of producing an irritation or allergic reaction.

Stimulant: Invigorating, stimulating, energizing effects.

Tonic: Increases tone and vitality of skin, other organs or body systems.

Vulnerary: Affects wound healing, skin regenerative.

Natural Scientific Remedies

This book that you are holding in your hands will provide you with the natural remedies that you need for you and your family to be used as the first line of defense against some of the most common ailments afflicting mankind today. Antibiotics and drugs are no longer effective on a majority of the bacteria and viruses that compromise our immune system and the risk of using more potent drugs are more dangerous than the conditions you are trying to treat.

Nature has the answer!

In this booklet you will discover some of the most potent and effective remedies that are completely natural and without risk of side effects.

In today's world there is an over medicated society causing harm and a long list of major side effects. Its time that you took control of your health and your family's health and learn to treat yourself for many of the common ailments that either drugs are not effective for, or present too great a risk of health.

Essential oils are very potent and effective; they are 75 - 100 times more potent and effective than herbal extracts. It has been long thought they could only be used topically. You will now learn the medical and scientific value of essential oils being used internally. From 25 years of scientific research in Europe, these chemotyped essential oil remedies in capsule form for oral use are now available in the US.

How can one blend of essential oils effect so many different biological indications?

Most people are accustomed to realizing an effect from an ethical drug for one medical indication because it is a single molecule. An essential oil may contain 250-300 natural biological molecules. Therefore, a blend of oils may contain up to 1,000 natural biological elements. This reinforces nature's power to heal. That's why in this booklet you will experience blends of oils that can affect a variety of indications. This is the power of nature and essential oils working together.

This booklet represents the "indispensable" essential oils. These offer the greatest possibilities and effectiveness with the lowest toxicity at the prescribed doses. The recommended doses, borne of the researcher's long experience, may appear insignificant to some. After all, what can 50 – 75 mg do? Not much, except in the case of essential oils with their remarkable reactive effect. So always follow the prescribed doses carefully. Overdoing it will add nothing on the therapeutic level.