Notes

Helpful Hints for Selecting Essential Oils

When looking for an essential oil, demand 100% pure therapeutic-grade oils, carefully grown and prepared to deliver the maximum bioactivity, energy and chemical profile of the living plant. These premium and potent oils are more costly than the synthetic and diluted oils used in some low-priced cosmetic and health products, but remember, for optimal health and wellness, it is worth the difference in cost. I prefer an enteric-coated softgel delivery for this oil blend. Such a delivery reduces unpleasant aftertaste and delivers nutrients directly to the small intestine for optimal absorption and bioactivity.

For additional information call 800-524-4105 or visit www.soundconcepts.com

Copyright © 2006 Sound Concepts. All rights reserved. The contents of this publication may be reproduced without permission if reproduced without permission if any form by any means without written permission of Sound Concepts. Information herein is NOT intended to be taken as medical advice. No reproduction, transmission, or translation into any language in any form by any means without written permission of Sound Concepts. All therapeutic- or medical claims are either implied or made. DO NOT ALTER INFORMATION. ALL RIGHTS RESERVED.

Inflammation In The Body

Inflammation plays both good and bad cop in your body's immune system. It is a key component of your body's defense arsenal. An accidental cut will trigger an army of white blood cells called B lymphocytes, macrophages, neutrophils, and T lymphocytes to protect you against infection. This process causes two indicators of inflammation — swelling and redness.

Dr. Chilton calls out-of-control inflammation "too much of a good thing." Inflammatory diseases are a hyper-exaggeration of the normal immune response. Chronic inflammation is now understood to be linked to an increasing number of diseases. The other bad news about inflammation is it also accelerates the aging process.

The list of inflammation-induced health concerns is a long one, including asthma, allergies, rheumatoid arthritis, osteoporosis, gout, lupus, psoriasis, inflammatory bowel disease, heart attack, congestive heart failure, Alzheimer's disease, diabetes and chronic bronchitis. How is the inflammation response triggered in the body? In addition to microbial infections, environmental toxins and stress, a poor diet plays a major role in provoking inflammation. Our diets contain too many omega-6 oils that create an overabundance of the inflammatory messengers called prostaglandins and leukotrienes. Bringing omega-6 to omega-3 ratios back into balance is a key factor in keeping inflammation within the normal range. This may be more difficult than it seems. For today the diet of most Americans has an omega-6 to omega-3 ratio of 20:1 or as much as 50:1!!

With half of all American adults facing inflammation disorders, some scientists have looked to ancient remedies for help.

ESSENTIAL OILS & Inflammation

Inflammation is a hyper-exaggeration of the normal immune response.

Essential oils have potent effects against inflammation.
Frankincense This essential oil is recognized throughout the world for its anti-inflammatory action. Japanese researchers found that triterpene compounds in Boswellia carterii "exhibit marked anti-inflammatory activity," while a study at the University of Maryland School of Medicine showed that frankincense’s boswellic acids inhibit production of the inflammation messengers interleukin-2 and gamma interferon and also have immunomodulatory activity.

Ginger A Danish study determined that ginger inhibits prostaglandin and leukotriene creation with no adverse effects reported in the patients, some of whom were in this study for 2.5 years; ginger is a potent anti-inflammatory and strongly affects the biomarkers of inflammation.

Geranium A study at the Institute Pasteur of Iran found that "the analgesic and anti-inflammatory effect of the essential oil was comparable to reference analgesics and non-steroidal anti-inflammatory drugs: morphine and propraxic." Eucalyptus globulus Studies have shown that Eucalyptus globulus has "neutrophil-dependent and independent anti-inflammatory activities," "has the anti-inflammatory effect on chronic bronchitis" in an animal study, and can ameliorate inflammatory processes because it can "interfere with leukocyte activation." Myrrh This oil of antiquity decreases inflammatory cytokines. Nutmeg An animal study at the College of Medicine, University of Ibadan in Nigeria showed that nutmeg had anti-inflammatory and analgesic effects. Thyme Since nitric oxide plays a major role in inflammation, thyme was studied along with Eucalyptus globulus and documented to show "significant scavenging of NO [nitric oxide] radicals." Cardamom A Saudi study of cardamom oil determined anti-inflammatory, analgesic, and antispasmodic action. Rosemary This essential oil was found to "have a therapeutic potential in treatment or prevention of bronchial asthma, spasmodic disorders, peptic ulcer, inflammatory diseases" and other conditions. Essential Oil Constituents Research has shown several chemical constituents of certain essential oils to have anti-inflammatory action. Methyl salicylate (wintergreen) inhibited leukotriene formation. 1,8-cineole (eucalyptus and rosemary) has "potential beneficial use in therapy as an anti-inflammatory agent." Linalool (also known as linalol according to the FDA) and linalyl acetate (lavender, bergamot, cardamom, and rosewood contain one or both of these constituents) have anti-inflammatory effects. Chamazulene (blue tansy) and German chamomile flavonoids were found to inhibit the leukotriene synthesis. Free radicals are created in our bodies every moment of the day. They arise from normal metabolic functions. Dr. Bruce Ames of the University of California at Berkeley estimates that the DNA of our cells is attacked by free radicals over 10,000 times per day. And then add in the free radical insults that come from pollutants in our environment. You will see how important antioxidants are!

ANTIOXIDANT ESSENTIAL OILS

Clave Coriander Geranium M. alternifolia Oregano Ginger Myrrh Rosemary Fennel Citrus oils Basil Tarragon Laurus nobilis

Thyme Provides ultra-antioxidant protection of awesome proportions. It is a co-twin of oxidation, the damage caused by free radicals. You only have half the prescription! Knowing which essential oils are anti-inflammatory is arming yourself with 50% of the power. The other half of the inflammatory story is oxidation, the damage caused by free radicals. Neuroscientist James Joseph of Tufts University warned, "Inflammation is the evil twin of oxidation. Where you find one, you find the other." Free radicals are created in our bodies every moment of the day. They rise from normal metabolic functions. Dr. Bruce Ames of the University of California at Berkeley estimates that the DNA of our cells is attacked by free radicals over 10,000 times per day. And then add in the free radical insults that come from pollutants in our environment. You will see how important antioxidants are!

Inflammation

There’s clinical evidence now to consider treating inflammation without the powerful effects offered by pure therapeutic-grade essential oils. The following are single oils that are helpful for inflammation.

Lavender, Myrrh, Tea Tree oil and Geranium

Topically — apply to rashes, burns and other inflamed areas.

Frankincense

Topically — offers wonderful healing properties for tissues and supports cellular growth.

Muscle and Joint Pain Blend (Wintergreen, Helichrysum, Clave, Peppermint)

Topically — apply to affected tissues as needed.

Antiaging/ Antioxidant Blend

The following blend is as essential as a daily multivitamin. It provides ultra-antioxidant protection of awesome proportions.

Thyme

This contains thymol, Research shows thymol protects and increases levels of DNA in the body, a multi-antioxidant useful to overall health.

You only have half the prescription!