

Terry Talks Nutrition

Compliments of Terry... Naturally

Key Words

Plant oils (PO), Antibacterial, Antiviral, Antifungal, Antiparasitic, Liver, Kidney, Lymphatic system detoxification, Chemotyped PO

Oils from plants are typically associated with aromatherapy. Known as “essential oils,” they are used topically or inhaled (for example, as a mist or added to bath water). However, I want to share with you the healing benefits of plant oils when used internally. Properly prepared, chemotyped plant oils used at the right dosage can be taken long term for prevention of disease, and used short term in a higher dosage for specific healing benefits. Chemotyped plant oils (CPO) refers to the process of identifying and classifying a plant oil based on the specific molecules that it contains in the highest concentrations. A plant’s “chemical makeup” – that is, the specific type and ratio of compounds it contains – is highly influenced by climate, soil, plant exposure to sun and water, and when it was harvested. The same species of plant grown under different conditions can contain very different compounds, some of which can be beneficial for health and some of which have no value or can even be harmful. A chemotyped plant oil has been analyzed by scientific testing to verify what compounds it contains and that it is safe for internal use. There are thousands of known plant oils but only about 300 are commonly used today.

Where do we get plant oils?

Plant oils are highly concentrated and potent oils extracted from plants, leaves, flowers, roots, buds, twigs, rhizomes, bark, seeds and fruits. Plant oils are found in special glands or cells. Each has its very own blueprint (fingerprint) that is absolutely unique and consistent to only that plant. For example, there are 3,000 species of eucalyptus but the fingerprint of each one of these species is created by the energy of the sun, the soil, climate, geographical territory, air and water which gives each one of these 3,000 species a unique identity and beneficial healing properties. The same species of plant can produce an essential oil with different prop-

erties depending on whether it was grown on dry or damp earth, at high or low altitude or even in hot or cold climates. Most plant oils are obtained by distillation, or the use of steam under low pressure. The process consists of making steam pass through a tank filled with aromatic plants or by mechanical processing of citrus rinds.

Plant oils are the most concentrated extract available from plant material. Rose oil, for example, uses 4,000 kilos to produce 1 liter (33 fluid ounces) of essential oil. The amount of rose bushes required for this would cover 2 ½ acres. To make 1 liter of clove oil requires 7 kilos of clove buds. It is this high concentration that makes them so powerful. One drop of plant oil can be equivalent to thousands of milligrams of a dry powdered botanical extract and consist of 200-300 different molecules. In contrast, a synthetic drug is one single molecule. Because they are made up of so many different molecules, plant oils, therefore, can work in a number of different ways to promote healing and be effective for a dozen different conditions, whereas a drug typically is directed to one pathway and for one indication.

The Healing Properties of Chemotyped Plant Oils

Chemotyped plant oils are truly an excellent form of holistic therapy. Let me give you examples of some of the most powerful plant oil formulas that you can either blend yourself or look for a blended essential oil complex in a softgel capsule in your health food store. Keep in mind that plant oils are very powerful and need not be used in high dosages long-term to be effective. You are using a highly concentrated, oil soluble, molecular complex. This dosage schedule should be adhered to for all the blended plant oil formulas that I describe.

Sleep

Plant oils: Blend of Majoram (*Origanum majorana*), Lavender (*Lavendula angustifolia*), Mandarin (*Citrus reticulata zeste*), Ravintsara (*Cinnamomum camphora*), Lemon Verbena (*Lippia citriodora*)

Why? This combination of plant oils promotes sleep without causing grogginess or drowsiness the next day. Lavender is particularly well known as a sleep enhancer. Use this formula when traveling, when over-tired, or when stress or tension interferes with sleep.

Terry recommends a product with this formula.

Chemotyped Plant Oil Sleep Formula: 150 mg Containing Majoram (*Origanum majorana*), Lavender (*Lavendula angustifolia*), Mandarin (*Citrus reticulata zeste*), Ravintsara (*Cinnamomum camphora*), Lemon Verbena (*Lippia citriodora*)

Energy

Plant Oils: Blend of Scots Pine (*Pinus sylvestris*), Black Spruce (*Picea Mariana*), Thyme (*Thymus satureioides*)

Why? These plant oils naturally provide a sustained level of increased physical and mental energy—without acting like artificial stimulants which cause anxiety and “the jitters.” Natural compounds in these oils help your body regulate the hypothalamus-pituitary-adrenal (HPA) axis. The activity of the HPA axis is what influences mood, sexuality, alertness and energy use. I recommend taking one dose in the morning to help you stay alert and energized throughout the day.

Terry recommends a product with this formula.

Chemotyped Plant Oil Energy Formula: 125 mg Scots Pine (*Pinus sylvestris*), Black Spruce (*Picea Mariana*), Thyme (*Thymus satureioides*)


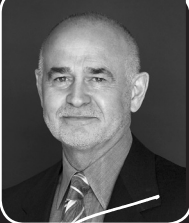
Stress Relief

Plant Oils: Mandarin (*Citrus reticulata*), Basil (*Ocimum basilicum*), Exotic Verbena (*Litsea citrate*)

Why? This blend of oils is one of my favorites. It is excellent for relieving stress and creating calm, relaxed feelings. In fact, mandarin oil is known as “happy oil” – you will feel happy and positive as soon as you use it. While you can swallow this oil, I like to take it in a softgel and allow it to dissolve in my mouth. While I don’t recommend this for every plant oil, I find that this formula has a pleasant citrus taste and the relaxing effects occur even more quickly when allowed to dissolve in the mouth.

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Terry Talks Nutrition



Medicine of the Future— 100% Pure Chemotyped Plant Oils

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(Stress Relief)

Terry recommends a product with this formula.

Chemotyped Plant Oil Calming Formula: 125 mg Mandarin (*Citrus reticulata*), Basil (*Ocimum basilicum*), Exotic Verbena (*Litsea citrate*)

Ear Nose and Throat Health

Plant Oil: *Origanum compactum* (*oregano oil*). This is a rare form of oregano but it's extremely effective and worth looking for.

Why? It is antibacterial, antiviral, antifungal, antiparasitic and is effectively used for rhinitis, colds, sinusitis, throat afflictions and dermatological ailments. Oregano oil is particularly efficient against E.coli, staph and even bacteria that is resistant to many antibiotics.

Terry recommends a product with this formula.

Chemotyped Plant Oil Ear, Nose and Throat (ENT) Formula: 150 mg Chemotyped Oregano (*Origanum compactum*) containing 55% carvacrol and thymol (82.5 mg)

Immune Boost

Plant Oil: Blend of Ravintsara (*Cinnamomum camphora CT cineole*); *Eucalyptus radiate; Clove (*Eugenia caryophyllus*); and *Thyme (*Thymus serpyllum*).

Why? This blend of oils is a very powerful immunostimulant and a very broad spectrum antiseptic. It's one of the most powerful antiviral plant oil blends. It can be used for sinusitis, bronchitis, and coughing, viral infections, and influenza. It is a must for everyday use during winter viral epidemics.

Terry recommends a product with this formula.

Chemotyped Plant Oil Immune Formula: 125 mg Chemotyped Plant Oils containing Ravintsara (*Cinnamomum camphora CT cineole*), Thyme (*Thymus serpyllum*), Eucalyptus (*Eucalyptus radiate*), Clove (*Eugenia caryophyllus*)

Detox

Plant Oil: Blend of Peppermint (*Mentha piperita*), Rosemary (*Rosmarinus officinalis*), Labrador Tea (*Ledum groenlandicum*), Juniper (*Juniperus communis*), Lemon (*Citrus limon zeste*), Cypress (*Cupressus sempervirens*)

Why? This unique blend of oils contains a concentration of essential oil molecules that are responsible for the stimulation of the whole digestive tract, and specifically the liver. The essential oil molecules stimulate and regenerate liver function. They also have a decongestant and purifying action on the liver. I particularly like Labrador tea. This plant, little used because it's rare and relatively unknown, has highly effective therapeutic properties. It decongests and regenerates liver function. It has anti-inflammatory, analgesic, antispasmodic, anti-allergic and antidepressant properties.

Terry recommends a product with this formula.

Chemotyped Plant Oil Detox Formula: 125 mg Containing Peppermint (*Mentha piperita*), Rosemary (*Rosmarinus officinalis*), Labrador Tea (*Ledum groenlandicum*), Juniper (*Juniperus communis*), Lemon (*Citrus limon zeste*), Cypress (*Cupressus sempervirens*)

Digestion

Plant oil: Basil (*Ocimum basilicum*), Peppermint (*Mentha piperita*), Coriander (*Coriandrum sativum*), Cumin (*Cuminum cyminum*), Bay (*Laurus nobilis*), Caraway (*Carum carvi*), Lemon (*Citrus limon*)

Why? These oils provide excellent support for gas relief, indigestion, bloating, nausea and vomiting. Peppermint provides soothing relief of intestinal cramps and pain; lemon helps activate the digestive organs so that the process of digestion works efficiently. Together, this blend relieves a variety of common digestive complaints. It can be taken before, during or after a meal, as needed.

Terry recommends a product with this formula.

Chemotyped Plant Oil Digestion Formula: 100 mg Basil (*Ocimum basilicum*), Peppermint (*Mentha piperita*), Coriander (*Coriandrum sativum*), Cumin (*Cuminum cyminum*), Bay (*Laurus nobilis*), Caraway (*Carum carvi*), Lemon (*Carum carvi*)

Parasites

Plant oils: Blend of Cinnamon (*Cinnamomum cassia*), Coriander (*Coriandrum sativum*), Clove (*Eugenia caryophyllata*), Oregano (*Origanum compactum*), Peppermint (*Mentha piperita*), Savory (*Satureja Montana*)

Why? This blend will protect you against many parasites, viruses and bacteria. It is incomparable against exotic intestinal problems. Particularly effective is Savory, which is unrivaled against pathogenic germs for everyday use and particularly when traveling.

It has very powerful broad spectrum antibacterial, antiviral and immune stimulant activity. It has fungicidal and antiparasitic properties par excellence.

Terry recommends a product with this formula.

Chemotyped Plant Oil Antiparasitic Formula: 150 mg Containing Cinnamon (*Cinnamomum cassia*), Coriander (*Coriandrum sativum*), Clove (*Eugenia caryophyllata*), Oregano (*Origanum compactum*), Peppermint (*Mentha piperita*), Savory (*Satureja Montana*)

Other Guidelines for Chemotyped Plant Oil Use

- Not recommended for pregnant and lactating women.
- Do not use for children under 6 years of age.
- High dosages of essential oils should not be used on a long term basis except under the supervision of a highly skilled health care professional such as your physician, herbalist or aromatherapist.
- How to use: With any ailment, if treatment is started early enough, as soon as the first symptoms appear, the duration can be very short, between 12 and 48 hours.
- For acute disorders, the duration is generally extended between 5 and 7 days at fairly strong dosages, 3-4 softgels daily.
- For more serious chronic problems, the treatment period can spread out over several weeks or months with cycles of one week of treatment with a one-week break at a lower dosage.
- Taking softgels with food can help minimize stomach upset in sensitive individuals.

When in doubt, always consult your physician or health care practitioner. This column is to provide you with information to maintain your health.