

# Terry Talks Nutrition



## Medicine of the Future 100% Pure Chemotyped Essential Oils

*Compliments of Terry... Naturally*

**KEY WORDS: Essential oils (EO), Antibacterial, Antiviral, Antifungal, Antiparasitic, Liver, Kidney, Lymphatic system detoxification, Chemotyped EO**

It has been estimated that as many as 25 million Americans have been diagnosed with parasites. Another 80 million are estimated to have parasites but have not been diagnosed. Today, more and more people travel around the world coming into contact with parasites and foreign pathogens on a daily basis. Many people have lost the ability to have a proper digestive system to eliminate parasites when they become infected. Too many people are prescribed Protonix which inhibits the free flow of hydrochloric acid, and therefore, they become more susceptible to parasites. As we emphasize a hygienic society, it seems we are plagued with more outbreaks of E.coli and parasites. A blend of essential oils that I like to use particularly when I travel is designed to destroy parasites and foreign unwanted intestinal invaders. Chinese medicine could not prescribe anything without \*cinnamon. The reason is because of its polyvalent antiseptic and antibacterial properties, which are wide ranging and powerful, destroying 98% pathogenic bacteria, gram+cocci (Streptococci are gram-positive aerobic organisms that cause many disorders, including pharyngitis, pneumonia, wound and skin infections, sepsis, and endocarditis. Symptoms vary with the organ infected. Other pathological conditions include rheumatic fever and glomerulonephritis. Most strains are sensitive to penicillin, with the exception of enterococci, which can be resistant to multiple drugs) and gram-bacilli (Many species of Gram-negative bacteria are pathogenic meaning that they can cause disease in a host organism. This pathogenic capability is usually associated with certain components of Gram-negative cell walls, in particular the lipopolysac-

charide (also known as LPS or endotoxin) layer. In humans, LPS triggers an innate immune response characterized by cytokine production and immune system activation. Inflammation is a common result of cytokine production, which can also produce host toxicity). It's a powerful tonic for the sympathetic nervous system, a general stimulant and sexual aphrodisiac. **Clove** essential oil has a powerful antibacterial effect against a large number of pathogenic germs and parasites along with its antiviral and antifungal properties. It is also neurotonic and a general stimulant. **\*Peppermint** essential oils' action has long been known as a tonic and general stimulant, an intestinal and urinary tract anti-inflammatory, and above all an antalgic and anesthetic by virtue of its cooling effects. **\*Savory** is a very powerful broad spectrum antibacterial, antiviral and immune stimulant. It has fungicidal and antiparasitic properties par excellence. The anti-infectious power of mountain savory oil has been widely studied in French universities. It is unrivaled against pathogenic germs for everyday use and particularly when traveling. Include this exceptional oil in your antiparasitic formula. It will protect you against many parasites, viruses and bacteria. Incomparable against exotic intestinal problems. These four essential oils are very powerful and effective in reducing parasites, and in general, all pathogens.

**An Example of a Chemotyped Essential Oil Antiparasitic Formula:**  
Containing Cinnamon (*Cinnamomum cassia*), Coriander (*Coriandrum sativum*), Clove (*Eugenia caryophyllata*), Oregano (*Origanum compactum*), Peppermint (*Menthe piperita*), Savory (*Satureja Montana*) 150 mg

**Useful information for all essential oil formulas: 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 and only 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.

Usually softgels are more effective when taken with food.

*End*

Look for this column every Wednesday.

*Terry Naturally*



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\*This essential oil is in the top 10 of all essential oils available for its effectiveness, healing and restorative properties.