

Terry Talks Nutrition

PART TWO of THREE

TO YOUR GOOD HEALTH

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

The second formula or blend of essential oils that I would keep in my medicine chest or pharmacy is one to support immune function, or more specifically, for natural defense of the body. This blend of oils is a very powerful immunostimulant boosting the IgA and IgM synthesis regulating the intensive production of pro-inflammatory immunoglobulins. It's a very broad spectrum antiseptic and one of the most powerful blends of essential oils for its antiviral capacity. It can be used for all viral pathologies, for an underactive immunity and for any acute or chronic pathology. This blend of oils contains some of the most powerful antiviral and immune enhancing essential oils, ***Ravintsara** (*Cinnamomum camphora CT cineole*), ***Eucalyptus radiate**, **Clove** (*Eugenia caryophyllus*) and ***Thyme** (*Thymus serpyllum*). This combination has been shown to increase the synthesis and blood level of immunoglobulins of the M and A groups which are correlated to mucosal and cutaneous tissues. In this complex, **Ravintsara** (*Cinnamomum camphora CT cineole*) is antiviral, an immune stimulant, antibacterial, antitarrhal, expectorant and neurotonic (powerful energizer properties). Ravintsara oil is exceptional in every way: efficiency, safety, tolerability and potential. It is the best aromatherapy product to deal with increasingly resistant viral strains, an absolute necessity for any emergency kit. It is a must for everyday use during winter viral epidemics. **Thyme** (*Thymus serpyllum*) has been extensively used in folk medicine for many years and is widely found in Kashmir at an elevation of 8,000 to 12,000 feet above sea level. It's the most versatile herb for use in home remedies. The plant is aromatic, antiseptic, diaphoretic, analgesic and diuretic. The essential oil contains certain compounds that are a powerful and proven antibiotic and disinfectant, it enhances the immune system and fights infections. It can also relieve rheumatism, gout and sciatica. Thyme is a proven remedy for ailments of the respiratory, digestive and congenital urinary systems. The essential oil of Thyme serpyllum has also shown antioxidant, antimicrobial, antiseptic, antibacterial and antifungal activities. This blend of oil has potent antiviral and antiseptic compounds and is very useful in case of viral afflictions. **Clove** has powerful antibacterial properties against a large number of pathogenic germs. Along with antiviral and antifungal properties it's also a neurotonic (energizer) and a general stimulant. It's a fungicide, parasiticide,

antihelminthic, antiviral, immune stimulant, and uterine, nervous and sexual tonic. Clove bud oil is very strong and extremely efficient against many bacteria, viruses, fungi and parasites. The therapeutic effects of Eucalyptus radiate are remarkable. For everyday use during epidemics nothing works better than 1-2 softgels per day to protect against viruses. Keep in mind aromatherapy not only treats but also prevents. Its flexibility makes it a must for every medicine cabinet. It is amongst other things antiviral, anti-infectious, antibacterial, antitarrhal and an expectorant. It can be used for sinusitis, bronchitis, and coughing, viral infections, influenza, and chronic fatigue, lack of energy, acne and bacterial dermatosis.

An Example of a Chemotyped Essential Oil Immune Formula:

Chemotyped Essential Oils containing Ravintsara (*Cinnamomum camphora CT cineole*), **Thyme** (*Thymus serpyllum*), **Eucalyptus** (*Eucalyptus radiate*), **Clove** (*Eugenia caryophyllus*), 125 mg

If there is a need to detoxify and cleanse the liver, kidney and lymphatic system, the following blend of herbs will meet your needs. The reason for detoxification is becoming clearer in our modern daily environment. There are an increasing number of elements of our modern life which can dramatically affect an individual such as tobacco, stress and a diet of unhealthy foods, aging, chemicals and drugs which can all lead to a general weakening of our body. Our bodies become saturated by toxins which can inhibit the correct functions of purifying organs such as the liver, kidneys, skin, intestines, lungs and lymphatic system. Among these organs the liver is the most important one. It plays a key role in many physiological processes, particularly detoxification and elimination of metabolic waste products. When the liver and gallbladder are overburdened and do not work as they should, individuals 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 unique blend of oils contains a concentration of essential oil molecules that are responsible for the stimulation of the whole digestive tract but specifically the liver. The essential oil molecules stimulate and regenerate liver function. They also have a decongestant and purifying action on the liver. Among the essential oils having these properties is ***peppermint** and ***rosemary** as they show a particular support for the liver. Peppermint oil is also an interesting stimulator of the stomach and a general digestive tonic. This oil, whose benefits have been known for centuries, is a worthy addition to any home pharmacy. It would also give your breath the freshness of mint while treating your liver. Peppermint and rosemary prevent any risk of fatty liver often leading to an irreversible liver disorder. These essential oils exert stimulatory and purifying action on the kidneys, lymphatic system and pancreas. Rosemary is remarkable for decongestant and depuration of the

liver, gallbladder and pancreas. ***Labrador Tea** provides a rare, precious and fabulous essential oil. For effectiveness it has no equal despite its very high price. In the most serious situations it will always remain a saving recourse, as its profile is both simple and complex, way beyond any reasoned biological interpretation. Today, only experienced therapists know its value. This essential oil has great potential in the future. 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. ***Lemon** is native to India and cultivated in the south of Europe and the United States. Lemon is one of the most useful fruits in natural medicine. Lemon oil is widely used in various essential oil formulas due to its proven efficacy. It has an excellent reputation and remains a leading choice for consumers. A lemon oil formula taken in the morning on an empty stomach will activate all the digestive hepatic and pancreatic functions responsible for true detoxification. The essence is obtained by cold expression of the internal part of the fruit peel. Approximately 3,000 lemons are needed to obtain 1 kilo of essence (lemon oil). It has so many properties that it's systematically used with excellent success in a large number of ailments. The essence neutralizes Eberth bacilli and staphococcus in five minutes and Loeffler bacilli (diphtheria) in 20 minutes. As a result this formula provides people with a complete and powerful support of the liver function and also the general digestive system. **Cypress** is a highly effective essential oil for decongesting the vascular system, prostate and lymphatic system. It is an astringent and a vascular constrictor. Cypress oil is very effective for stimulating the nervous and lymphatic circulation. Use as a first line of treatment for the above pathologies.

Continued in Part 3

An Example of a Chemotyped Essential Oil Detox Formula: Chemotyped Essential Oils Complete Body Detox: Containing Peppermint (*Mentha piperita*), **Rosemary** (*Rosmarinus officinalis*), **Labrador Tea** (*Ledum groenlandicum*), **Juniper** (*Juniperus communis*), **Lemon** (*Citrus limon zeste*), **Cypress** (*Cupressus sempervirens*) 125 mg

Look for this column every Wednesday.

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