

# Terry Talks Nutrition

Compliments of Terry... Naturally

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

Typically aromatherapy is used topically, as a mist or added to bath water, but I want to share with you the healing benefits of aromatherapy when used internally. Softgels properly prepared using **chemotyped** essential oils and the right dosage can be used long term for prevention of disease, and they can be used short term in a higher dosage for healing benefits inherent in the essential oils. **Chemotyped EO** 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 plants' specific conditions such as country, climate, soil, plant exposure and the harvesting period which may influence the composition of an essential oil. This is a chemotyped essential oil.

## The rebirth of aromatherapy

Based on recorded history, plant aromatherapy is the oldest therapy in the world. It has always existed as plants have always been used in food, medicine or rituals. Contrary to drugs obtained by chemical and artificial synthesis, plant aromatherapy is natural medicine par excellence. The structure of an essential oil is complex and possesses several healing and therapeutic properties. Chemical drugs and essential oils treat conditions from totally different philosophical origins. The main characteristic of essential oils is that it is a holistic medicine which aims to reestablish the equilibrium of the organism as a whole. This characteristic can be illustrated from the following analogy. When marshes in tropical areas are infested by disease carrying mosquitoes, the drug establishment would recommend mass destruction of the mosquitoes (disease) by an insecticide (antibiotic), whereas holistic medicine would concentrate on creating an environment that is counterproductive for mosquito breeding. The holistic method would make the mosquitoes' life impossible by draining and pumping water out of the mosquitoes' breeding ground. Holistic medicine is not as quick as the drug solution but it's much more durable, effective and most importantly it eliminates the risk of side effects.

**The short and brutal action of chemical drugs and the frequent side effects explain the public's disenchantment with conventional allopathic drugs. 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**

PART ONE OF THREE

TO YOUR GOOD HEALTH

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

**without side effects.** Essential oils, with an often complex chemical composition, are very effective and powerful medicines with a previously unsuspected therapeutic power that can pave the way for a promising future of healing without side effects. The current trend is the main reason for the rebirth of scientifically credible phytoaromatherapy.

**What are essential oils?** Essential oils are highly concentrated and potent oils extracted from plants, leaves, flowers, roots, buds, twigs, rhizomes, bark, seeds and fruits. Essential oils are found in special glands or cells within plant life. Each essential oil 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 oil and beneficial healing properties. The same species of plant can produce an essential oil with different properties depending on whether it was grown on dry or damp earth, at high or low altitude or even in hot or cold climates. Essential oils are produced with either water or steam, by mechanical processing of citrus rinds or by dry distillation of the plant materials. There are 3,000 different essential oils but only about 300 essential oils are commonly used. Essential oils are the most concentrated form extracted from plant material. Rose oil, for example, needs 4,000 kilos to produce 1 liter (33 fluid ounces) of essential oil. The amount of rose bushes used would cover 2 1/2 acres. In another example, it only requires 7 kilos of clove buds to produce 1 liter of essential oil. Essential oils are very powerful because of their highly concentrated form. One drop can represent thousands of milligrams of a dry powdered botanical extract. Each drop consists of 200-300 molecules whereas a drug is one single molecule. Essential oils, therefore, have a healing capacity on a multitude of pathways and at multitude levels simultaneously. An essential oil can be used on a dozen different conditions whereas a drug typically is directed to one pathway and for one indication. Essential oils are truly an excellent form of holistic therapy. Let me give you examples of some of the most powerful essential oil formulas that you can either blend yourself or look for a blended product in your health food store. A formula that I particularly like for ear, nose and throat (ENT) health is **\*Origanum compactum** (oregano oil). There are clinical studies that support the use of this species for ear, nose and throat care. This is the rare form of oregano oil but it's extremely effective and worth looking for. It has a broad spectrum anti-infectious function for the entire body. 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 those exhibiting a cross resistance against many antibiotics.

This chemotyped essential oil is very efficient against almost all bacteria with the exception of pseudomonas spp. Many scientific publications emphasize the huge antimicrobial activity of *Origanum compactum*. Oregano essential oil is one of the most powerful antiseptic oils and can be used internally for the prevention and active care of many infectious conditions. Clinical experience and laboratory analysis both prove the "antibiotic" action of this staple of scientific and medical aromatherapy. For everyday use, you can buy essential oil softgels containing *Origanum compactum*. Take 1 softgel with your morning and evening meals for protection against contagious diseases. I would suggest a dosage of 150-300 mgs daily as a preventative measure. A higher therapeutic dosage of 2-3 times the maintenance dosage may be used for 5-7 days but then a break of at least 7-10 days is needed or a reduction to the maintenance dose level. Keep in mind that essential 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 essential oil formulas that I describe in Part 2 and 3.

*Continued in Part 2*

### ENT Formula

**Chemotyped *Origanum compactum*: Oregano (*Origanum compactum*) 150 mg containing 55% carvacrol and thymol (82.5 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.

Look for this column every Wednesday.

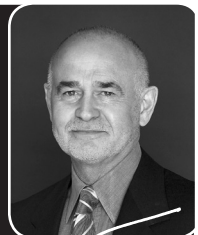
*Terry Naturally*

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