

Healing with Plant Oils

Plant oils extracted from a variety of plant parts have powerful healing effects on our body. Plant oils are found in the cells of plants and are highly concentrated. In fact, oil extracts are 75 to 100 times more concentrated than powdered herbal extracts. In many cases, it can take four to eight tons of plant material to produce just one liter (33 ounces) of oil.

Most plant oils contain 50 to 100 biochemically distinct molecules, though some contain as many as 300 different compounds. A blend of plant oils may therefore contain anywhere from 1,000 to 1,500 unique molecules. This is the beauty and the healing secret of nature. We are able to consume a pharmacy of compounds in just one blend of oils. In contrast, a synthetic drug contains just a single compound or type of molecule.

Since plant oils are so powerful, and some of them can be toxic, it requires superior knowledge and research to determine the proper plant species and the potency of its oil. In Europe, plant oils are researched and chemotyped to correctly identify the plant species and the ensuing chemical compounds it will yield. Chemotyping is like making a fingerprint for the plant. Some plants can look identical to the human eye, but when chemotyped (fingerprinted) it is obvious that they contain different compounds with different properties. For example, one cannot just select oil of myrtle since there are 2,800 species of myrtle. To select the right plant and its oil, researchers chemotype the plant and oil to determine the proper level of components required for its effectiveness. Chemotyping is extremely important. The same aromatic



Peppermint

plant can biochemically synthesize different molecules depending on where it is grown. Soil composition, altitude, sunshine, climatic conditions and even the neighboring plant population all influence the biochemical makeup of the plant and its oil. The only way to be certain that the correct plant with the correct proportion of healing compounds has been selected is through chemotyping.

Proper dosage. Plant oils are very powerful and very effective. Only small quantities are necessary long term. For this reason, oral administration of these oils should be limited to either larger dosages (2-4 softgel capsules) over a short period of 5-7 days (treatment period), or low dose 1 per day for a long period of time (prevention). The treatment period can be initiated once again after 7-10 days at low dosage.

Safety. As with all herbal extracts and plant oils, avoid during pregnancy and breastfeeding. Not for children under 6.

The following blend of oils may be of great healing benefits for you, and may be available in your health food store.

#1

ANTI-BACTERIAL EAR, NOSE & THROAT

PLANT OIL COMPLEX: Oregano (*Oreganum compactum*) 150 mg

Therapeutic properties: Major broad spectrum antibacterial, Antiviral and immune enhancement, Antifungal, Antimicrobial bacterial, General tonic for physical, mental and sexual health

Traditional indications: Infection (bacterial, viral, parasitic), Upper respiratory tract (bronchitis, influenza, sinusitis), Urinary tract (nephritis, cystitis), Dysentery, Nervous exhaustion

#3

DIGESTION

PLANT OIL COMPLEX: Basil (*Ocimum basilicum*), Peppermint (*Mentha piperita*), Coriander

To your good health,
Terry... Naturally



(*Coriandrum sativum*), **Cumin** (*Cuminum cyminum*), **Bay** (*Laurus nobilis*), **Caraway** (*Carum carvi*), **Lemon** (*Citrus limon*) 100 mg

Therapeutic properties: Powerful anti-spasmodic, Digestive tonic, Anti-inflammatory, Cholagogue, Choleric, Stomachic, Carminative, Anti-nausea, Pancreatic support, Aperitif, Analgesic, Liver and gallbladder protectant, and supports gallbladder function and bile production

Traditional Indications: Irritable bowel syndrome (IBS), Indigestion, Heartburn, Heavy and full feeling after eating, Dyspepsia, Colitis, Excessive gas and bloating, Constipation, Aerophagia, Travelers aid.

#4

IMMUNE

PLANT OIL COMPLEX: Ravensara (*Ravensara aromatica*), Thyme (*Thymus serpyllum*), Eucalyptus (*Eucalyptus radiata*), Clove (*Eugenia caryophyllus*) 125 mg

Therapeutic properties: Very powerful antiviral, Immunostimulant (boosts the IGA and IGM synthesis), Anticatatarrhal, Expectorant, Antifungal, Powerful tonic for the nervous system

Traditional indications: Wide range of viral infections: Influenza, Mononucleosis, Herpes zoster, Herpes, Hepatitis, Viral enteritis,

More...

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

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Severe immunodeficiency, Bronchitis, Rhinopharyngitis, Sinusitis, Common cold, Lymphatic drainage, Edema, Insomnia, Deep nervous and physical strain

#7 SLEEP

PLANT OIL COMPLEX: **Marjoram** (*Origanum majorana*), **Lavender** (*Lavandula angustifolia*), **Mandarin** (*Citrus reticulata zeste*), **Ravintsara** (*Cinnamomum camphora*), **Lemon Verbena** (*Lippia citrodora*) **150 mg**

Therapeutic properties: Major sedative and calmative, Relaxing

Traditional indications: Insomnia, Irritability, Agitation, Muscle cramps and spasms, Antidepressant, Stress, Hypertension, Nervous condition, Migraine

#8 DETOX

PLANT OIL COMPLEX: **Peppermint** (*Mentha piperita*), **Rosemary** (*Rosmarinus officinalis*), **Labrador Tea** (*Ledum groenlandicum*), **Juniper** (*Juniperus communis*), **Lemon** (*Citrus limon zeste*), **Cypress** (*Cupressus sempervirens*) **125 mg**

Therapeutic properties: Very powerful but gentle detoxifier of liver, kidneys and lymphatic system; Hepatic toxicity, Weak liver, After effects of viral hepatitis, Toxemic and microbial nephritis, Prostatitis, Venous, Prostatic and lymphatic decongestant

Traditional indications: Hemorrhoids, Varicose veins, Lower leg edema, Prostatic congestion, Liver and lymphatic congestion, Acne, Strongly purifies liver, kidneys and lymphatic system, Detoxifies the body of toxic and chemical overload

#9 PARASITES

PLANT OIL COMPLEX: **Cinnamon** (*Cinnamomum cassia*), **Coriander** (*Coriandrum sativum*), **Clove** (*Eugenia caryophyllata*), **Oregano** (*Origanum compactum*), **Peppermint**

(*Mentha piperita*), **Savory** (*Satureja montana*) **150 mg**

Therapeutic properties: Very powerful broad spectrum antibacterial, Antifungal, Antiparasitic, Antiputrefactive, Sexual tonic, Aphrodisiac, Vermifuge, Carminative

Traditional indications: Tropical diseases, Malaria, Herpes I and II, Intestinal fermentation, Dysentery, Diarrhea, Intestinal parasites, Intestinal infection (parasitic or bacterial)

#10 RELAXATION, CALMNESS

PLANT OIL COMPLEX: **Mandarin** (*Citrus reticulata*), **Basil** (*Ocimum basilicum*), **Exotic Verbena** (*Litsea citrate*) **125 mg**

Therapeutic properties: Nervous moderator, Relaxing, Antistress, Sedative, Mild hypnotic, Calmative, Antidepressant

Traditional indications: Insomnia, Nervous tendency, Anger, Irritation, Agitation, Hypertension, Motion sickness, Mandarin oil is known as "happy oil"

#11 ENERGY

PLANT OIL COMPLEX: **Scots Pine** (*Pinus sylvestris*), **Black Spruce** (*Picea mariana*), **Thyme** (*Thymus saturoides*) **125 mg**

Therapeutic properties: Hormone balancing, Adrenal, pituitary and thyroid support

Traditional indications: General tonic, Mental, physical, adrenal and sexual strain, Apathy, Nervous exhaustion, Fatigue, Anxiety, Headache, Neuralgia and Depression, Low blood pressure, Drowsiness, Improves focus and concentration

#12 ANTI-VIRAL

PLANT OIL COMPLEX: **Ravensara** (*Ravensara aromatica*), **Myrtle** (*Myrtus communis*), **Thyme** (*Thymus satureioides*), **Bay Laurel** (*Laurus nobilis*) **200 mg**



Labrador Tea flower

Therapeutic Properties: Ravensara oil is exceptional in every way; efficiency, safety, tolerability and potential. It is the best oil dealing with increasingly resistant viral strains. Ravensara is a very powerful antiviral and immunostimulant. Antibacterial, anticatarrh, expectorant

Traditional Indications: It can be used for a wide range of viral infections, influenza, mononucleosis, herpes I and II, hepatitis, viral enteritis, severe immunodeficiency, bronchitis, Rhinopharyngitis, sinusitis, the common cold, lymphatic congestion, edema, insomnia, depression and deep nervous and physical strain. If you only choose one oil to take as a healing oil it would have to be Ravensara.

SINUS

PLANT OIL COMPLEX: **Eucalyptus** (*Eucalyptus globules*) containing 70-85% 1.8 cineole, **Myrtle** (*Myrtus communis cineole*) containing alpha pinene, 1.8 cineole **320 mg**

Therapeutic Properties: Anticatarrh, Expectorant, Mucolytic, Lipolytic, Hepatic and Renal decongestant, Respiratory decongestant, Promotes sleep, Liver decongestant, Severe immunodeficiency, Hypothyroidism

Traditional indications: Sinusitis, Otitis, Chronic bronchitis, Wet cough, Smokers cough, Respiratory infection with congestion, Asthma, Insomnia ^{TN}