

BIO-TYPED PLANT OILS: Taking Natural Medicine to a Higher Level

INDICATIONS

- **Candida/Yeast**
- **Digestion**
- **Immune Support**
- **Respiratory Support**
- **Stress**
- **Detoxification**
- **Energy**
- **Parasites**
- **Sleep**

Anyone who knows me knows that I love herbal extracts. They have done amazing things in the world of natural medicine. And I think it's probably true that when it comes to using botanical ingredients, most of us would probably figure that extracts of herbal ingredients are just right. For many health concerns, they are.

But, there are extremely strong botanical ingredients that are 75 to 100 times more powerful than typical plant extracts: **bio-typed concentrated plant oils**.

If you've heard about 'plant oils' and immediately thought, "aromatherapy" it's understandable. While it is true that aromatherapy uses essential oils, the **bio-typed** plant oils I'm going to discuss here are different. To begin with, they are intended for *internal* use, and they are tested for safety and purity – so you can be assured that you're getting *exactly* the type and amount of concentrated plant oils you need.

To make sure that these oils are exactly what they claim to be, they are laboratory tested to accurately identify elements of their natural chemical composition. Now, each one of these powerful plant oils can contain as many as 300 biochemically distinct molecules, and each of those is active in the body. So we're talking about very complex ingredients. Again, unlike essential oils used for aromatherapy, bio-typed plant oils are tested and "fingerprinted" based on their specific molecular makeup, species, marker compounds, purity and safety for internal medicinal use.

Where Do We Get Plant Oils?

Plant oils are extracted from the leaves, flowers, roots, buds, twigs, rhizomes, bark, seeds and fruit of plants.

Each has its very own fingerprint that is absolutely unique and specific to only that plant. For example, there are 900 species of eucalyptus but the fingerprint of each one of these species is measurably different. Even 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.

Most plant oils are obtained by distillation, or the use of steam under low pressure. The process consists of moving steam through a tank filled with plants to release and capture their aromatic compounds.

The concentration process is *crucial* in working with medicinal plant oils. In some cases, several tons of plant material may be necessary to yield just one liter (33 oz.) of concentrated oil. But this extraordinary potency is a real plus: bio-typed plant oils are so powerful that they can deliver extremely strong benefits at very low doses.

Many of the oils we'll look at have a few things in common: they kill bacteria, viruses, and yeast. That means you can use them for fighting colds and flus, keeping your digestive flora in balance, and even combating candida. Others are best for helping you get a good night's sleep, relieving stress, or helping you feel energized without caffeine.

The formulas I'll outline here are the ones I'd recommend most to help you overcome just about any health challenge.

FORMULA #1

Candida and Yeast Overgrowth

Candida and yeast overgrowth are serious problems. Approximately 75 percent of all women will have at least one yeast infection in their lifetime, and up to 45 percent will have recurring yeast infections.

I recommend a combination of powerful bio-typed plant oils: **Ravensara** (*Ravensara aromatica*), **Thyme** (*Thymus serpyllum*), **Eucalyptus** (*Eucalyptus radiata*), **Clove** (*Eugenia caryophyllus*), in a total dosage of 250 mg.

Interestingly, many of these oils share common compounds, including carvacrol, thymol, 1,8 cineole, alpha pinene, and more. They have been used to treat bronchitis, sinusitis, stomach ulcers, toothaches, headaches, and as a topical analgesic, antiseptic, and expectorant. Ravensara, a plant native to Madagascar, was traditionally considered a "cure all" because of its amazing healing properties. The reason I recommend these ingredients together is because they prevent bacterial and fungal growth, are anti-inflammatory, and promote a strong response from the immune system.

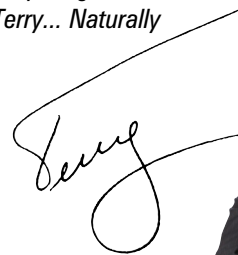
FORMULA #2

Daily Detoxification

We live with toxins every day, whether it is exhaust from traffic, heavy metals in our water supply, or even just the oxidative damage that comes from being outside in the sun. There are concentrated bio-typed plant oils that can help here, too.

I recommend a 125 mg blend of **Peppermint** (*Mentha piperita*), **Rosemary** (*Rosmarinus officinalis*), **Labrador Tea** (*Ledum groenlandicum*), **Juniper** (*Juniperus communis*), **Lemon** (*Citrus limon zeste*), **Cypress** (*Cupressus sempervirens*).

To your good health,
Terry... Naturally




Together, these strong ingredients work as a powerful – but gentle – detoxifier of the liver, kidneys and lymphatic system. 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, and has anti-inflammatory, analgesic, antispasmodic, anti-allergic and even antidepressant properties.

FORMULA #3

Total Digestive Support

There are times when you've just had a big meal, you may have had unfamiliar food, or you simply need soothing relief for your stomach.

A combination of **Basil** (*Ocimum basilicum*), **Peppermint** (*Mentha piperita*), **Coriander** (*Coriandrum sativum*), **Cumin** (*Cuminum cyminum*), **Bay** (*Laurus nobilis*), **Caraway** (*Carum carvi*), **Lemon** (*Citrus limon*) as a 100 mg blend is what I would recommend.

The reason I recommend this combination is because these oils provide excellent support for gas relief, indigestion, bloating, nausea, symptoms of irritable bowel syndrome (IBS), 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 and you don't have that bloated, "overfull" feeling. The best thing is that this combination can be taken before, during, or after meals to address a variety of digestive complaints.

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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FORMULA #4

All Day Energy

A lot of people try to make up for their deficit of energy by drinking a lot more coffee or “energy drinks” that are loaded with sugar and calories. Unfortunately, going the first route can cause you to get jittery, irritable or nervous. Going the second route can cause you to gain weight, or “crash” later when the sugar burns through your system (making you feel even more tired than before). There are concentrated plant oils that can provide a sustained level of increased physical and mental energy – around 12 hours – without causing anxiety.

I recommend a 125 mg blend of concentrated, bio-typed plant oils of **Scots Pine** (*Pinus sylvestris*), **Black Spruce** (*Picea mariana*), and **Thyme** (*Thymus saturoides*).

The compounds in these oils help your body regulate the hypothalamic-pituitary-adrenal (HPA) axis, balancing hormones that determine our responses to stress and other challenges. I recommend taking one dose of this combination in the morning to help you stay alert and energized throughout the day. You'll have better focus and concentration and feel far less anxious and easily fatigued – all without the side effects of caffeine.

FORMULA #5

Immune – Fighting Viruses Naturally

Throughout the year, we all need an immune boost from time to time.

I recommend a great combination to battle viruses includes **Ravensara** (*Ravensara aromatica*), **Myrtle** (*Myrtus communis*), **Thyme** (*Thymus saturoides*), and **Bay Leaf** (*Laurus nobilis*) concentrated plant oils in a 200 mg formula.

All of these flu-fighting plant oils are exciting and work very well together, but one in particular – ravsarsa – has tremendous benefits. Ravensara is a tree native to Madagascar where it grows in evergreen forests on mountainsides.

Unlike herbs which work by stimulating the immune system, ravsarsa actually *destroys* bacteria and viruses, ridding the body of these invaders altogether. The other ingredients in this combination are powerful bacteria fighters, and have been shown to stop the toughest threats, including methicillin resistant *Staphylococcus aureus* (MRSA), and *Escherichia coli*. Fighting the flu, stopping colds, and battling bacteria doesn't mean you have to opt for dangerous over-the-counter drugs, vaccines of limited value, or buckets of sanitizer. I recommend this combination of concentrated oils in a softgel that you can take once daily, or up to three times if need be.

FORMULA #6

Intestinal Protection from Parasites

When it's working properly, our digestive system does a good job of protecting us against parasites. But, when things do go wrong – whether you've picked up something while you're travelling, or have just come down with a nasty virus – it's good to have an effective, natural way to fight back.

For those times, I prefer a blend of **Cinnamon** (*Cinnamomum cassia*), **Coriander** (*Coriandrum sativum*), **Clove** (*Eugenia caryophyllata*), **Oregano** (*Origanum compactum*), **Peppermint** (*Menthe piperita*), and **Savory** (*Satureja montana*) in a 150 mg dosage.

This blend is a very powerful broad spectrum antibacterial, antifungal, and antiparasitic combination that will protect you against parasites, viruses, and bacteria. It is incomparable against exotic intestinal problems that can ruin a vacation experience. One of the most effective ingredients in this group is the bio-typed concentrated oil of Savory. It is unrivaled against pathogenic germs you can encounter every day or while you're travelling.

FORMULA #7

Respiratory Health

Trying to get rid of an upper respiratory infection, ear infection, or stuffy nose can send a lot of people to try over-the-counter or prescription drugs that can simply create more complications. Fortunately, there is a rare form of **oregano** (*Origanum compactum*) that is extremely effective. It is a broad-spectrum antibacterial, antiviral, antiparasitic, and antifungal.

Aside from its immune enhancement ability, and its effectiveness against respiratory infections and rhinitis, the antimicrobial activity of *Origanum compactum* bio-typed oil is very impressive. It shows strong results against *Staphylococcus aureus* (the major cause of staph infections) and *Escherichia coli* (a cause of serious food poisoning). Considering the damage these bacteria cause each year, from skin irritation to emergency room treatment, this is good news, and more evidence of the herb's amazing value to natural medicine.

I recommend a 150 mg softgel of bio-typed **Moroccan Oregano** oil.

FORMULA #8

Sleep

There are lots of reasons why we can't always sleep. Either we're travelling and in unfamiliar surroundings, or we're stressed, or we're actually over-tired and too jittery to relax and drift off. Whatever the cause, there is a combination of bio-typed oils I can advocate.

I recommend a 150 mg softgel of **Marjoram** (*Origanum majorana*), **Lavender** (*Lavandula angustifolia*), **Mandarin** (*Citrus reticulata zeste*), **Ravintsara** (*Cinnamomum camphora*), and **Lemon Verbena** (*Lippia citrodora*) right before bedtime to help you ease into a good night's sleep.

Lavender is already well-known as a sleep enhancer, but works very well in concert with these other concentrated plant oils to promote sleep without causing grogginess or drowsiness the next day. With real rest, you'll feel terrific the next morning!

FORMULA #9

Stress

Whether you need to “wind down” a little bit at the end of each day, or only once in a while, there is a highly-effective combination of bio-typed oils which is absolutely essential for bringing a bit of calm into a chaotic world.

I recommend a 125 mg blend of **Mandarin** (*Citrus reticulata*), **Basil** (*Ocimum basilicum*), and **Exotic Verbena** (*Litsea citrate*).

All three of these concentrated oils have highly relaxing and calming effects, but one in particular – Mandarin oil – is widely used to fight stress. In fact, it's been called the “happy oil” for that very reason.

These ingredients can be used for insomnia, irritability, motion sickness, and general nervousness and agitation. You can swallow this oil as a softgel, but I like to allow it to dissolve in my mouth. While I don't recommend this for every plant oil combination, 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.

Powerful, Natural Ingredients

There are a couple of final things I'd like to mention about bio-typed oils. Because they're very powerful and 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.

Plus, as with all herbal extracts and plant oils, avoid during pregnancy and breastfeeding. They are also not intended for children under 6.

I believe that bio-typed, concentrated plant oils truly take the natural healing powers of botanicals to a higher level. While we've just looked at the surface of some of these plant oils here, you can find out more in my articles about specific formulas at www.terrytalksnutrition.com. **TN**