



THE MOST  
POWERFUL FORCES IN

# Nature's Pharmacy

The greatest trade routes and motivations for exploring the world were based on plant treasures and what they could do for our health and well-being.



When Christopher Columbus departed Europe for the New World it was largely to find new routes and sources for plants and spices. Marco Polo blazed his Eurasian pathway and secured important negotiations with Asian potentates to secure spice routes with the East. Portuguese navigator Vasco Da Gama sailed to India for spices and plant medicines.

Was not the ancient spice and medicinal herb trade far more spectacular than the modern pharmaceutical industry? The truth of the matter is that an extremely high percentage of all medicines today are based on plant molecules. *Plant medicine is the real pharmacy.*

According to ancient Egyptian hieroglyphics and Chinese manuscripts, priests and physicians were using essential plant oils thousands of years ago to heal the sick. They are the oldest form of medicine and cosmetic known to man and were considered more valuable than gold.

Clinical research shows, for instance, that frankincense oil contains very high immune-stimulating properties. Science is only now beginning to investigate the incredible healing substances found in spices and essential oils.

## FAR MORE POWERFUL THAN POWDER EXTRACTS

Essential oils, used internally, are so powerful and so little is needed they are routinely thought and spoken of as containing far greater potency at far lower doses than even the most powerful beneficial herb extracts.

### 1 Ear, Nose and Throat Care



Oregano essential oil is one of the most powerful antiseptic oils and can be used internally preventively and as active adjunct care during infections. Chemotyped *Origanum compactum* from Morocco is the most effective species to support the immune system and defend against bacteria, viruses and fungi.

### 2 Intestinal Health



A combination of CTEO Moroccan oregano, Greek oregano, basil, mountain savory, and cinnamon bark, this formula helps to maintain the natural balance of the intestinal flora, increases the body's resistance, and supports colon health. This formula is said to have a powerful broad-spectrum anti-infectious benefit for a healthy immune system and is an anti-spasmodic that helps to manage and relieve normal digestive cramps. This is a great tonic formula and good for irri-

What are essential oils? Highly concentrated, they are extracted from plants, leaves, flowers, roots, buds, twigs, rhizomes, heartwood, bark, resin, seeds and fruits. Essential oils are found in special secretory glands or cells within plant life. Unlike vegetable oils expressed from nuts and seeds, essential oils are not actually oily. Some essential oils are viscous; others are fairly solid and most are somewhat watery. Worldwide there are 3,000 different essential oils with only 300 commonly used.

In herbal medicine a 200:1 extract of an herbal powder is a highly concentrated natural medicine, requiring 200 kilograms to make 1 kg of the herbal extract.

But as good as that is, to obtain 1 kg of essential rose oil, it requires 4,000 kg of petals or 1 hectare of rose bushes to be distilled. *To create 1 kg of lemon balm essential oil takes 8,000 kg of leaves.*

The result of this concentration is one of the most potent natural approaches to health.

### LABEL AUTHENTICITY

Unfortunately, today, the world trade in spices has in some ways harmed consumers. That is because far too many errors are being made by traders and commodity brokers, especially confusing similar species inadvertently or intentionally. A recent survey of problems associated with dietary supplements found that failure to provide the actual herb listed on labels was one of the commonest.

With essential oils, this same problem persists.

It might even be worse. Essential oils are not for neophytes. The precise essential oil is required for a specific condition. An essential oil contains several hundred highly complex elements. These are made up of very diverse molecules. The way that these plants are extracted into essential oils will determine how much of the healing powers of the herb are captured.

### ESSENTIAL OILS— ONLY ONE COMPANY DELIVERS CHEMOTYPED OILS

An essential oil contains 250 to 300 highly complex chemical elements, therefore a blend of oils may contain up to a 1,000 effective molecules. A thorough knowledge of these chemical components is fundamental for a therapist. Within a single botanical species, this chemical variation allows practitioners to define specifically the nature of sub-species, varieties, cultivars and taxons of aromatic plants. This chemical variation raises the concept of chemotype, a fundamental concept in aromatherapy.

This is the 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 plant's specific conditions, such as country, climate, soil, plant exposure, phyto-sociological factors, and the harvest period, all of which may influence the composition of an essential oil. This is referred to as a CHEMOTYPED ESSENTIAL OIL (CTEO).



table bowel syndrome too, thanks to its peppermint, which is a relaxant. (Ironically, Terry Lemerond introduced peppermint essential oil for digestive health to American consumers some two decades ago.)

## 3 Digestive Health and Liver Function



This formula can be used regularly to eliminate some common digestive problems. Use it before or after heavy meals to support and prepare the digestive tract; to eliminate intestinal gas; acid reflux and heartburn; nausea; bad digestion, feelings of distension; travel-, sea- and airsickness. Chemotyped peppermint, exotic basil, star anise, cumin, lemon, caraway, and black pepper make a genuine aperitive (i.e., appetite stimulant); soothing to the digestive system; provides support to the liver, gallbladder and bile production. Of major interest is its activation

and stimulation of both gastric and hepatic activity and the use of mint and caraway in elimination of gastric gas. Because it is a tonic formula, it can be used daily.

## 4 Natural Defenses



Chemotyped ravintsara, tea tree, thyme, eucalyptus, and clove are an immunostimulant that boosts basic antibody protection and synthesis and regulates the production of some pro-inflammatory immunoglobulins. Ravintsara and tea tree CTEOs contain terpinene-4-ol and alpha-terpineol, two molecules that have been shown to increase the synthesis and the blood level of immunoglobulins M and A (IgM and IgA). People with weak immunity or undergoing radio- or chemotherapy should consider use, as should patients under convalescence. Thanks to its CTEO *Thymus satureoides* with the rare terpenic oil borneol, it also has an immuno-modulating benefit making it ideal to restructure the body's

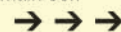
natural defenses in spring and autumn.

This formula can be used for health support (not to replace medical drugs) for viral pathologies (flu, hepatitis, shingles, sore throat, cold, viral rhinitis); weak immunity; patients subjected to radiation and chemotherapy; and for grave, acute and chronic pathologies such as AIDS, hepatitis, mononucleosis (as a complement to basic medical therapy).

## 5 PMS and Urinary Tract Health



Chemotyped basil, tarragon, petit grain, coriander and laurel offers an original and natural solution for temporary painful health disorders such as muscle cramps, intestinal cramps, discomforts during menstruation. CTEO basil and tarragon contain methylchavicol as a main constituent, which works as a local anes-



## The Most Powerful Forces in Nature's Pharmacy continued



It is sort of like the Eskimos who have 17 words for snow. The best masters of CTEOs know their herbs this well, too. Take, for example, the Mediterranean herb, thyme. *Thymus vulgaris* might be one species, but depending on where it was grown and how its essential oils were extracted, its predominant CTEO could be based on thymol with major anti-infectious properties; thuyanol with bactericidal, viricidal and neurotonic properties; carvacrol with antiseptic activity; geraniol with antibacterial, antifungal or antiviral activity; linalol with bactericidal, viricidal and antifungal properties and activity against intestinal parasites; terpineol with hemolytic properties; cineole with bronchial and lung decongestant activity; or p-cymen with anti-infectious activity and a strong analgesic action highly recommended in cases of rheumatism or arthritis.

One of our reporters reviewed labels for popular essential oil type products (e.g., oregano and thyme) and found that many products claiming to contain essential oils of such plants do not specify the CTEO. But this can make a big difference. If you're buying a product for its anti-infectious properties, how do you know you are not getting a

product rich in cineole with respiratory benefits instead? This is why the integrity and competency of the company behind the label is critical to consumer benefit.

You don't know—and that's the problem with essential oils and the problem that has plagued the quality of these products. They're great and they do work, but now we have a chance to see them work better.

Chemotype matters. Belgium has been at the forefront of aromatherapy practice in general, and the anti-infectious use of essential oils in particular.

"It is an obvious necessity for the practitioner to have a clear, orderly idea of the most active molecules," says the leader in the field of essential oils, Dominique Baudoux. For three years he was director of the Centre Européen de Recherche en Energie (CEDRE), which federates a multitude of training courses in alternative healing techniques such as phytotherapy, aromatherapy, homeopathy, reflexology, nutrition and kinesiology. He is president of Natural Aromatherapy Research and Development (NARD), which publishes the newsletter *Aroma News* for aromatherapy professionals. In 1991 he acquired the prestigious Belgium aro-

thetic at the neuromuscular level. Laurel and petit grain offer beneficial help to pain sufferers via enhanced health of the parasympathetic nervous system.

Use one capsule morning and evening starting a few days before the period. For urinary tract infection adjuvant support take three capsules immediately then up to six capsules a day.

## 6 Circulatory and Vascular Function



Another truly quite incredible formulation, this combination has CTEOs niaouli, patchouli, mastic, Scots pine, and clary sage and offers circulation support for heavy, tired legs. This formula is also a venous and lymphatic decongestant. To help maintain freedom from restless or aching legs, take one to two capsules 30 minutes before going to bed.

## 7 Stress and Sleeplessness



Chemotyped sweet marjoram, lavender, mandarin zest, lemongrass, and lemon verbena support the nervous system in times of temporary stress and provide a healthy night's sleep without any of the side

effects of medications. (The formula has a sedative benefit through inhibition of the sympathetic and support for the parasympathetic nervous systems.) Use before having to resort to dangerous prescription medications for stress, light or moderate anxiety, predictable stress or sleep difficulty.

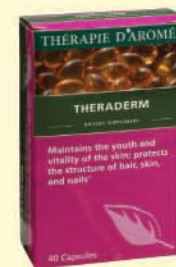
## 8 Daily Detox



A daily cleanse formula for detoxifying and cleansing the liver, kidneys, and digestive tract, CTEOs include: peppermint, rosemary, lovage, celery, and juniper. (This formula is especially good to decongest the kidneys.) This formula is indicated for periods of convalescence; as a complement to classic therapies (chemotherapy, long-term use of analgesics, antidepressants, physical overload, athletic activity); for higher cholesterolemia (as a healthy support aid). This formula focuses on important organs of elimination with a concentration of cetonc essential oils, which are responsible for stimulation of the whole digestive tract, including the liver. They aid the liver in its regenerative properties. They have a purifying action on the liver. Among these essential oils, CTEOs of peppermint and rosemary have affinity for the liver. As a result this formula provides people with a complete and powerful support of the liver function but also of the general digestive sys-

tem—and it should also be used as an adjuvant for maintaining healthy cholesterol levels, another area where liver health is crucial.

## 9 Theraderm—Maintains youth and vitality of skin; protects structure of hair, skin, and nails



Chemotyped Chilean musk rose oil is extraordinary because it contains a very high level of omega-3 fatty acids and omega-6 fatty acids (40 percent GLA), which are necessary for a great variety of physiological processes including cell integrity, hormonal balance, and hormonal messages. This improves the integrity of cell membranes, improves the regeneration of altered skin and works as an anti-inflammatory by stimulating the pathways of anti-inflammatory prostaglandins. It has superb regeneration properties. It helps to form and reform cell membranes. Interestingly, musk rose oil also contains an active form of vitamin A (trans-retinoic acid) that has the capacity of healing wounds and burns without creating any hypersensitivity. Use for burns, wounds, broad range of dermatological problems (eczema, psoriasis); wrinkles, early signs of skin aging, aging spots, lifeless or dry skin; skin often exposed to sunlight and wind; nourishing and strengthening nails and hair.

mathery laboratory and company Pranarom™, with their wide experience over many years in many aspects of the use of natural essential oils. As a means of raising the bar for the global trade in plant medicines and essential oils, Baudoux has seen how delivering great consumer results can also strengthen the integrity of the industry by telling consumers what they are really receiving and ensuring you are delivering what consumers expect from labels. Not surprisingly, Baudoux strongly advocates chemotyping as one of the key methods of bringing this ancient pharmacy into modern times.

Baudoux says that to define the therapeutic action of an essential oil, scientific aromatherapy requires a perfect knowledge of the botanical classification of aromatic plants, precise knowledge of chemical and chemotyped components, rigorous expertise in the precautions for use in terms of quantity determination, dosage, mode of use, and possible contradictions. Baudoux's Pranarom has partnered with Terry Lemerond of EuroPharma, in Green Bay, Wisconsin, to introduce to Americans one of the most unique and successful approaches to health today but which has not yet made its way

into mainstream America; the use of CTEOs will introduce many new essential oils and concepts into the naturopathic lexicon, and reveal a whole new way of feeling healthier. For Lemerond who has introduced many blockbuster phytonutrients into the U.S. from Europe, Oléocaps marks another important contribution. The field of essential oils in America is dominated by what we call aromatherapy, usually dabbing a drop on your skin and inhaling; but these Oléocaps essential oils, which are exquisitely captured, are to be taken internally. The results of these Oléocaps are quite immediate and powerful. They are also absolutely pure and use organic oils. They are intended both for acute needs (at higher dosage) and for regular daily health enjoyment. Upon using these formulas, experience shows you can expect fast and effective confirmation that CTEOs are a most potent force for health that you can feel almost immediately. Essential oils are 75 to 100 times more powerful and effective than powdered herbal plant extracts, without the risk of side effects. ■



## 10 Sun Beauty—To prepare and protect your skin from aging when exposed to the damaging effects of the sun



Use this formula for anti-aging skincare, preparation for tanning, and when exposed to environmental pollutants, including sun and wind. Its chemotyped evening primrose, pumpkin seed, musk rose, wheat germ, and sunflower are combined with selenium and omega-3 fatty acids from cod and halibut and squalene from shark to protect from free radicals caused by sun and industrial pollution (environmental damage).

## 11 Ageless Beauty—For tired, dull, skin; diminishes the appearance of fine lines and wrinkles



Using CTEOs of evening primrose, musk rose, jojoba, rosemary and salmon with selenium, this beauty formula is a blend of natural plant oils and fish oil complete with minerals, trace elements, vitamin E and CTEOs, especially the high antioxidant activity of *Rosmarinus officinalis* CT verbenone.

## Resources

These 11 Oléocaps formulas are rapidly moving into health food stores and natural food markets. However, we've got a terrific offer for our readers only.

The concept of oral CTEOs is so new to consumers but so important to your health that we have arranged to make a fantastic booklet—*Natural Science Remedies The Medicine of the Future 100% Pure Chemotyped Essential Oils Formulas*—available to you free. You will be excited



about essential oils and begin to see just how beneficial they might be to your health. You can use the book to guide yourself in the use of these 11 Oléocaps formulas since each is discussed in detail—and you will learn a great deal about an important yet little

known natural health pathway that utilizes what many experts believe are clearly the most potent portions of so many herbs.