Hemp-seed oil has several positive effects on the skin: thanks to its poly-unsaturated fatty acid (PUFA) content it alleviates skin problems such as dryness and those related to the aging process. Hempseed oil has been shown to be useful in treating symptoms of atopic dermatitis. Published studies show that qualities of both skin dryness and itchiness improved. PUFAs have significant cardioprotective effects against ischemia. The oil has bacteriostatic activity. Other studies have shown prevention of polycystic kidney disease, prevention of colon tumour development, lower pregnancy losses, and prevention of human breast cancer growth and metastasis. Skin studies have shown that Hemp-seed oil alleviates symptoms of lupus erythematosus. Recent studies have shown prevention of UVB-induced skin injury. In children, flax oil and vitamin C improves the outcome of Attention Deficit Hyperactivity Disorder (ADHD). Ingestion and surface application of hemp-seed oils may result in positive chemical testing for cannabis.


Honey has been used for over 2500 years as a wound dressing. Honey shows anti-bacterial properties that have only been recently researched. It has shown good anti-bacterial results in cases of MRSA-contaminated skin ulcers. The efficacy of honey in inhibiting strains of Pseudomonas aeruginosa from infected burns and controlling Staphylococcus aureus from infected wounds has been published. The use of honey-derived dressings to promote effective wound management has been published in the literature, and honey as a traditional dressing for chronic wounds in adults is supported. Honey has been shown to accelerate wound healing in skin tissue, and delicate eye tissues. Used in dilution, these effects are enhanced.


Lavender extracts have been used to reduce pain and enhance wound healing. These extracts show antimicrobial activity and have been used to treat parasitic infestations successfully. In addition, these extracts show antinflammatory properties, suppress mutagenic potential, and have been used to manage wound infection and healing. Lavender extracts cross the dermal surface easily, and have been shown to allergic responses and neutrophill collection in tissue. The odour has a calming effect on the patient.


Myrrh has been used in the treatment of wounds and as an incense to promote a sense of well-being for over 3500 years. Myrrh extracts show anti-microbial and anti-inflammatory effects. It has been used in tinctures for infection control, such as periodontal disease, in dentistry for centenaries. New applications are being developed in wound dressings and plasters.


Ozone when incorporated as an ozonoid in a gel or cream, has important anti-microbial properties. The products are anti-bacterial, anti-fungal, and anti-viral. They impart additional oxygen to cellular structures, and increase the potential for cellular regeneration and repair. They are important in infection control and wound management.


Bocci V. Ozone as Janus: This controversial gas can be either toxic or medically useful. Mediators of Inflammation. 13(1): 3-11, 2004


Holmes J and Daley T. Sensitivity and cracked teeth; treatment with ozone. Dental Practice 2003; June


Passionflower was used in traditional remedies as a "calming" herb for anxiety, insomnia, seizures, and hysteria. During the early twentieth century, this herb was included in many over-the-counter sedatives and sleep aids. In Germany passionflower is available as an over-the-counter sedative (in combination with other calming herbs such as valerian and lemon balm). It is also used in German homeopathic medicine to treat pain, insomnia, and nervous restlessness. Today, professional herbalists use passionflower to help treat insomnia, tension, and other health problems related to anxiety and nervousness.

Supporting Research


Potassium Sorbate  References

Potassium Sorbate has shown antifungal and antimicrobial antifungal activity. It is used for its antimicrobial properties in infection control and wound management.

Venturini ME, Blanco D, Oria R. In vitro antifungal activity of several antimicrobial compounds against Penicillium expansum. J Food Prot. 2002 May;65(5):834-9
Sceletium is being used successfully by a number of psychiatrists, psychologists and doctors with excellent results for anxiety states and mild to moderate depression; and they can also be used by the lay public as supplements to elevate mood and for stress and tension. In addition to Sceletium's common use for the stress and mental fatigue of modern industrial living, Sceletium has been used as a natural supplement in:

1. Low mood, including grey weather syndrome
2. Anxiety states, including social phobia
3. Irritability in menopause
4. Improvement in libido, when lack of libido is from anxiety or low mood
5. Post-traumatic stress disorder, as part of a support program

Supporting Research.


Kramer, Vaditz.


Seseme Seed Oil References

Seseme Seed Oil has been shown to reduce cellular oxidative stress, which is a key precursor to ageing of skin tissue. The oil has been shown to reduce periodontal disease, and the oil has anti-bacterial and fungal properties. Seseme seed oil contains a high percentage of Vitamin E, essential it maintaining healthy skin. Studies have shown anti-viral and nerve tissue growth stimulant.


Contains:

Aloe Vera has been shown to have skin moisturising effects. Aloe Vera extracts have positive effects on cell structure and increase cellular healing potential. Antilipoxygenase activity and the trace elements content of Aloe Vera account for rapid skin healing in burn victims and radiation-affected patients. These extracts have been used in facial plastic surgery healing and wound management in chronic ulceration, and shown to have UV protective effects on exposed skin.

Cell Cultures


Human Studies


Animal Models


Cedar Wood References

Cedar Wood has been used for over 3000 years as a liner for caskets and store boxes for clothing. It was used in China as an extracted oil for medicinal purposes. The majority of papers deal with allergenic issues amongst forestry and wood workers.

Uses

Cedar Wood extracts have been shown to have anti-microbial effects. In combination with other essential oil extracts, it potentiates the healing ability of skin tissue, and is used in wound management.


Allergy


**Shida T, Mimaki K, Sasaki N, Nakagawa Y, Hattori O.** Western red cedar asthma. 3. Occurrence in Oume City, Tokyo and results of inhalation tests using "nezucone", aromatic substances of the western red cedar Arerugi. 1971 Dec;20(12):915-21.


**Toxicology**

CoEnzyme Q10 (CoEQ10) has anti-inflammatory and antioxidant properties. It is an important nutritional supplement before and following surgery. It helps prevent skin damage and aging that may result in wrinkle formation. Studies have shown CoEQ10’s importance in skin healing and rejuvenation.


Animal Studies


Colloidal Silver has been found to have antibacterial properties. Research and published studies have shown colloidal silver prevents damage by free radicals, especially the hydroxide free radicals. Colloidal silver has been used in management of burns, and is one constituent of an experimental wound dressing for infection control and tissue healing potential. It has been used to cleanse the body of heavy metals.


**Eucalyptus extracts** show antibacterial, anti-viral and anti-fungal properties. They have been used in cases of multiple-resistance staphylococcus infections. A topical application or percutaneous treatment has been shown to be effective in chronic MRSA osteomyelitis. An anti-inflammatory effect through anti-oxidant pathway has been demonstrated, and eucalyptus extracts are used to de-stress patients and control post-operative pain. In addition, the eucalyptus extracts show antiplasmid activity. The antibacterial efficacies of eucalyptus tincture is used in obstetric-gynecologic and dental infections.


**Toxicity**


**Animal Studies**


**Santos FA, Rao VS.** Mast cell involvement in the rat paw oedema response to 1,8-cineole, the main constituent of eucalyptus and rosemary oils. Eur J Pharmacol. 1997 Jul 23;331(2-3):253-8.
Frankincense extracts are used in China in wound dressings to control infection and manage tissue regeneration and repair. The extract has anti-microbial and anti-fungal activity, which are of dermatological relevance. Frankincense extracts are used in trans-dermal preparations to deliver pharmaceutics into deep tissue and into the blood system.


African Griffonia Seed (contains 5-11% 5-HTP). 5-hydroxytryptophan, is the immediate precursor of serotonin. Low levels of serotonin are associated with sleep problems, depression, anxiety, compulsive disorders (including eating disorders), restless leg syndrome, migraines, fibromyalgia, and low pain threshold. Many people that are afflicted with one of those conditions often have others, which has led some researchers to label them collectively as "Low Serotonin Syndrome".

Supporting Research


Lescar J, Loris R, Mitchell E, Gautier C, Chazalet V, Cox V, Wyns L, Perez S, Breton C, Imberty A. Isolectins I-A and I-B of Griffonia (Bandeiraea) simplicifolia. Crystal structure of metal-free GS I-B(4) and


Helichrysum extracts show biologically active compounds. Research has shown helichrysum extracts to be antimicrobial, anti-inflammatory, anti-viral activity. Helichrysum extract interferes with the production of enterotoxins by Staphylococcus aureus and it inhibits herpes simplex virus type 1 activity.


**Animal Models**


References:


Betts JA, Molan PC. A pilot trial of honey as a wound dressing has shown the importance of the way honey is applied to wounds. 11th Conference of the European Wound Management Association, 2001; Dublin, Ireland.


Efem SE. Recent advances in the management of Fournier's gangrene: preliminary observations. Surgery 1993; 113(2): 200-4.


