

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.

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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..

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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

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Sesame Seed Oil References

Sesame 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. Sesame seed oil contains a high percentage of Vitamin E, essential it maintaining healthy skin. Studies have shown anti-viral and nerve tissue growth stimulant.

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Contains:

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Cedar Wood References

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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

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