

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.

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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

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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 pharmaceuticals into deep tissue and into the blood system.

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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".

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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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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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