



Deep Relief

Stock# 3926-2 (5 ml.)

Deep Relief provides a blend of pure essential oils that act synergistically to relieve pain and inflammation, soothe aching joints and muscles, and relax cramping or tightening of muscles.

Clove bud Bio* contains the phenol eugenol, a powerful anti-inflammatory agent that inhibits prostaglandin E (PGE) synthesis—PGE can cause both local and systemic inflammation. In fact, a study conducted by German researchers found clove bud and cinnamon oils to have the strongest anti-inflammatory effects of all oils tested. Additional research shows that eugenol is strongly anesthetic. Another substance, acetyl eugenol, is responsible for clove bud oil's strong antispasmodic activity. Thus, clove bud oil has proven to be effective for relieving symptoms associated with arthritic and rheumatic conditions, backache, sore muscles, and muscle cramps.¹⁻⁶ *(Biologic/Eco-Cert Organic Essential Oil)

Ginger oil has a long history of use as a peripheral analgesic (pain-reliever), most likely due to the presence of the terpene myrcene. Ginger oil is especially beneficial for conditions that are helped by heat such as osteoarthritis, backache, and muscular pain—ginger oil stimulates blood flow to the affected area, causing a warming sensation and a reddening of the skin. In Japan, ginger oil is traditionally used in massage for the treatment of joint and spinal pain and to promote the healing of fractures. Ginger oil also provides an antispasmodic effect that brings relief for cramping muscles.^{1,3,7-9}

Nutmeg oil is a proven anti-inflammatory agent, owing much of its activity to the presence of eugenol. A study published in 1988 showed that the anti-inflammatory action of eugenol was comparable to the effects of indomethacin, an ibuprofen-like painkiller. Thus, nutmeg oil is commonly used as a topical remedy for treating arthritic and rheumatic conditions. Nutmeg oil also acts as an analgesic (pain-relieving) and antispasmodic to help soothe aches and pains and relax tense or cramping muscles.^{1,6-9}

Individuals with sensitive skin should use Deep Relief with caution, in order to avoid any unpleasant or painful skin reactions. Deep Relief is not recommended during pregnancy or for individuals with hypertension or abdominal pain. Deep Relief should not be used on children under 3 years of age, and is not recommended for those undergoing anticoagulant therapy or taking the maximum recommended dosage of acetaminophen, in order to avoid any possibility for potentiation of medication.^{1-3,6,7,9}

References:

- 1 Buckle RGN, J. *Clinical Aromatherapy in Nursing*. San Diego, CA: Singular Publishing Group Inc., 1997.
- 2 Schnaubelt PhD, K. *Advanced Aromatherapy*. Rochester, VT: Healing Arts Press, 1995.
- 3 Damian, P. and Damian, K. *Aromatherapy: Scent and Psyche*. Rochester, VT: Healing Arts Press, 1995.
- 4 Wagner, H., et. al. "In vitro inhibition of prostaglandin biosynthesis by essential oils and phenolic compounds." *Planta Medica*; 1986, 3: 184-187.
- 5 Janssens, J., et. al. "Nutmeg oil: identification and quantitation of its most active constituents as inhibitors of platelet aggregation." *Journal of Ethnopharmacology*; 1990, 29(2): 179-188.
- 6 Chevallier, A. *The Encyclopedia of Medicinal Plants*. NY, NY: Dorling Kindersley, 1996.
- 7 Wildwood, C. *The Encyclopedia of Aromatherapy*. Rochester, VT: Healing Arts Press, 1996.
- 8 Lawless, J. *The Encyclopaedia of Essential Oils*. Rockport, MA: Element Books, 1992.
- 9 Schiller, C. and Schiller, D. *Aromatherapy Oils: A Complete Guide*. NY, NY: Sterling Publishing Co., 1996.