



## Aroma Aid™ is a Medicine Cabinet in a Bottle™

Today's busy family, more than ever, is interested in natural health solutions to minor illnesses. Families are searching for alternatives to Non Steroidal Anti-Inflammatory Drugs (NSAID's) for headaches, steroids for itches, antibiotics for cuts and scrapes, and over-the-counter (OTC) cough and cold medicines due to recent FDA warnings against its use in children. Unfortunately, very few scientifically studied alternatives were available—until now.

Aroma MD's Aroma Aid™ is ideal for busy, health-conscious families. Aroma Aid is a blend of six versatile and effective essential oils—a virtual medicine cabinet in a bottle. Aroma Aid combines peppermint, lemongrass, lavender, frankincense, black pepper and clove bud essential oils for the ultimate healing solution.™

### CONDITION SPECIFIC SUPPORT AND MODIFICATION:

#### Headache Support:

Peppermint essential oil, used in Aroma Aid™ was found to support headache relief in a clinical trial.<sup>1</sup> Peppermint, lavender and frankincense essential oils have been found to support relief of muscular spasms.<sup>2</sup>

#### Minor Aches and Pains:

Peppermint and clove essential oils have been found in clinical trials to support minor pain relief.<sup>3, 4</sup> These essential oils promote healthy-opioid pain receptor response.<sup>5, 6</sup>

#### Wound Healing:

Peppermint essential oil has been shown in a clinical trial to support the body's repair of damaged skin.<sup>3</sup>

#### Aroma Biotics:

Unlike antibiotics, essential oils alter microbial activity in three ways: supporting healthy immune responses, interacting with microbial cellular components and altering availability of nutritional substrates.<sup>7-9</sup> Essential oils can also be used concurrently with antibiotics for a synergistic effect.<sup>10, 11</sup> Clove, peppermint, lavender, frankincense and lemongrass support healthy immune activity during viral, bacterial and fungal illnesses, including Methycillin resistant Staphylococcus aureus (MRSA) and Vancomycin resistant Enterococcus (VRE).<sup>10, 12, 15</sup>

#### Nasal Congestion and Cough:

Peppermint essential oil supports a healthy nose and throat when affected by allergies, congestion and microbial activity.<sup>16</sup> In clinical trials, peppermint and its components have been shown to support mucociliary clearance, promote healthy cough regulation,<sup>17, 18</sup> and to promote restfulness in children with bronchitis.<sup>19</sup> Lavender essential oil promotes stable mast cells, aiding in the reduction of histamine levels responsible for allergic symptoms.<sup>20</sup>

Aromatherapy is a natural healing method which has been used for 5,000 years. Recently, interest in medical aromatherapy has grown tremendously among both patients and practitioners. Until now, it has been hard to find authoritative sources for medical aromatherapy blends and dosages. Aroma MD's™ specially pre-blended products make patient compliance easy. Each product contains age-based dosing and clear usage instructions. Practitioners can rest assured that patients are benefitting from the most therapeutic oils at safe and effective doses.

## Aroma Aid™



The natural, healthy solution for life's everyday problems\*



**Aroma MD™**

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*I am a pediatrician and mother of two very active school-aged children. As a mom, because we're always on the go, I need to have one natural product for everything from scrapes to bug bites to stuffy noses. As a pediatrician, I find Aroma Aid a valuable product because it supports the immune system against MRSA which causes many serious infections that I see in my practice spread through cuts and bites. Between school, soccer, and other activities, we are always reaching for the Aroma Aid. —S.Kaiseruddin, MD, Chicago, IL*

*I am an avid triathlete. I suffered from a swollen ankle for some time. I tried many methods of alleviating the swelling and pain but nothing worked. I tried Aroma Aid the day before the triathlon. Within a few minutes the ankle was feeling great and the next day I performed my best ever. —K.Afzal, Pittsburgh, PA*



Medical Quality Essential Oils in Aroma Aid™

Support and Modification	Peppermint	Black Pepper	Lavender	Lemongrass	Frankincense	Clove Bud
Allergies	✓		✓		✓	
Bug Bites	✓		✓			
Headache	✓		✓			✓
Immunity	✓		✓	✓	✓	✓
Joints	✓	✓	✓		✓	✓
Muscle Tension	✓		✓		✓	
Pain	✓	✓	✓	✓	✓	✓

SUGGESTED USAGE

INTERNAL: Ages 2-4 years, 1-3 drops; ages 5-7 years, 2-5 drops; ages 8 to adult, 2-10 drops every 8 hours as needed.

TOPICAL: Ages 2 to adult: apply to affected area as needed. Use in conjunction with internal use for best effect.

BATH: All ages, 5-20 drops stirred in bath.

PRECAUTIONS

Use as directed. Consult a healthcare professional before use if changing your current regimen, if you have a liver or kidney condition, or if you are pregnant. Keep out of the reach of children.

APPLICATIONS

Headache: 1 drop to temples q1 hour prn

Minor aches and pains:

Acute: apply to affected area q 6-8 hours

Chronic: use internally as directed with topical use

Sinus support: apply to nasal mucosa every 8 hours

Pulmonary congestion and infection:

Inhaled: prn from cap

Topical: apply to chest, back, adrenals

Internal: as directed in conjunction with internal use

Bath: prn for congestion

Infections, Immune Support:

Prophylactic: Internally qAM as directed for age

Acute Topical: Apply to affected area, to regional lymph nodes and over adrenal glands tid

Acute Internal: tid for 10 days or until symptoms resolve.

Chronic: Recommend Flugon™

Allergies:

Internal: Use prophylactically 4 weeks before allergy season.

Topical: Use symptomatically tid

Cuts, scrapes, bug bites: apply to affected area, or add one drop to adhesive bandage bid



Kamyar Hedayat, MD, FAAP

Aroma MD™ Founder and President, Dr. Hedayat is a Stanford-trained critical care physician, board-certified pediatrician and clinical aromatherapist.

His training also includes a preceptorship with Dr. Andrew Weil.

Dr. Hedayat is the Medical Director of

Full Spectrum Health Center for Integrative Medicine in San Diego, CA. He is the author of numerous scholarly articles on critical care and clinical aromatherapy, and is an international speaker on integrative medicine and aromatherapy. Dr. Hedayat is available for clinical aromatherapy workshops for health professionals.

For more information on Aroma MD™ products or to order, contact:

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\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.