



Body Soother™ helps ease musculoskeletal issues

Body Soother™ is an innovative solution for joint, musculoskeletal, dermatologic and brain injury patients. Body Soother's synergy of clinically and scientifically studied essential oils provides acute relief of discomfort while addressing the pathophysiology that perpetuates inflammation, pain and muscle tension. Body Soother™ should be considered for the following patients: arthritis, sports-related injuries, mild, intermittent back and sciatic pain; post-stroke, post-brain injury, and cerebral palsy patients with hypertonia; functional constipation, inflammatory disorders. Body Soother™ is safe and effective for adults and children 8 and older. A clinical trial concluded that the use of aromatherapy acupressure with the essential oil of peppermint (found in Body Soother™) was superior to using acupressure alone for hemiplegic shoulder pain in stroke patients, relieving pain and improving motor power.^{1*}

CONDITION SPECIFIC SUPPORT AND MODIFICATION:

Muscular Spasm:

The ingredients found in Body Soother™ have been shown in scientific studies to promote relaxation of skeletal and bowel muscle³—helpful for muscular tension, hypertonia, constipation and overactive bowel.*

Radiation Burns, Dermal Sensitivity:

Body Soother™ provides a cool feeling to the body by interacting with thermal and nociceptive receptors on the skin.^{2*}

Pain:

The ingredients in Body Soother™ have been shown to modulate the κ -opioid receptors which provide relief for neuropathic and visceral pain.⁴⁻⁶ The

ingredients in Body Soother™ also modulate the sodium channel receptors bound by benzocaine topical anesthetics⁷ as well as other pain receptors for powerful relief of pain from cell to skin.^{8,9*}

Anti-oxidants:

Body Soother™ contains powerful anti-oxidants which quench free radicals. Free radicals are responsible for cellular damage in inflammatory disorders such as arthritis, inflammatory bowel disease, autoimmune disorders and chronic pain.^{10,11*}

Inflammation and Joints:

Inflammatory mediators such as leukotrienes have been implicated in disorders such as arthritis, asthma and ulcerative colitis. The ingredients found in Body Soother™ have been shown to support inhibition of pro-inflammatory leukotriene formation by human neutrophil¹² and T-cells.¹³ The ingredients in Body Soother™ down-modulate the COX-2 enzyme responsible for the inflammation associated with arthritis and arthritic joint damage in a rat model of arthritis.^{14,15*}

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.

Body Soother™



Supports joint mobility and provides relief from minor aches and pains*



Aroma MD™

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Time Laboratories
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"I have knee problems due to an old hiking injury. When I use Body Soother after a hard workout, it soothes the discomfort in my knees. It's wonderful as a soak with Epsom salts too!"

—N. Shenasa, San Diego

Medical Quality Essential Oils in Body Soother™

Support and Modification	Peppermint	Ginger	Clove	Nutmeg	Black Seed Oil
Anti-Oxidant	✓		✓		
COX-2					✓
Inflammation	✓	✓	✓	✓	✓
Muscle Spasm	✓			✓	
Pain	✓		✓		✓
Stiff Joints		✓	✓	✓	
Swelling	✓	✓			

APPLICATIONS:

Muscular Tension: trauma-related, post-stroke, post-brain injury, cerebral palsy.

Acute: Apply topically to affected area bid-tid. Apply heat to area after using Body Soother™ for 5 minutes or longer.

Chronic: Use internally as directed in addition to daily topical use as a massage oil.

Joint Pain: Arthritis, Post-injury *see above for recommendations*

Neuropathic Pain: Sciatica, chronic pain syndrome, fibromyalgia, multiple sclerosis

Acute: Apply topically to affected area tid and along dermatomes.

Apply heat to area after using Body Soother™ for 5 minutes or more.

Chronic: Use internally as directed in addition to daily topical use

Radiation Burns, Dermatitis:

Topical: Apply to affected area. Do not apply to broken skin.

Compress: If skin is tender to touch, add 5-10 drops of Body Soother™ to a compress and apply to affected area

Additional applications for joint and muscle pain:

Bath: Add Body Soother™ to a warm bath. Soak for 20 minutes.

Patients with cardiovascular conditions should use tepid water.

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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.

SUGGESTED USAGE

INTERNAL: 8-11 years: 3-5 drops; ages 12 to adult: 5-10 drops mixed in food every 8-12 hours.

TOPICAL: Ages 8 to adult: apply as needed to affected area as soothing massage.

BATH: 5-20 drops stirred in bath.

PRECAUTIONS

Use as directed. Patients on anti-coagulant and anti-platelet therapies may experience increased incidence of bleeding with frequent acute or chronic use when used as directed. Anti-coagulant dose may need to be lowered. Post-stroke and traumatic brain injury patients should not be started on Body Soother™ until they are considered free of bleeding risk. Keep out of reach of children.

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

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