



## Mood Master™ supports healthy energy levels and stable mood

Adrenal fatigue has become one of the emerging health issues of the century. With constant stress from work, traffic, noise and light pollution, the adrenal gland is working beyond its capacity. Because of the adrenal gland's role in managing stress and blood sugar levels, adrenal fatigue can lead to symptoms such as: depression, lack of energy, low blood sugar, anger, frustration, reduced concentration and reduced memory.

With adrenal fatigue, as production of cortisol and epinephrine continue to decline, the hypothalamus releases higher and higher levels of corticotrophin releasing hormone (CRH) and adrenocorticotrophic hormone (ACTH) to further stimulate the adrenal gland. Elevated CRH has been shown in animal and human studies to be responsible for feelings of increased pain sensitivity, altered sleep, loss of interest in pleasurable activities and depression.<sup>1,2</sup> As depression improves, CRH levels are reduced to normal again.

AromaMD's™ Mood Master™ is another breakthrough product in next generation herbals from Aroma MD,™ North America's premiere medical essential oil company. By combining powerful and effective essential plant oils that supports healthy adrenal output, normal hypothalamic and pituitary hormone activity and a bright mood, Aroma MD™ has created a single product to address all of your patient's energy and mood issues in one product.

### CONDITION SPECIFIC SUPPORT AND MODIFICATION:

#### Adrenal Support:

The adrenal gland is composed of two sections: the outer cortex, and the inner medulla. The cortex produces cortisol, DHEA and aldosterone. The

medulla produces epinephrine (adrenaline), which manages blood sugar, improves cardiac activity and facilitates alertness, concentration and muscle activity.

Essential oil of grapefruit was shown in clinical study to support healthy adrenal activity by increasing epinephrine levels greater than 150% above baseline.<sup>3</sup> Clove essential oil promotes alertness and prolongs time to sleep.<sup>4</sup> Clary Sage essential oil has been used traditionally to support healthy adrenal activity.<sup>5</sup>

#### Nervous System Support:

While the adrenal gland produces epinephrine, it is norepinephrine (noradrenaline), produce in the brain, which his elevated in situations of chronic stress and produces many of the harmful effects associated with stress, such as high blood pressure, stomach ulcers, muscle tension, etc. Studies suggest that lavender essential oil supports healthy norepinephrine levels without affecting epinephrine activity in the adrenal gland.<sup>6,7</sup>

#### Healthy Pituitary Activity:\*

ACTH from the pituitary is the primary hormone that stimulates the adrenal gland during stress. Lavender essential oils has been shown to reduce ACTH levels in over-stimulated animals.<sup>8</sup>

#### Mood and Stress Balance:\*

Grapefruit essential oil is clinically proven to reduce the need for antidepressants while normalizing neuro-immunological function and reducing stress markers.<sup>9\*</sup> Lavender was found in clinical trials to be as effective as standard of care in relieving feelings of depression,<sup>10</sup> and effective for diverse patient populations from college students to post-partum women.<sup>11,12</sup> Clary sage is traditionally used as a neurological and emotional balancer.<sup>13\*</sup>

## Mood Master™



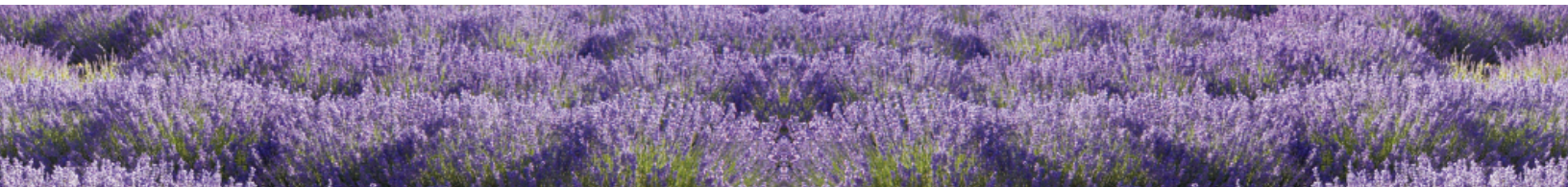
Mood support for 'the blues,' fatigue, low energy\*



*"I was tired, stressed, and agitated. Another long day of work, running errands, and writing term papers left me drained. I was on the verge of tears when my roommate offered me Adrenal-Mood Boost.™ Before I noticed, my moodiness began to quell. I will definitely turn to Adrenal-Mood Boost™ before I let my anxiety get so extreme."*

--Micaela C., San Diego, CA

**Aroma MD™**  
Distributed by  
Time Laboratories  
877-846-3522  
www.timelabs.com  
info@timelabs.com



## Medical Quality Essential Oils in Mood Master™

Support and Modification	Clary Sage	Clove Bud	Lavender	Grapefruit
Balanced Mood	✓		✓	
The Blues			✓	✓
Low energy				✓
Stress	✓	✓	✓	
Task Performance			✓	

### APPLICATIONS

#### Healthy Adrenal Activity:

*Internal:* Morning and early afternoon. Use daily.

#### Healthy Mood:

*Internal:* 3 times per day. Use daily. Best results after 4 weeks.

*Topical:* Apply to chest and temples as desired. Try in morning bath to motivate children for weekend chores.

#### Anesthesia, Surgery:

*Internal:* To support recovery and fatigue after anesthesia, take for 1 week before and 1-4 weeks as directed after surgery until back to regular energy levels. Discuss with your physician if taken before surgery.

### SUGGESTED USAGE

**INTERNAL:** Ages 16 to adult, 5-20 drops every 8-12 hours daily taken with meals for 4 weeks for best effects. If condition persists for more than 8 weeks, consult a healthcare professional.

**TOPICAL:** Ages 8 to adult, apply 5-10 drops to temples and chest as needed before tasks. For best effect, combine with internal use.

**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. Do not use internally if being treated for estrogen-sensitive cancer. Keep out of reach of children.

### REFERENCES

1) Owens MJ, Nemeroff CB. Physiology and pharmacology of corticotropin-releasing factor. *Pharmacol Rev* 1991;43(4):425-73; 2) Raison CL, Miller AH. When not enough is too much: the role of insufficient glucocorticoid signaling in the pathophysiology of stress-related disorders. *Am J Psychiatry* 2003;160(9):1554-65; 3) Haze S, Sakai K, Gozu Y. Effects of fragrance inhalation on sympathetic activity in normal adults. *Jpn J Pharmacol*. Nov 2002;90(3):247-253. 4) Komori T, Matsumoto T, Motomura E, Shiroyama T. The sleep-enhancing effect of valerian inhalation and sleep-shortening effect of lemon inhalation. *Chem Senses* 2006;31(8):731-7; 5) Durrafor C, Lapraz JC. *Traite de phytotherapie Clinique—Medicine et Endobiogenie*, Mason, 2002, Paris; 6) Tanida M, Shen J, Nijijima A, et al. Effects of olfactory stimulations with scents of grapefruit and lavender oils on renal sympathetic nerve and blood pressure in Clock mutant mice. *Auton Neurosci*. May 30 2008;139(1-2):1-8. 7) Tanida M, Nijijima A, Shen J, Nakamura T, Nagai K. Olfactory stimulation with scent of lavender oil affects autonomic neurotransmission and blood pressure in rats. *Neurosci Lett*. May 1 2006;398(1-2):155-160. 8) Yamada K, Mimaki Y, Sashida Y. Effects of inhaling the vapor of *Lavandula burnatii* super-derived essential oil and linalool on plasma adrenocorticotropic hormone (ACTH), catecholamine and gonadotropin levels in experimental menopausal female rats. *Biol Pharm Bull*. Feb 2005;28(2):378-379. 9) Komori T, Fujiwara R, Tanida M, Nomura J, Yokoyama MM. Effects of citrus fragrance on immune function and depressive states. *Neuroimmunomodulation* 1995;2(3):174-80; 10) Akhondzadeh S, Kashani L, Fotouhi A, et al. Comparison of *Lavandula angustifolia* Mill. tincture and imipramine in the treatment of mild to moderate depression: a double-blind, randomized trial. *Prog neuro-psychofarm & biol psych* 2003;27(1):123-7; 11) Imura M, Misao H, Ushijima H. The psychological effects of aromatherapy-massage in healthy postpartum mothers. *J midwif & women's health* 2006;51(2):e21-7; 12) Lee IS, Lee GJ. [Effects of lavender aromatherapy on insomnia and depression in women college students]. *Taehan Kanho Hakhoe chi* 2006;36(1):136-43; 13) Schnaubelt K. *Medical aromatherapy: healing with essential oils*. Berkeley, Calif.: Frog; 1999.



### 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:

Time Laboratories, Distributors  
6000 S 5th Ave, Pocatello ID 83204 877-846-3522  
www.timelabs.com info@timelabs.com