

KINAROME

ESSENTIAL OIL TREATMENT PROTOCOLS

A PROTOCOL FOR IMBALANCES OF THE SKIN; PSORIASIS, ECZEMA, ALLERGIC RASH & EVERYDAY WELLNESS

DEFINITION & DESCRIPTION

Psoriasis is a non-contagious, inheritable, proliferative disorder of the epidermis (outermost layer of the skin). Onset is usually in early or young adulthood. Abnormal or rapid cell growth of the epidermis results in pink or red plaques in loosely adherent, silvery scales of the stratum corneum layer (outermost layer of the epidermis). Eczema is a form of dermatitis or inflammation of the epidermis and, unlike psoriasis, usually appears on or around joints. Symptoms include recurring rashes accompanied by redness, swelling, itching, excessive dryness, blistering, cracking, oozing or bleeding. The cellular causes of psoriasis and eczema are largely unknown, although it may be genetic in origin. Those suffering from these skin disorders often have elevated stress levels which is measured by blood pressure, low immune response and a tendency to develop secondary bacterial, viral or fungal infections – particularly streptococcal pharyngitis (strep throat) and influenza. Also occurring may be high uric acid levels or unusually low levels of iron in the blood.

CONVENTIONAL TREATMENT

Treatments of psoriasis are directed at reducing the proliferation of the epidermis and reducing the thickness of the stratum corneum and typically share anti-inflammatory, anti-pruritic (anti-itch) and vasoconstrictive (narrowing of the blood vessels) actions. The choice of agents is rather limited because of safety and undesirable side effects. Conventional tactics employ the use of ultraviolet light (UVB), coal tar derivatives and other pharmaceuticals, especially cortisone, to suppress symptoms. Although conventional treatment with topical steroid or acid-based creams may provide short-term remission (disappearance from view) of symptoms, liberal use can cause burning irritation to the skin. Occlusive (non-breathable) dressings substantially increase the absorption of topically delivered drugs. However, they may also increase dermal sensitivity, bacterial and fungal overgrowth, tolerance and systemic absorption. This may result in resistance to treatment or kidney and liver toxicity since the chemicals are respectively eliminated and metabolized through these organs. Coal tar-based preparations in a water/alcohol or petroleum base are typically used in conjunction with UV therapy. Dryness, severe skin irritation, staining and unpleasant odor are side effects of these preparations, as well as the potential carcinogenesis and long-term toxicity.

WHOLISTIC TREATMENT: STEP 1

AID THE BODY THROUGH DETOXIFICATION AND ELIMINATION OF TOXIC METABOLITES AND PATHOGENIC ORGANISMS

- **Sea algae** and **sea salt baths** (“thalassotherapy” originally from Bretagne, France) promote an osmotic exchange of fluids through the skin. This therapy is used to facilitate the elimination of toxins, especially heavy metals, lactic acid and certain inorganic metabolites. **Sea algae** absorb and concentrate vast amounts of sea minerals in a form that is assimilable to the human body. **Seawater** is composed of a balance of vitamins, minerals and trace elements that is virtually identical to human blood plasma. Immersion in seawater can stimulate the body’s own production of corticosteroids from the adrenal glands. One of the traditional remedies -- a swim in the ocean and a good dose of sunshine is the *original* version of synthetic steroid/UV therapy.
- Add 10-15 drops of **Eucalyptus**, **Pine** or **Bay Laurel** essential oil into a full bath to stimulate lymph flow and to facilitate elimination of mucus through the respiratory passages. In the evenings **Lavender** essential oil is recommended in the bath, inhaled from a hot towel or on the pillowcase to relax the muscular and nervous systems and to promote sound sleep.

WHOLISTIC TREATMENT: STEP 2

ADDRESS THE BODY'S "TERRAIN": PROVIDE OPTIMUM NUTRITION TO CORRECT BLOOD, LYMPH AND MUCOSAL CHEMISTRY, AND TO REESTABLISH PROPER INTESTINAL FLORA

Recommended supplements should be taken as long as the diet is not providing adequate nutrition or there is an inhibition of nutrient absorption. Try not to develop a "pill mentality" even with vitamins. The aim is to get nourishment from a healthy and varied diet.

•Vitamin A	5,000-10,000 I.U.	•Vitamin E	500-1,000 I.U.
•Vitamin B-complex	100 mg	•Iron	10 mg
•Vitamin C	500-1,000 mg	•Flax Seed Oil	1-3 Tbsp
•Vitamin D	400 I.U.	•Ginseng (Siberian)	600-1,000 mg
•Spirulina	1,000 mg	•Milk Thistle	450 mg

Eating bitter foods, like dandelion, parsley, frisée, arugula, mizuna, radicchio and artichoke support liver function, which may be overtaxed by chemical and pharmaceutical accumulations. Use lemon juice and rind, spices, such as cinnamon, clove, star anise, ginger root, and herbs, such as artichoke, peppermint, nettles and rosemary, which may be brewed as teas. **Herbal tinctures** labeled "liver support" taken for a two-week period at the beginning of this protocol are strongly recommended. If symptoms persist, continue herbal treatment for 7 days every 2 weeks. An herbal bitters formula may be useful if you experience digestive troubles (i.e. hyperacidity, indigestion or slow digestion) and will help the assimilation of the good foods you eat.

WHOLISTIC TREATMENT: STEP 3

GENERAL IMMUNE SUPPORT

KINAROME OREGANO OIL is your first line of defense against systemic infection and immune support. The herb, **Echinacea** (*E. angustifolia* or *E. purpurea*), is available in tincture, glycerite, capsule, tablet, honey, tea, etc., and is listed in the American and European pharmacopoeias as an antibiotic and immune stimulant herb. **Echinacea glycerite** contains no alcohol and, because of its sweet taste, is well tolerated by children. Completely nontoxic, it may be taken daily, several droppersful at a time every 1/2-hour, especially at the onset or when an infection occurs.

Brisk rubs after shower or bath with any combination of the following essential oils (about 15-20 drops undiluted) will engage immune system activity, especially when applied liberally around the chest and collarbone area.

OILS FOR IMMUNE SUPPORT

•Tea Tree	•Ravensare	•Thyme, linalol type
•Eucalyptus globulus	•Myrtle, green	•Thyme, thuyanol type
•Eucalyptus radiata	•Hyssop, decumbens type	•Manuka
•Eucalyptus smithii	•Marjoram, sweet	•Rosewood
•Niaouli	•Rosemary, cineole type	•Coriander Seed
•Cajeput	•Geranium, Rose or Bourbon	•Palmarosa

WHOLISTIC TREATMENT: STEP 4

TOPICAL APPLICATION OF KINAROME SKIN SAVER ESSENTIAL OIL PREPARATION

•Tea Tree (<i>Melaleuca alternifolia officinalis</i>)	antibacterial, antifungal, antiviral
•Clary Sage (<i>Salvia sclarea</i>)	analgesic, antifungal
•Lavender (<i>Lavandula angustifolia</i>)	anti-inflammatory, anti-itch, anti-redness
•German Chamomile (<i>Matricaria recutita</i>)	anti-inflammatory, antiviral, anti-allergic
•Hemp Seed Oil (<i>Cannabis sativa</i>)	Omega-rich, skin regenerative
•Sunflower Oil (<i>Helianthus annuum</i>)	vitamin-rich for skin healing

Apply to affected areas 2-3x/day. Best applied after bath or shower, for maximum absorption. Allow 2-3 weeks for symptoms to subside.