



NEWSLETTER

Benefits of Clary

October 2018

Clary sage, whose habitat originated from the Mediterranean, has become one of the world's most famous plants for treating PMS, hormonal imbalance and a wide variety of complications. This may be due to its rich endowments with anticonvulsive, antidepressant, antifungal, anti-infectious, antiseptic, antispasmodic, astringent and anti-inflammatory properties. It's also a nerve tonic and sedative with soothing and warming components. Clary sage also provides outstanding benefits for your eyes, nervous system, digestion and kidneys.

Antidepressant and Mental Health Benefits

Even a quick whiff of clary sage's aroma can be of benefit to those suffering from depressive episodes, anxiety and stress. The properties seem to work almost instantaneously on the system in a sedative, calming manner. In fact, the Journal of Phototherapy published a study in 2014 showing that certain menopausal women who inhaled clary sage had a significant decrease in their cortisol (stress hormone) levels, as well as improved overall moods and increased serotonin (mood and sleep regulator), which can decrease anxiety and depression. Clary sage has been shown to help boost confidence and mental strength while alleviating feelings of anxiety. Its powers have even been clinically proven to help alleviate pain and relax laboring mothers.

The Journal of Alternative and Complementary Medicine did a study in 2013 that showed people with high blood pressure who inhaled clary sage had a remarkable decrease in their blood pressure as well as slowing the breathing down of women suffering from urinary incontinence. Another recent study done by Adrian L Lopresti in 2017 showed certain sage plants, including clary sage, helped with improved memory, greater alertness, and the potential to help with Alzheimer's symptoms.

Premenstrual Syndrome, Hormone Imbalance, Etc.

Many disorders of the female system are estrogen based. Estrogen is necessary for countless functions in the body including menstruation and conception. This hormone needs to be balanced in the body by other hormones such as progesterone. When estrogen overpowers the other hormones in the body, certain complications begin to arise with unpleasant symptoms. Clary sage works to regulate the menstrual cycle by balancing hormone levels naturally and stimulating the opening of an obstructed system. It also has the power to alleviate symptoms of PMS, including bloating, cramps, mood swings and food cravings. Clary sage affects the hormones of the body because it contains natural phytoestrogens, which are referred to as "dietary estrogens" that are derived from plants and not within the endocrine system. These phytoestrogens give clary sage the ability to cause estrogenic effects. Sclareol, one of clary sage's properties, mimics the effects of estrogen in the body. It regulates estrogen levels and ensures the long-term health of the uterus reducing the chances of uterine and ovarian cancer.

Antibacterial Affects

Clary sage has the ability to help stop the spread and growth of certain types of bacterial and fungal infections as well as having anti-septic abilities. Protecting certain systems in our bodies such as our urinary tract and intestines. It's also been shown to inhibit the growth of E. coli and Staphylococcus and other bacteria's known to cause infections in the body. It can be used to clean wounds, surgical incisions, as well as sores and ulcers. It can also help reduce inflammation of the skin, and gut as well.

Like other essential oils clary sage should not be taken internally unless supervised by a health care professional. It can be dangerous in high concentrations, so use it moderately. Pregnant and nursing women should avoid the oil since it can cause uterine contractions and also slow down the production of breast milk. Anyone with epilepsy should also avoid using the oil since it acts like a stimulant. It is also best if you do not apply clary sage directly to your skin. Instead, add three to five drops in an ounce of carrier oil to create an oil. Adding a few drops to your bath water can help ease pain and stress. You can also apply a few drops with a carrier oil as a perfume on the pulse points, which are at your wrists, temples, or behind your knees and ears. Other great ways to use this amazing oil is in a diffuser as well as adding it to soaps, detergents, creams and lotions.

Source:
Draxe



Ozone Therapy

Ozone therapy is rapidly becoming a popular alternative therapeutic method used by many practitioners throughout the country. Due to the high oxygen content in ozone it is an excellent therapy for raising the blood oxygen levels and destroying free radicals.

Simply put, ozone is the air that covers the earth and filters out toxins. It differs from normal oxygen (O_2) in having three atoms in its molecule (O_3). These three oxygen molecules bind together when oxygen (O_2) rises high into the atmosphere and splits into two single oxygen molecules. This split is due to its exposure to the ultraviolet rays or lightening. A singular (O_1) binds with a whole oxygen molecule (O_2) creating ozone, (O_3). The ozone is too heavy to be suspended in the atmosphere like oxygen and thus falls to the earth. While falling it oxidizes any pollutant that it comes in contact with.

Ozone can be a beneficial therapy because of its action on the body. When introduced into the body, ozone disappears very quickly. It converts back into oxygen and increases the amount of oxygen in the body, thus acting as a powerful oxidant, which boosts the body's endogenous antioxidant system. It is important to keep in mind that only medical grade ozone should be used as a therapeutic agent. When used properly, ozone therapy is non-toxic and free from side effects. To avoid needless injury and harm to the client, proper skills and trained professionals should be used.

Ozone therapy may be used to disinfect and treat diseases by limiting the effects of bacteria, viruses, fungi, yeast, and protozoa. It has been known to help in cases of infected wounds, circulatory disorders, geriatric disorders, macular degeneration, viral diseases, rheumatism and arthritis, cancer, SARS and AIDS. Ozone therapy is also extremely effective in combating skin problems such as the herpes virus, eczema, acne, pimples, and can even be used to erase scars.

Ozone is a gas; therefore, it can be used in various forms such as: infused in olive oil, ozonated water, injections (which are some-

times used in dentistry), autohemotherapy, (which is when ozone is mixed with a persons blood and put back into their bloodstream), gas baths or saunas.

There are countless benefits achieved from using ozone therapy, however it is very important to research the safest techniques before you have the therapy. Executed by a skilled professional, this therapy may be a great benefit for the client. According to *The Journal of Natural Science, Biology, and Medicine*, ozone's effects are proven, consistent, safe and with minimal and preventable side effects. Ozone, like any other healing therapy may present a few contraindications in certain cases. According to cam-cancer.org "You should avoid ozone therapy if you are pregnant, have cancer, chronic advanced diseases, blood problems, internal or external bleeding (including menstruation), or if you have previously had a heart attack."

Sources:
cam-cancer.org/The-Summaries/Other-CAM/Ozone-therapy/Is-it-safe
medicalnewstoday.com/articles/320423.php



Letter from the President ...



Blessings and Greetings to All!

Since our last newsletter in June, I am pleased to announce that our very first cap and gown graduation ceremony in Columbia, Maryland surpassed our highest expectations. Students came from around the world representing 40 states in the United States and 31 countries around the world. It was a very special blessing to meet so many of our graduates from both our certificate and degree programs. Based on the feedback we continue to receive, we are busy setting up plans for our next graduation ceremony in the 2020 to 2022 timeframe.

With our Continuous Quality Improvement (CQI) and other student feedback programs, we have a new updated look to our website and have made several changes to our programs to ensure that we are providing the most relevant 21st century offerings for our valued students.

We will elaborate on developing a network of friends, affiliates, and partners as we continue to expand the full spectrum and health and wellness services and infrastructure to meet the huge demand for state-of-the-art natural health care professional, as well as, health evangelism ministries.

Please share any thoughts you have for upcoming newsletters, events and other ways we can enhance your IOM experience. We **DO** look at your comments when closing out the year and planning for next year. We are interested in hearing about things that went well and places we need to improve.

On behalf of the IOM staff and board, may you all continue to receive God's richest blessings in all your endeavors and ministries.

Many blessings,

Jim Sharps

Jim Sharps, ND, HD, DNSc, PhD
President & CEO





RECIPES



Apricot Apple Barley Casserole

(from Ways to Wellness Natural Recipe Book)

INGREDIENTS

1 cup barley
3½ cups natural apple juice
2 Tbsp of melted coconut oil
½ of a small onion
½ cup natural apple juice

INSTRUCTIONS

In a large oiled casserole, soak the barley in the 3½ cups of apple juice for several hours. This can be stored overnight in the refrigerator if you are not ready to do the rest of the recipe. Put the dried apricots and onion in a food processor and whiz to make small pieces. Put the pieces in a small bowl. Soak the apricot and onion pieces for ½ hour in the ½ cup of apple juice. Pour all this into the casserole with the barley and mix well. Cover and bake at 325° for 60 minutes.

The chewy, slightly nutty flavor of the barley is complimented by the sweet taste of apple and apricot.

