

Elke's Anti-Inflammatory Oil



Thank you for choosing to purchase one of my products. As with all products containing Essential Oils, please check ingredients if you have any sensitivities to certain Oils. Generally contraindications for Essential Oils refer to when the Oil is used at 100% strength. My products are always heavily diluted in a base product such as Shea Butter; Moisturiser; Shampoo Base etc. If you are unsure, please check with your doctor before using any of my products.

Elke's Anti-Inflammatory Oil is made on a base of Black Cumin Oil (*nigella sativa*) & Jojoba Oil; and is combined with Wintergreen; Birch & Peppermint essential oils which are rich in analgesic, detoxifying, anti-rheumatic, anti-arthritis, diuretic, anti-septic, astringent, febrifuge, germicide, and many other qualities. Some of the essential oils used are listed below with their respective properties.

****Warning - This Oil is NOT suitable for use on children, or pregnant or breast feeding women. It contains Methyl Salicylates (the active ingredient in Aspirin) which are contraindicated for use with Warfarin and other blood thinning medications. It should not be used on those who are sensitive/allergic to aspirin, have liver problems, epilepsy or are subject to seizures****

Black Cumin – (*nigella sativa*) - Black cumin seed extract is not to be used during pregnancy. Black cumin oil is rich with compounds such as nigellone and thymoquinone. Black cumin seed is thought to contain over 100 ingredients; many remain unknown. It is known to have anti-bacterial, anti-fungal, anti-inflammatory and anti-oxidant properties; and among its many uses are treatment for such skin care problems as psoriasis, eczema, and dry skin.

Wintergreen – (*gaultheria procumbens L*) - The key component of the oil is Methyl Salicylate (usually >90%), and this provides its signature aroma - strong intensely medicinal, with a slightly woody bottom note. Its most common use is for being into linaments and ointments for tissue and skeletal applications. It is also useful for stimulating mind and body; anti-inflammatory; easing cold and flu symptoms, particularly clearing the sinus and head. Wintergreen is Mother Nature's Aspirin. Wintergreen Essential Oil contains 85-99% of methyl salicylate, the same component of aspirin. About thirty ml of wintergreen oil is equivalent to approximately **171** adult aspirin tablets or about **60 grams** of aspirin.

Birch - The health benefits of Birch Essential Oil can be attributed to its properties as a tonic, disinfectant, stimulant, anti-depressant, analgesic, anti-spasmodic, detoxifying, anti-rheumatic, anti-arthritis, diuretic, anti-septic, astringent, febrifuge, germicidal, insecticidal, and depurative qualities. The main constituents of birch oil are Salicylic Acid, Methyl Salicylate, Betulene and Betulenol. Birch oil is an excellent germicide and insecticide, mainly due to presence of Salicylic Acid and Methyl Salicylate contained in it. These two components are excellent cures for eczema, ring worm and other skin diseases and infections. **Birch and wintergreen are the only plants in the world that naturally contain methyl salicylate.** It is documented that these oils have **cortisone-like** effects that can relieve pain quickly. Birch and wintergreen were considered the best essential oils for pain before synthetics were made in the early 1920s.

The Anti-Inflammatory Oil has been used very successfully for relief from the following issues:

- Arthritis Pain
- Cramps
- Inflammation & Tissue Damage
- Joint & Muscle Soreness

Please note: Individual results may vary.

Prices: 50 mls = \$25.00 Postage = \$10.00 for under 500 grams.

Payment can be made by Paypal or direct deposit or via the website.

Account details for direct deposit are:

Account Name: Elke's Oils
Bsb: 084 383
A/c: 14 676 2403

****For further orders, questions or feedback, visit Elke's Oils at www.elkes.com.au ****