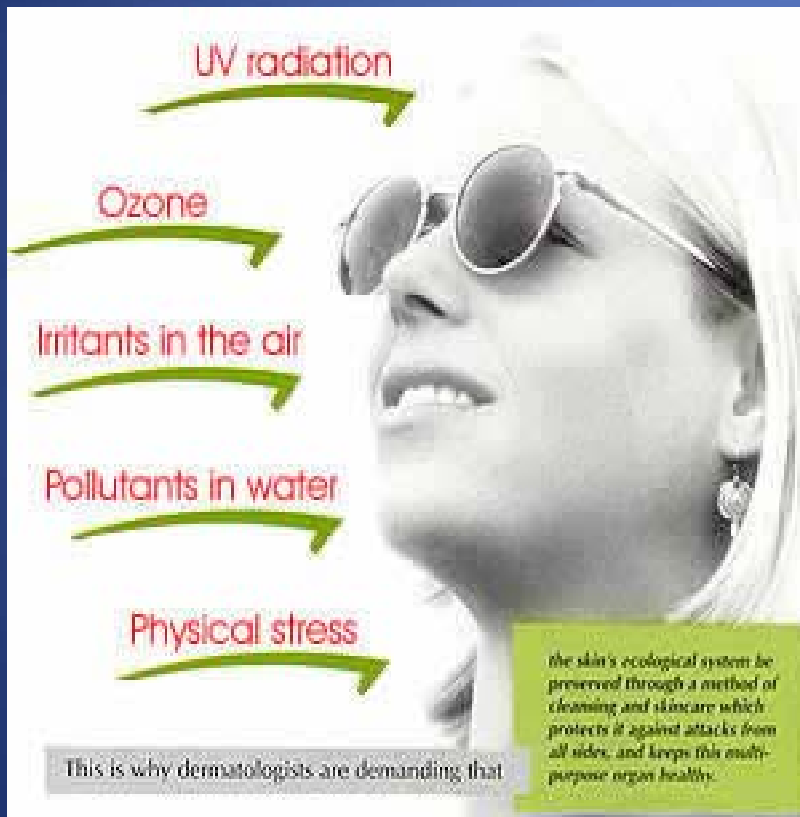




Lilian Terry International

PROVEN EFFECTIVENESS OF
HOMEOPATHIC AROMATHERAPY:

Homeopathic Aromatherapy
provides a new direction in
cosmetology based not only on
aesthetic appearance but also the
therapeutic effect



- Skin provides the main barrier against negative environmental effects. High levels of sun radiation and increased stress in daily life style causes xenophobic mutagenic activity, problems in the adaptation process and general resistance in human beings. All this results in premature ageing of the skin providing a driving force for cosmetic product development

Scientific research has shown that premature ageing will be more pronounced in the next decade due to environmental factors such as global warming, increased sun radiation, increased level of xenobiotics and high levels of daily stress. Therefore, the tendency to use non-toxic, non-irritating and hypoallergenic products that can prevent or delay the process of ageing has become a very viable proposition.

Lilian Terry International (Pretoria, South Africa) created Aromeopathic Complexes which are based on the synergy of two active ingredients namely Essential oils and Homeopathic remedies.

Researched by Dr. Katerina Tsvyetkova and Professor T D Zadoroznaya both from the institute of Paediatrics, Obstetrics and Gynaecology (Academy of Medical Science, Kiev, Ukraine)

External application of more than forty complexes has resulted in a marked improvement in the aesthetic appearance of the skin. They effectively influence micro circulation, increasing oxygen penetration into cells and normalise hormonal, metabolic and immunological indicators of the skin.

Research Methods

SKIN BIOPSY:

1. Cytological analyses to determine the index of apoptosis and amount of anti-apoptotic gene bcl-2. (Apoptosis is the genetically controlled death of cells while gene bcl-2 prevents apoptosis and keeps the cell alive and functional.
2. Immuno-histo-chemical methods to investigate the expression of monoclinal anti bodies to oestrogen, progesterone and testosterone.

Research Methods

NASAL SWAB:



level of macrophage activity



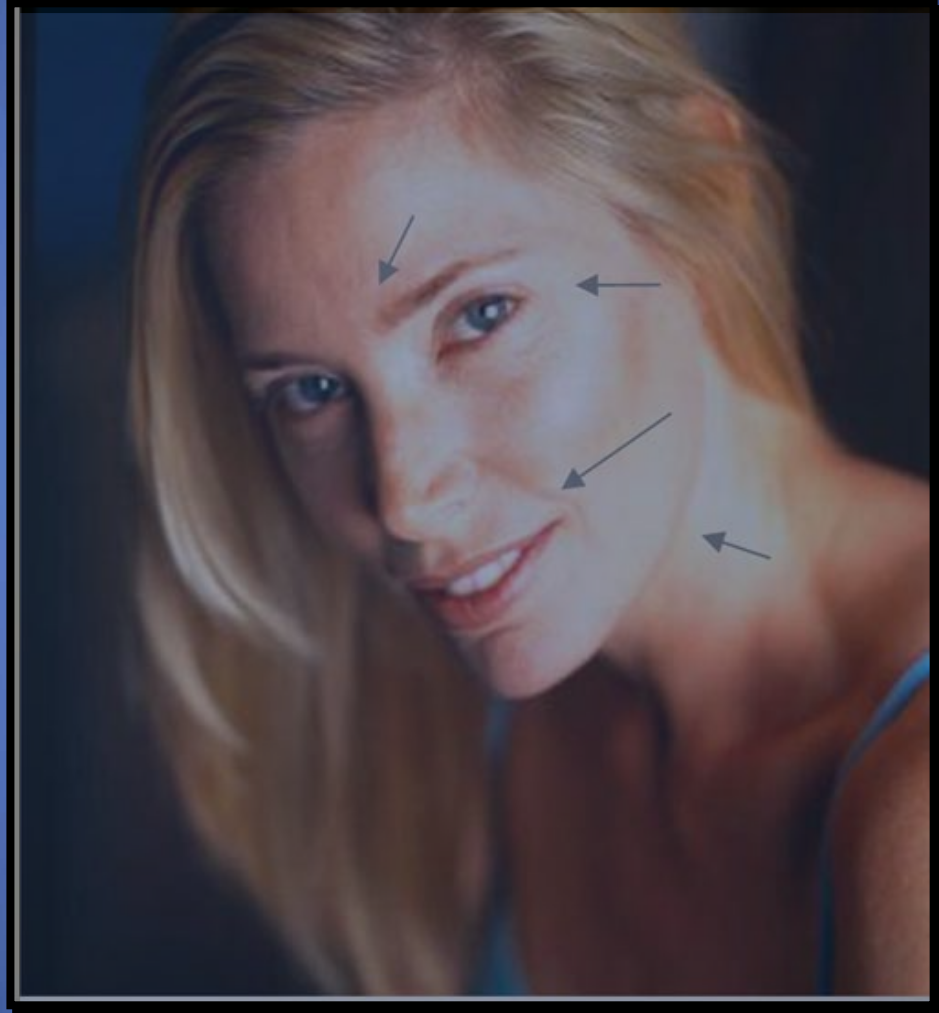
amount of B lymphocytes

Defence mechanism of the mucous membrane.

Samples were taken **before** and **after** 1 month of application of the following 3 complexes:

1. Sun Repair
2. Sinoless
3. Circula

Sun Repair



This report details the clinical investigation of the facial complex **SUN REPAIR** created to increase the skins defence against ultra violet radiation. This complex was applied twice daily to the face and neck of seventeen early menopausal woman from forty to fifty years of age.

Why did we choose them?

Their skin problems included severe dryness, hyperkeratosis, hyperpigmentation and wrinkles. Negative social factors consisted of high levels of daily stress, a sedentary lifestyle, smoking and episodes of depression.

Before Sun Repair Application:

Initial skin biopsy showed:

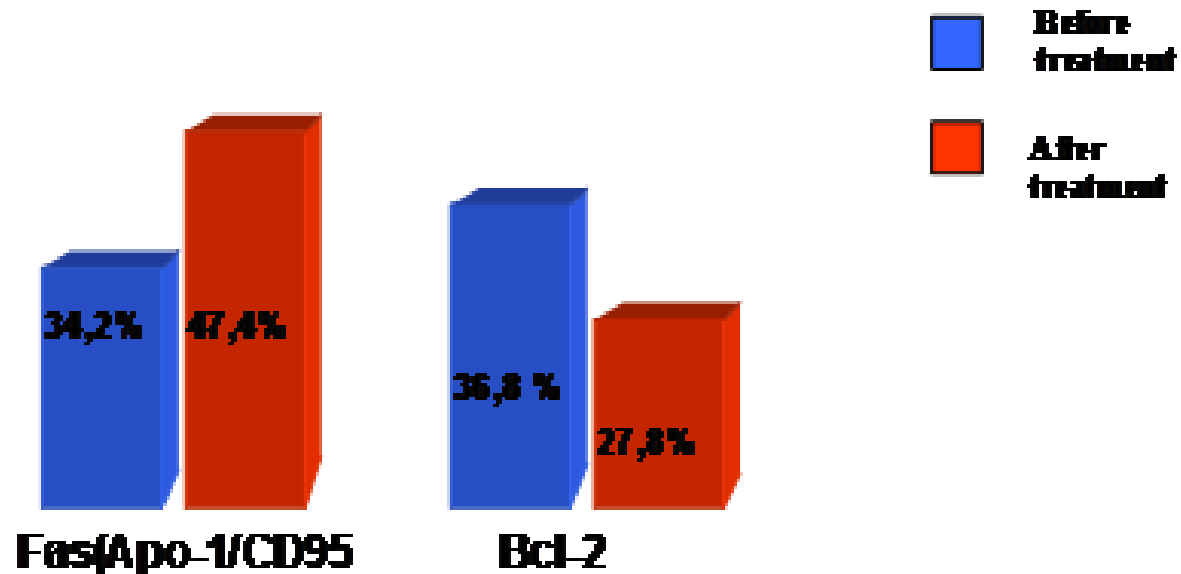
- Thinning of basal layer of epidermis.
- Sclerosis of blood vessels.
- Significant decrease in index of apoptosis and increase in anti-apoptotic protein bcl-2 indicating a definite decrease in skin regeneration and increase in mutagenic activity of the epidermis leading to keratisation.
- Reduced intensity of expression of the receptors to oestrogen, progesterone and testosterone with their uneven distribution along the basal layer.
- Decreased macrophage activity in the nasal swab indicating a decrease in defence from bacterial or viral infection from the environment.

After Sun Repair Application:

- considerable improvement in colour and texture of facial skin. This is due to an improvement of elasticity, re-hydration levels and a decrease in small wrinkles.
- significant increase in the index of apoptosis FAS (Apo-1/CD95) from 34.2% to 47.4% indicating an increase in the regenerative abilities of the epidermis.
- increase of expression to oestrogen receptors (40.5% to 58.5%) and also to those of testosterone.
- nasal swab showed an increased macrophage activity from 8.2% to 12.6% indicating an increase in the defence mechanism of the nasal mucous membrane.

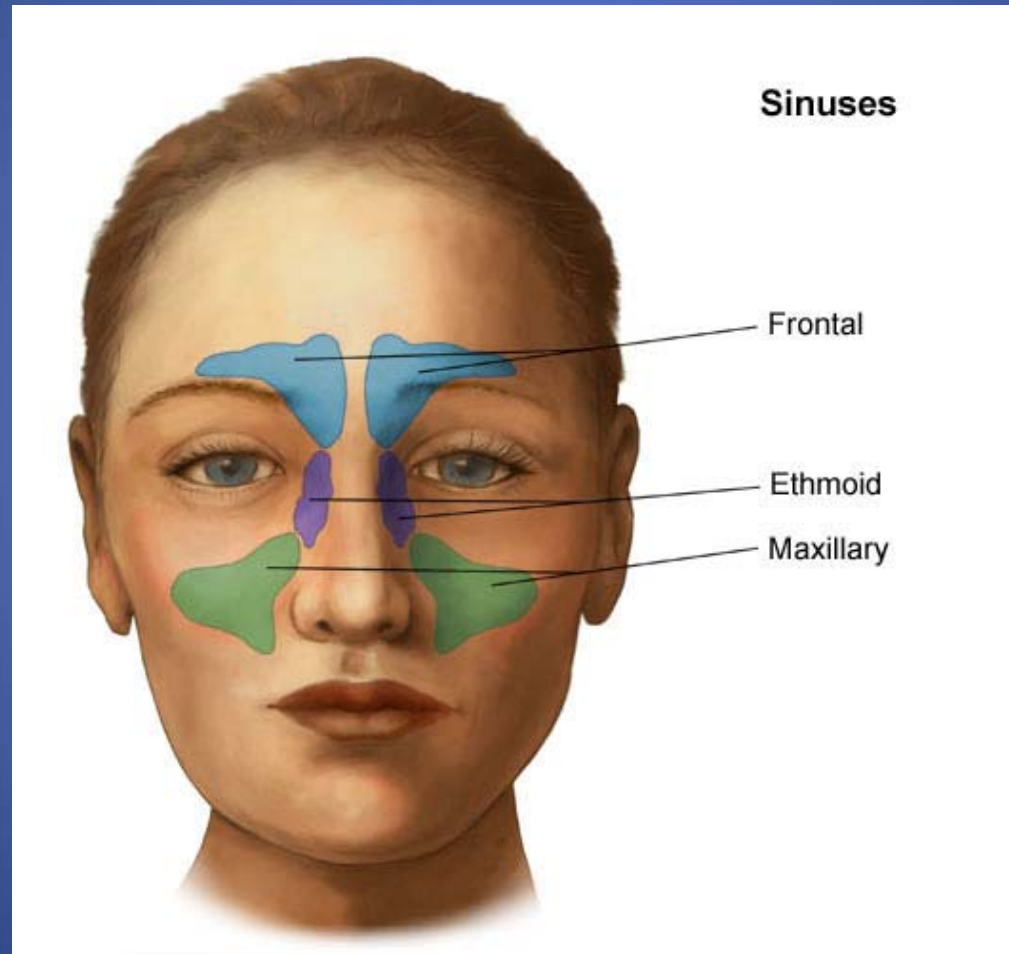
Statistics

Expression of Fas(Apo-1/CD95) receptors and anti-apoptosis protein Bcl-2 in facial skin biopsy of woman before and after treatment



- This new generation aromeopathic **SUN REPAIR** complex, applied externally on a daily basis, stimulates a remarkable improvement in metabolic, hormonal and defensive activities of the skin.
- The application of this product is recommended in cases of premature ageing, excessive dryness, high sensitivity to solar radiation, plastic surgery, tendency to pigmentation or skin cancer.

Sinoless



- This report presents the results from cytological and immuno – histo – chemical investigations of nasal swabs taken from 24 children aged from 3 – 14 years, from when they first presented with acute viral infection. They all showed a strong tendency to recurrence of sinusitis, rhinositis and tracheobronchitis.

Before Sinoless Application:

Decreased:

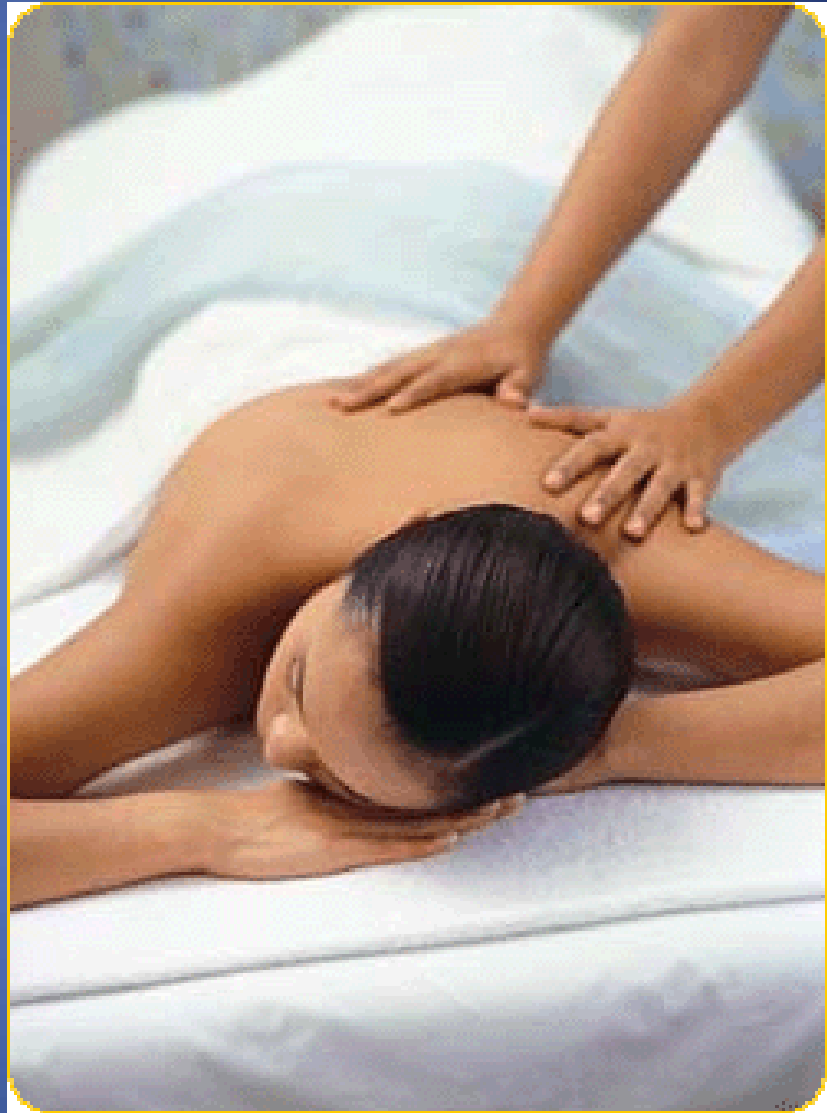
- level of macrophage activity
- amount of B lymphocytes

After Sinoless Application:

- increased level of macrophage activity (from 8.2% to 13.4%)
- increased amount of B lymphocytes (from 3.9% to 5%)
- These values indicate an increase in the defensive activity of the mucous membrane against viral and bacterial infections.

- Daily application of this complex in nostrils and on the face provides a significant improvement in the defensive and regenerative functions of the skin and mucous membranes.
- **Sinoless** can be successfully recommended as a prophylactic measure and treatment in acute viral infections of children and adults without side effects or allergic reactions.

Circula



- Circula was formulated to improve the peripheral blood circulation and the rheological activity of blood, decrease inflammation of peripheral blood vessels – especially in the lower extremities, activate oxygen penetration to the cells, normalise cellular hormonal activity and the level of regeneration and also improve skin appearance.

The group of participants consisted of early menopausal women from forty to fifty years of age.

Why they were chosen?

- Their main clinical complaints were of tiredness, frequent hypertension, and lower extremity swelling at the end of the day, varicose veins, irritable bowel syndrome with bloatedness, constipation and general weight gain. The predominance of general social factors showed chronic stress, mood swings, various levels of depression, sedentary life style and smoking habits.

Before application of Circula:

- Considerable thinning of the epidermis due to the thin basal layer
- Sclerosis of blood vessels with lymphatic oedema
- Increased amount of mature fibroblasts in derma.
- Decrease in skin regeneration and an increase in mutagenic activity of cells indicated by a decreased index of apoptosis and an increase in anti-apoptotic gene bcl – 2 leading to more keratisation of epidermis.
- Uneven location and reduced intensity of expression of the receptors to oestrogen, progesterone and testosterone.

After application of Circula:

- Increased epidermal regeneration indicated by an increased apoptotic index FAS (Apo-1/95) from 35.3% to 47.4%;
- Considerable decrease in anti-apoptotic protein bcl – 2 from 37.2% to 27.3% indicating decreased mutagenic change in epidermal cells and thus more healthy cells.
- Significant increase in hormonal activity of skin (expression of oestrogen receptors up from 35.7% to 50.6% and also testosterone receptors) resulting in improved elasticity and hydration levels.
- Statistically proven changes in level of expression of receptors to progesterone not established.

- A daily application of Circula increases elasticity, regeneration and hydration of the skin with an overall improvement in peripheral blood circulation, muscle tonus, energy levels, concentration, memory and sleeping pattern.
- Homeopathic aromatherapy product Circula is highly recommended for daily home use in spas, beauty salons and hospitals. It is especially useful for people with premature ageing of the skin, recuperating after plastic surgery, have problems with peripheral blood circulation, like varicose veins, oedema of the lower extremities or diabetics.

The End.