



# *Roseneath* ORGANICS

Roseneath Organics Farm is Certified Organic with NASAA

Our membership number is NASAA # 5300

All Roseneath Products are Australian Made

Sunday, 20<sup>th</sup> May 2012



*Roseneath ORGANICS* Totally Natural Products That Work ... *Naturally*

Roseneath Organics has grown steadily following its conception in 1997.

A healing herbal philosophy was born out of a personal sickness, an eclectic blend of unpleasant doctor experiences, an urgent need to resolve personal health problems and the passion to make affordable all-natural products that work ... Naturally.

Roseneath Organics combines modern peer reviewed medical research with old fashioned herbal folklore, as passed down to us over millennia by wise persons, sages and mystics.

At Roseneath we are keen to grow all of the plant material used to make our formulations.

We are bio-organic growers and have a keen desire to promote the sustainable use of the sanctuary we all share.

Our herb farm is currently certified organic bio-dynamic with NASAA.

We are certified for organic herb production as well as blue gums for the production of eucalyptus essential oil.

With our passionate desire for sustainability also exists the in-house skills and ingenuity to utilise the extensive natural bio-diversity that exists abundantly within and around us.

In 'days gone by' most medicines and healing agents were extracted naturally from plants and other materials directly. Extraction was performed by distillation, direct juicing or by infusion in water, oils, alcohol and fats.

Now most pharmaceuticals can, and are, being artificially mass synthesized in industrial Laboratories. These new artificially contrived copies of natural compounds are very often not chemically, nor structurally, the same as the original plant compounds.



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The differences between natural plant derived and artificial compounds comes about because often the cost of reproducing an exact copy of the natural substance is prohibitive or simply because skilled pharmaceutical chemists don't know how to artificially synthesize nature's gifts !

In some cases the imperfect artificial copies are quite hazardous and toxic when used alone as single dose pharmaceuticals.

Many of these synthetic pharmaceuticals also have shocking side effects and debilitating long term health consequences.

It is staggering to think that approximately 50% of current human pharmaceuticals are based on chemically manipulated, patentable synthetics or upon artificially created and imperfect copies of natural plant substances !

Why can't we just use the plants gifts in their natural state ?

Unfortunately the consumer is too often the experimental laboratory rat of powerful political and social manipulations, collective and corporate greed, immoral marketing practices and the hazy dreams of multi-national controlled research scientists.

In an attempt to achieve excellence, Roseneath formulations are based upon both traditional recipes and peer reviewed modern research.

Wherever possible, the ingredients in all Roseneath Organics products are derived from organically cultivated plants grown sustainably using biodynamic farming practices.

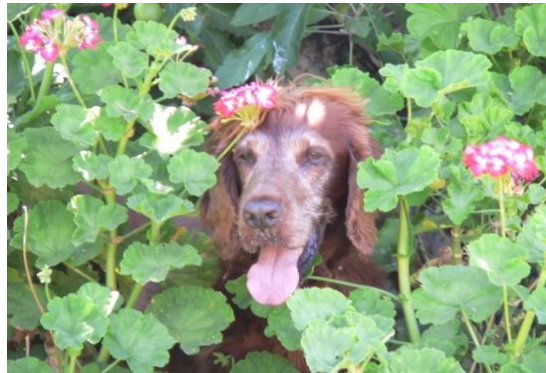
Roseneath products are tested on people and not on animals.



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It is our mission at Roseneath Organics to offer products that .....

- ... provide rapid and long term relief for people in serious suffering.
- ... work effectively, with minimum fuss, allowing individuals to self-manage a real health problem over an extended time period without ill-effect.
- ... can aid and assist the body to repair itself naturally using the power of the immune system and by stimulating the natural healing process.
- ... are made using high quality organic and/or carefully selected wild-crafted plant material.
- ... help promote the fantastic wealth of effective natural healing and medicinal knowledge passed down to us over many millennia by wise sages, healers, medicine men, herbalists, doctors, alchemists, mystics, shaman and common folk.
- ... are sustainably produced and prepared in an ecologically sensitive manner.
- ... honour the Earth.

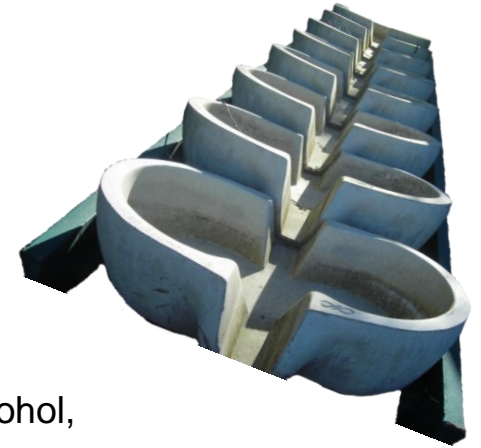


*Alley*



*Roseneath ORGANICS* Totally Natural Products That Work ... *Naturally*

Plants provide food, clothing, healing, shelter, beauty, fragrance and housing.  
Plants can give us tools and provide sustainable greener fuels.  
Plants can provide safer natural alternatives to benefit your well being.  
Plants clean our atmosphere and provide proven holistic solutions.  
Roseneath Organics develops and manufactures phyto-therapeutic products to help people manage personal problems affecting their well-being.  
To do this, we grow medicinal plants and extract their therapeutic properties.



Extractions are performed using distillation, direct juicing or by infusion in water, oils, alcohol, vinegar and fats.

These extractions form the basis for a large number of health and wellness products.

The plant species that are currently grown on the farm have come from many diverse places. It has been important to source particular strains of plant species to ensure that we are growing the correct form yielding suitably desirable chemical constituents. It is easier to understand this when you realize that “not all plants are created equal”.

Many, if not most, plant strains have been brought in from overseas as seed stock and may be several years old before seed or cuttings can be taken for propagation. All the continents of the planet are represented here in our garden.

The best medicinal yielding strains of those selected species are what we cultivate for extraction. These are often traditional plant varieties that are many centuries old. Contrary to popular scientific belief many of these traditional varieties are more than appropriate for broadscale farming.



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## Some Painful Facts provided by the ABS

Musculoskeletal conditions are defined as conditions of the bones, muscles and their attachments, and include joint problems such as arthritis. Although there are more than one hundred musculoskeletal conditions the most common are osteoarthritis, rheumatoid arthritis, osteoporosis and back pain (AIHW 2004).

In 2004-05, musculoskeletal conditions, as reported in the NHS, were more prevalent than any other of the National Health Priority Areas (NHPAs), with 31% of Australians suffering from one or more of these conditions.

Arthritis and musculoskeletal conditions were also responsible for the main disabling condition in more than one in three Australians with a disability (ABS 2004), and were a major area of health expenditure in 2001-02, with around \$4.6 billion spent on the conditions (AIHW 2004).

15% of the population reported having arthritis, 15% reported having back problems, and 3% reported having osteoporosis.

Of those with arthritis, 51% reported having osteoarthritis and 16% reported having rheumatoid arthritis

The reported prevalence of arthritis was higher for females (18%) than for males (13%).

The prevalence of back problems was slightly higher for males (16%) than for females (15%).

According to the 2003 Survey of Disability, Ageing and Carers (SDAC) 6.8% of the whole population had a disability related to diseases of the musculoskeletal system or connective tissue as the main underlying condition, more than any other medical condition (ABS 2004).

This equates to 34% of all people with a disability (ABS 2004). The rate is similar across the broad age groups, being 33% for people 0-64 years of age and 34% for those aged 65 years and over.



In the 2004–05 NHS, musculoskeletal conditions were the most commonly reported long-term condition due to an injury. Musculoskeletal conditions accounted for a quarter (25%) of all long-term conditions due to injury; 31% of those with back problems; 16% of those with rheumatism and other soft tissue disorders; and 12% of those with arthritis reported the condition was due to an injury (ABS 2006c).

Pharmaceutical medications were used by 37% of people reporting these conditions, while 40% used vitamins, minerals or herbal treatments (ABS 2006c).

Females (48%) were more likely than males (29%) to use vitamins, minerals or herbal treatments for arthritis or osteoporosis (ABS 2006c).

In 2000-01, 9.2% of total allocated health expenditure (\$4.6 billion) was spent on musculoskeletal conditions, only less than cardiovascular diseases (10.9%) and diseases of the nervous system (9.9%) (AIHW 2005).

Of the total expenditure on musculoskeletal conditions in 2000-01, osteoarthritis accounted for one-quarter (\$1.2 billion) of the expenditure, chronic back pain accounted for 12% (\$567 million), slipped disc accounted for 6% (\$299 million), and rheumatoid arthritis and osteoporosis both accounted for 5% each (\$246 million and \$221 million respectively) (AIHW 2005).

## *GOVERNMENT NEEDS TO BETTER FUND & PROMOTE MUSCULOSKELETAL THERAPISTS*



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# A Short List of Pain Relief / Anti Inflammatory Techniques

Acupuncture and Reflexology

Alcohol drink that rum before we take your leg off by amputation or cut out your kidney etc

Animal Treatments Unicorn Horn Deer Antler Amino Acids Glucosamine

Bowen Therapy Massage Myopractic Physiotherapy Chiropractic

Chemical and/or Pharmaceutical aspirin methadone chloroform opiates codeine

Morphine Pethidine Amitryptiline Pentazocine dextromoramide dipipanone

paracetamol selective COX-2 inhibitors fentanyl Oxycontin Diamorphine

dextromoramide ketopfrofen piroxicam dipipanone gabapentin trycyclic-

antidepressants orphenadrine cyclobenaprine trazodone endone steroids ibuprofen

hydrocodone nitrous oxide MSM

Cognitive Behavioural Therapy Biofeedback Hypnosis

Colour Therapy

Cryogenic Treatments Cold packs and ice for bringing down inflammation and reducing swelling etc

Triggering cold receptors also invokes an analgesic response in the body



Crystals and Energy Work      Laying of Hands      Reiki

Herbal Treatments    opiates    belladonna    henbane    mandrake    myrrh    wild lettuce  
marijuana    coca    mustard    Theriac    Willow Bark    Meadowsweet    skullcap    valerian  
Turmeric    poppy    willow bark    St. John's wort    angelica    motherwort    black cohosh  
wild yam    lavender    cayenne    kava kava    rose    pine    lavender    peppermint    cinnamon  
clove    frankincense    rosemary    ginger    juniper    bay    birch    Poplar buds  
Boswellia    Bioflavonoids    Coleus    Forskholti    Withania    Ginger    Nigella    Yucca  
Grapeseed Extract    Olive Leaf Extract    Peru Balsam    Barberry    Comfrey    Calendula  
Broom    Cats Claw    Copaiba Balsam    Cumin    Devils Claw    Ginkgo Biloba    Hops  
Helichrysum    Jamaican Dogwood    Lemongrass    Mullein    Oats    Spilanthus  
Tamanu Oil    Peony Root    Yarrow    Camphor    Arnica    Lemonbalm    ChilliElder Leaf  
St Johns Wort    Eucalyptus    Black Pepper    Sweet Marjoram    Thyme    Guaiacwood  
Astragalus    Cajeput    Lemon    Citronella    Lime    Rose Geranium    Kava  
Licorice ..... and the list goes on !!!!!!!

Electricity & Magnetism    Electric Eels    rare earth magnets    TENS    ECT    Laser Therapy  
pulsed radiofrequency    intrathecal pumps    spinal cord stimulator

Mineral Treatments    Gold/Gold Salts Injections    Ivory    Unicorn Horn    Calcium    Magnesium    Zinc  
Potassium    Saltpetre

Other    Rattles    Gongs    Brain pipes    Appalaichan Medicine Quilts    Sweats



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Placebo The effective placebo response can range between 15 % and 60 % and they are generally effective in about 35 % of the population

Altered States of Consciousness Prayer Meditation Chanting Theophrastic Healing

Thermal Treatments Hot Packs Fire Cauterizing

Surgery Trepanation Drilling holes in the skull to relieve the pain or let out the bad spirits

Water Therapy



# Salicylates

1500 BC        The Ebers Papyrus, an Egyptian medical text, contains references to willow's pain and fever-reducing qualities.

400 BC        Hippocrates, considered the father of modern medicine, used a powder made from the bark and leaves of willow trees to provide relief from various pains including headaches

80 BCE        The Greek physician Dioscorides compiled a five-volume collection of cures that included willow bark. The pharmacopeia circulated widely in Latin, Greek and Arabic.

1763 BCE      The English chaplain Edward Stone recommended willow bark powder as an inexpensive alternative to Peruvian bark (quinine) in treating malaria.

1838 BCE      The Italian scientist Raffaele Piria, building on the work of many other scientists, developed a method of extracting a potent acid form of the active ingredients of willow bark.

1897 BCE      Researchers at Bayer synthesized a form of salicylic acid out of coal tar waste. This purer form had fewer side effects than the willow bark extract and was successfully marketed as Aspirin.

TODAY        Aspirin continues to provide effective pain relief today. Concerns about its effect on the stomach also remain, particularly in the case of children



# Anilines Derived from Coal Tar

1886 BCE A dispensing error in an attempt to treat intestinal worms led to the discovery that coal tar derived acetanilide was an effective fever reducer. It was successfully marketed as Antifebrin. The success of Antifebrin prompted companies in the lucrative dye manufacturing business to undertake research on the possible medicinal uses of the coal tar waste left over from dye production.

1887 BCE Researchers at the dye-company Friedrech Bayer & Co. developed phenacetin, an effective fever reducer with fewer side effects than Antifebrin. Phenacetin became a widely used headache cure.

1893 BCE Germany's top physiologist, Joseph von Mering, tested the new drug paracetamol (acetaminophen) and found it inferior to phenacetin. Acetaminophen is what we now know as PARACETAMOL.

1948 BCE The acetaminophen side effects von Mering reported were challenged by American researchers and acetaminophen was "rediscovered."

TODAY Paracetamol continues to be widely used, though there are increasing concerns about its effect on the liver. Large doses have been shown to cause liver failure. The cumulative effect of small doses over time continues to be investigated. Paracetamol is the second most dangerous substance for liver failure in the western world, second only to alcohol.



# Opiates

5000 BC Clay tablets of the Sumerians contain the earliest written reference to the cultivation of opium. The Sumerian ideograph for poppies translates to "joy plant."

800 BC The ancient Greeks employed opium for both medicinal and recreational purposes. In Homer's *The Odyssey*, Telemachus takes it to momentarily forget his worries.

1527 BCE After a period of disuse, opium was reintroduced to European medicine by Paracelsus, who returned from Arabia with laudanum, a mixture of opium and alcohol, in theommel of his sword.

1660s BCE Thomas Sydenham, sometimes called the "English Hippocrates," popularized laudanum as an effective pain relief treatment.

1804 BCE Friedrich Serturmer isolated the active ingredient in opium and named it morphium. The successful isolation marked the beginning of the pharmaceutical industry.

1897 BCE The same researchers who developed Aspirin synthesized **Heroin**. Heroin was marketed as a non-addictive morphine substitute until 1910 when it was found to actually be more potent.

TODAY For sheer relief from pain, morphine remains our most powerful tool, but the risk of addiction makes it inappropriate for most situations. Synthesized forms make up part of many prescription drugs such as Oxycontin and Percocet.



## An excerpt from Wikipedia ----- regarding Placebos

“Placebos do not work for everyone.<sup>[119][120]</sup> [Henry K. Beecher](#), in a paper in 1955<sup>[121]</sup> suggested placebo effects occurred in about 35% of people. However, the response rate is wide, ranging from 0% up to nearly everyone. In a [dental postoperative](#) pain model, placebo analgesia occurred in 39%.<sup>[120]</sup>

In research upon ischemic arm pain, placebo analgesia was found in 27%.<sup>[119]</sup>  
The placebo analgesia rate for cutaneous healing of left hand skin was 56%.<sup>[122]</sup>

Though not everyone responds to a placebo, neither does everyone respond to an active drug.

The percentage of patients who reported relief following placebo (39%) is similar to the percentage following 4 mg (36%) and 6 mg (50%) of hidden morphine.<sup>[123]</sup>

Placebo analgesia is more likely to work the more severe the pain.<sup>[132]</sup> One study found that for [postoperative pain](#) following the extraction of the third molar, saline injected while telling the patient it was a powerful painkiller was as potent as a 6–8 mg dose of [morphine](#).<sup>[123]</sup>

Most research reports average reduction for a group of people, but this can be lower (some people do not respond). In one study using injection of [capsaicin](#) below the skin found that this reduced group average pain compared to no placebo by ~46% to ~57%.<sup>[71]</sup>

Another measure is the ability to endure pain. In one study, placebos increased this on average by about 3.5 minutes compared to just under 14 minutes without it.<sup>[133]</sup>



The average strength of placebos upon pain on a visual analog scale is 2 out of 10 units.<sup>[125][134]</sup> Individuals who respond to placebos may show even greater effects up to 5 out of 10 units.<sup>[119]</sup>”

“ The effect of placebo treatments (an inert pill unless otherwise noted) has been studied for the following medical conditions: “

- [ADHD](#): adult,<sup>[142]</sup> child<sup>[116]</sup>
- [Amalgam fillings](#): attributed symptoms (inert "chelation" therapy)<sup>[143]</sup>
- [Anxiety disorders](#)<sup>[144][145]</sup>
- [Asthma](#) (water aerosol inhalant)<sup>[146]</sup>
- [Asthma](#)<sup>[147][148]</sup>
- [Autism](#): language and behavior problems<sup>[149][150]</sup>
- [Benign prostatic enlargement](#)<sup>[151]</sup>
- [Binge eating disorder](#)<sup>[152]</sup>
- [Bipolar mania](#)<sup>[153]</sup>
- [Cough](#)<sup>[6]</sup>
- [Crohn's disease](#)<sup>[154]</sup>
- [Depression](#) (light treatment; low red light placebo)<sup>[155]</sup>
- [Depression](#)<sup>[135][156][157][158]</sup>
- [Dyspepsia](#) and [Stomach motility](#)<sup>[159]</sup>
- [Epilepsy](#)<sup>[160]</sup>
- [Erectile dysfunction](#)<sup>[161]</sup>
- [Food allergy](#): ability to eat ill-making foods<sup>[68]</sup> p. 54
- [Gastric and duodenal ulcers](#)<sup>[68][140][162]</sup>
- [Headache](#)<sup>[163]</sup>
- [Heart failure](#), congestive<sup>[164]</sup>
- [Herpes](#) simplex<sup>[165]</sup>
- [Hypertension](#): mild and moderate<sup>[64][166]</sup>
- [Irritable bowel syndrome](#)<sup>[167][168]</sup>
- [Migraine prophylaxis](#)<sup>[169]</sup>
- [Multiple sclerosis](#)<sup>[170]</sup>
- [Nausea](#): gastric activity<sup>[171]</sup>
- [Nausea](#): chemotherapy<sup>[172]</sup>
- [Nausea](#) and [vomiting](#) : postoperative (sham acupuncture)<sup>[173]</sup>
- [Pain](#)<sup>[125][174]</sup>
- [Panic disorders](#)<sup>[175]</sup>
- [Parkinson's disease](#)<sup>[176][177]</sup>
- [Pathological gambling](#)<sup>[178]</sup>
- [Premenstrual dysphoric disorder](#).<sup>[179]</sup>
- [Psoriatic arthritis](#)<sup>[180]</sup>
- [Reflux esophagitis](#)<sup>[181]</sup>
- [Restless leg syndrome](#)<sup>[182]</sup>
- [Rheumatic diseases](#)<sup>[183]</sup>
- [Sexual dysfunction: women](#)<sup>[184]</sup>
- [Social phobia](#)<sup>[185]</sup>
- [Third molar extraction swelling](#) (sham ultra-sound)<sup>[13][14]</sup>
- [Ulcerative colitis](#)<sup>[186]</sup>
- [Vulvar vestibulitis](#)<sup>[187]</sup>





## Painkiller Comparison Chart

### From Weakest to Strongest

### 1. OVER - THE - COUNTER (OTC) Pain Medicine

Brand Name (Capitalized)	generic name (not capitalized)	Dose (per pill)	PAIN RELIEF SCORE	Uses According to Label	Best Uses (according to Consumer's Guide)	Problems Caused
<b>Anacin</b> <b>Bayer</b> <b>Bufferin</b> <b>Ecotrin</b>	aspirin (acetylsalicylic acid) NSAID	81 mg 325 mg	<b>1</b>	Minor aches, pains cold, headache, muscular ache	minor aches and pains	aspirin allergy, asthma, <u><a href="#">stomach bleeding</a></u> , <u><a href="#">Reye's Syndrome</a></u>
<b>Anacin non</b> <b>Excedrin</b> <b>Tylenol</b>	<b>acetaminophen</b> (N-(4-hydroxyphenyl)acetamide)	<b>500 mg</b>	<b>2</b>	Headache	fever, if allergic to aspirin, arthritis, rheumatism, musculo-skeletal	<b>June 2009, again 7-04-06- <u><a href="#">Tylenol Liver Damage</a></u> "Tylenol is the No. 1 cause of acute liver failure in the U.S."</b>



						<a href="#"><u>"[Acetaminophen] is a leading cause of death from pharmaceuticals,"</u></a>
<b>Vanquish</b>	Combination of aspirin (NSAID), and <b>acetaminophen</b>	325 mg <b>500 mg</b>	<b>2.25</b>	Headache Muscle ache	headache	same as above not for children and teens
<b>Advil Motrin Nuprin</b>	ibuprofen (2-(4-Isobutyl-phenyl)-propionic acid) (analgesic, antipyretic) NSAID	200 mg	<b>2.5</b>	Aches, pains, colds, toothache, muscle aches, backache, menstrual, fever	fever, muscle ache	aspirin allergy, asthma, upset stomach, not for last trimester
<b>Aleve Naproxen</b>	<b>naproxen sodium (anti-inflammatory)</b> NSAID	220 mg	<b>3</b>	Joint and muscle pain	arthritis, rheumatism, musculo-skeletal	<a href="#"><u>Naproxen heart risk</u></a> upset stomach, not for nursing mothers
<b>Motrin 800</b>	ibuprofen	800	<b>3.5</b>	(listed above)	(as above)	(as above)



	(analgesic, antipyretic) NSAID	mg				
<b>Actron Orudis</b>	ketoprofen (anti-inflammatory) NSAID	12.5 mg	<b>3.6?</b>	Anti-inflammatory, analgesic	arthritis	<a href="#"><u>Ketoprofen side effects</u></a>
Notes :	(NSAID= Non-Steroidal Anti-Inflammatory Drug) More Warnings on OTC Drugs: <a href="#"><u>NSAIDS Increase Blood Pressure</u></a> <a href="#"><u>Aspirin and NSAIDS Cause Stomach Bleeding Resulting In Death</u></a> <a href="#"><u>NSAIDS Linked to Erectile Dysfunction</u></a>					

**Epidemic of Lethal Overdoses  
from Prescription Painkillers**

from the CDC - Nov. 1, 2011

**2. PRESCRIPTION Pain Medicine**

Brand Name	generic name	Dose (per	PAIN RELIEF	Uses According	Problems Caused
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		pill)	SCORE	to Label	
<b>Celebrex</b>	<a href="#">celecoxib</a> (COX-2 inhibitor) NSAID	100 mg 200 mg	<b>3.7*</b>	Osteoarthritis, rheumatoid arthritis, short term pain, painful menstruation	<b><u>Celebrex</u></b> <b><u>heart risk</u></b> stomach bleeding, heart attack, stroke
<b>Ultram</b>	<a href="#">tramadol</a>	50 mg	<b>3.8*</b>	Moderate pain	nausea, constipation, dizziness, headache, drowsiness, vomiting
* Note: The scores for Celebrex and Ultram are estimates (3.7* and 3.8*). These two drugs did not exist at the time of the study.					
<b>Demerol</b>	<a href="#">meperidine</a> HCl	50 mg 100 mg	<b>4</b>	The opiates and synthetic opiates (from 4 down to 10) are the most effective pain killers, but they are subject to the most abuse, and	
<b>Lorcet</b>	hydrocodone and <b>acetaminophen</b>	<b>5-500</b> <b>mg</b>	<b>5</b>		



<b>Vicodin</b>	hydrocodone and <b>acetaminophen</b>	<b>5-500 mg</b>	<b>5</b>	<p>prescription pain killer addiction. All the opiates and derivatives are habit-forming.</p> <p><b>The inclusion of high amounts of acetaminophen with all these medications is a rather CRUEL attempt by the pharmaceutical companies to prevent abuse, since overdosing will result in the destruction of the liver. I would describe this, at best, as "not very nice". The Puritanical ethic at work, destroying livers, and lives. "Let's kill off all the druggies." This is way beyond cynical.</b></p> <p><b>Knowing that these drugs are abused, and then filling them up with the poisonous acetaminophen, is criminal malfeasance by the drug companies. One more reason to prosecute them.</b></p>
<b>Lorcet Plus</b>	hydrocodone and <b>acetaminophen</b>	<b>7.5-650 mg</b>	<b>5.5</b>	
<b>Vicodin ES</b>	hydrocodone and <b>acetaminophen</b>	<b>7.5-750 mg</b>	<b>6</b>	
<b>Norco</b>	hydrocodone-APAP, and <b>acetaminophen</b>	5-325 mg 7.5-325 mg 10-325 mg	<b>6.5**</b>	
<b>Lortab</b>	hydrocodone and <b>acetaminophen</b>	<b>10-500 mg</b>	<b>7</b>	
<b>Vicodin HP</b>	<u>hydrocodone</u> and <b>acetaminophen</b>	<b>10-660 mg</b>	<b>7</b>	



				<p><a href="#"><u>Fed Seeks Less Acetaminophen in Combo Pain Pills - Jan. 13, 2011</u></a> <b>FINALLY!</b></p> <p>** The score for Norco is an estimate. It did not exist at the time of the study.</p>
<b>Percocet</b>	oxycodone HCl with <b>acetaminophen</b>	2.5-325 mg 5- 325 mg 7.5-325 mg 7.5-500 mg 10-325 mg 10-650 mg	<b>7</b>	<p>Oxycodone is very effective.</p> <p>** The score for oxycodone is an estimate. It did not exist at the time of the study.</p>
<b>Percodan</b>	oxycodone HCl, oxycodone terephthalate, and aspirin	4.50 mg 0.38 mg 325 mg	<b>7</b>	



<b>Oxycontin 40</b>	<a href="#">oxycodone</a> HCl	40 mg	<b>8.5</b>	
<b>RMS MS Contin</b>	<a href="#">morphine</a> sulfate	15 mg 30 mg 60 mg 100 mg	<b>9</b>	Morphine may be the fourth strongest pain relief medicine available.
<b>Duragesic Fentora Actiq</b>	<a href="#">fentanyl</a>	Skin patch  Lollipop	<b>10</b>	** The score for fentanyl is an estimate. It did not exist at the time of the study. Fentanyl is very effective for gunshot wounds, and fragmentation wounds. However, there have been serious problems with fentanyl dosing (overdosing). Death has resulted from simply handling the medication with the fingers. One must use great care when handling fentanyl.
<b>Dilaudid (tabs) Palladone (caps)</b>	<a href="#">hydromorphone</a> hydrochloride AKA dihydromorphinone	1 mg 2 mg 3 mg 4 mg	<b>11</b> (was 9)	I recently received a very thoughtful email from a Special Operations medic. He stated that he has extensively administered all of these top medications. He concludes



				that Dilaudid is several times more effective than morphine, and that it has fewer side effects, although just as serious. I have therefore moved Dilaudid to the "most-effective drug" position on the list.
<b>Opana</b>	<a href="#"><u>oxymorphone</u></a>	<b>5 mg</b> 10 mg	<b>?</b>	3 hours (also, injection and suppository)
<b>Opana ER</b>	extended release	5 mg 7.5 mg <b>10 mg</b> 15 mg 20 mg 30 mg 40 mg		5 - 8 hours

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This Vaughns Summaries Best Pain Killer Summary Chart was updated on 2012-05-01.





## An Excerpt from Wikipedia regarding Pain and Medication

“When a painful injury or pathology is resistant to treatment and persists, when pain persists after the injury or pathology has healed, and when medical science cannot identify the cause of pain, the task of medicine is to relieve suffering.”

.....

“Inadequate treatment of pain is widespread throughout surgical wards, intensive care units, accident and emergency departments, in general practice, in the management of all forms of chronic pain including cancer pain, and in end of life care.<sup>[27][28][29][30][31][32][33][34]</sup> This neglect is extended to all ages, from [neonates](#) to the frail elderly.<sup>[35][36][37]</sup>

In September 2008, the World Health Organization (WHO) estimated that approximately 80 percent of the world population has either no or insufficient access to treatment for moderate to severe pain.

Every year tens of millions of people around the world, including around four million cancer patients and 0.8 million [HIV/AIDS](#) patients at the end of their lives suffer from such pain without treatment.

Yet the medications to treat pain are cheap, safe, effective, generally straightforward to administer, and international law obliges countries to make adequate pain medications available.<sup>[38]</sup>

Reasons for deficiencies in pain management include cultural, societal, religious, and political attitudes, including acceptance of torture. Moreover, the biomedical model of disease, focused on pathophysiology rather than quality of life, reinforces entrenched attitudes that marginalize pain management as a priority.<sup>[39]</sup> Other reasons may have to do with inadequate training, personal biases or fear of prescription drug abuse.



In the United States, Hispanic and African Americans are more likely to suffer needlessly in the hands of a physician than whites;<sup>[40][41]</sup> and women's pain is more likely to be undertreated than men's.<sup>[42]</sup>

This failure to adequately treat pain may be due to physicians' fear of being accused of over-prescribing (see for instance the case of Dr [William Hurwitz](#)), despite the relative rarity of prosecutions, or physicians' poor understanding of the health risks attached to opioid prescription.<sup>[38][43][44]</sup> As a result of two recent cases in California though, where physicians who failed to provide adequate pain relief were successfully sued for [elder abuse](#), the North American medical and health care communities appear to be undergoing a shift in perspective. The California Medical Board publicly reprimanded the physician in the second case; the federal Center for Medicare and Medicaid Services has declared a willingness to charge with fraud health care providers who accept payment for providing adequate pain relief while failing to do so; and clinical practice guidelines and standards are evolving into clear, unambiguous statements on acceptable pain management, so health care providers, in California at least, can no longer avoid culpability by claiming that poor or no pain relief meets community standards.<sup>[44]</sup>

Current strategies for improvement in pain management include framing it as an ethical issue; promoting pain management as a legal right; providing constitutional guarantees and statutory regulations that span negligence law, criminal law, and elder abuse; defining pain management as a fundamental human right; categorizing failure to provide pain management as professional misconduct, and issuing guidelines and standards of practice by professional bodies.<sup>[39]</sup> “



**“Almost 800,000 Americans die needlessly every year as a result of conventional medicine mistakes.**

**That's about 650,000 more people than die in America each year from accidents.**

**That's over 200,000 more people than die from cancer.**

**That's 770,000 more people than die from AIDS.**

**That's 200,000 more people than die from coronary heart disease. That's well over 600,000 more people than die from strokes.**

**That means that the American medical system is the leading cause of death in America today.**

**Using drugs to treat illness and unnecessary medical and surgical procedures is the driving force behind all of this. It's not hard to understand why; the industries that make the drugs and medical technologies wish to continue to sell them.**

**If medicine instead focused on proper diet, regular exercise, and other sensible and free lifestyle changes, vast numbers of Americans would no longer need or want to purchase the drugs the pharmaceutical industry desperately wishes to continue to sell. “**

Reference - <http://articles.mercola.com/sites/articles/archive/2006/09/05/the-avalanche-of-pharmaceutical-lawsuits.aspx>



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“Current pharmaceutical product litigation involving drugs and medical devices include:

**Avandia:** increased risk of heart attack and increased fracture risk

**Chantix:** linked to suicide

**Enbrel:** alleged side effects include serious blood problems, allergic reactions, fungal infections, and cancer

**Fen Phen:** A combination of drugs prescribed for weight loss has led to Primary Pulmonary Hypertension (PPH) and heart valve damage

**Gadolinium:** linked to NFS/NFD, a dangerous skin disease reported with gadolinium-based contrast agents

**Heparin:** contamination linked to severe allergic reactions

**Levaquin (including Avelox and Cipro):** can cause tendon rupture

**Paxil:** linked to birth defects such as ventricular septal defects, and infant death

**Reglan:**side effects include tardive dyskinesia

**Seroquel:** linked to diabetes and neuroleptic malignant syndrome (NMS)

**Simvastatin/Amiodarone:** risk of Rhabdomyolysis when drugs are used together

**Tylenol:** linked to liver damage

**Yasmin/Yaz:** linked to deep vein thrombosis (DVT); Pulmonary embolism (PE); gallbladder complications and gallbladder disease; stroke; heart attack and death linked to liver damage

**Zicam:** can damage sense of smell and taste “

Reference - [http://www.lawyersandsettlements.com/drugs\\_medical.html](http://www.lawyersandsettlements.com/drugs_medical.html)



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## In Contrast to the Last Figures ....

“To hear opponents of natural medicine say it, vitamins and herbs are extremely dangerous for your health. They should be regulated, we're told, because they're so dangerous!

Statistics from the U.S. National Poison Data System prove otherwise. According to a 174-page report just published, the number of people killed in 2009 across America by vitamins, minerals, amino acids or herbal supplements is exactly **zero**.

Compare that to the 100,000 (or so) Americans killed each year by FDA-approved pharmaceuticals -- and that's even according to studies published in JAMA. Also consider the thousands of women harmed or killed by medically-unjustified cancer treatments following false positives from faulty mammograms. And don't forget about the more than 16,500 Americans killed each year from internal bleeding caused by NSAIDs (over-the-counter painkillers).

As the July 1998 issue of The American Journal of Medicine explains:

*"Conservative calculations estimate that approximately 107,000 patients are hospitalized annually for nonsteroidal anti-inflammatory drug (NSAID)-related gastrointestinal (GI) complications and at least 16,500 NSAID-related deaths occur each year among arthritis patients alone."* (Singh Gurkirpal, MD, "Recent Considerations in Nonsteroidal Anti-Inflammatory Drug Gastropathy", The American Journal of Medicine, July 27, 1998, p. 31S)

So if NSAIDs alone are killing 16,500 people a year (or likely much more now, as use of these



drugs has risen significantly since 1998), and nutritional supplements are killing zero people a year, why do health regulators try to scare everybody about vitamins being so "dangerous?"

Pharmaceuticals, meanwhile, are openly allowed to be prescribed for *off-label use*, meaning that doctors can prescribe them for diseases and health conditions for which they've never even been tested!

What's wrong with this picture? It's clearly a war against nutrition -- a war against natural medicine -- being waged by the health regulators of the world who are conspiring with Big Pharma to keep the people trapped in a state of malnutrition (all while profiting from their disease by selling them more patented pharmaceuticals).

.....

There was not even one death caused by a dietary supplement in 2008, according to the most recent information collected by the U.S. National Poison Data System. The new 174-page annual report of the American Association of Poison Control Centers, published in the journal Clinical Toxicology, shows zero deaths from multiple vitamins; zero deaths from any of the B vitamins; zero deaths from vitamins A, C, D, or E; and zero deaths from any other vitamin.

Additionally, there were no deaths whatsoever from any amino acid or herbal product. This means no deaths at all from blue cohosh, echinacea, ginkgo biloba, ginseng, kava kava, St. John's wort, valerian, yohimbe, Asian medicines, ayurvedic medicines, or any other botanical. There were zero deaths from creatine, blue-green algae, glucosamine, chondroitin, melatonin, or any homeopathic remedies.



Furthermore, there were zero deaths in 2008 from any dietary mineral supplement. This means there were no fatalities from calcium, magnesium, chromium, zinc, colloidal silver, selenium, iron, or multimineral supplements. Two children died as a result of medical use of the antacid sodium bicarbonate. The other "Electrolyte and Mineral" category death was due to a man accidentally drinking sodium hydroxide, a highly toxic degreaser and drain-opener.

No man, woman or child died from nutritional supplements. Period.

61 poison centers provide coast-to-coast data for the U.S. National Poison Data System, which is then reviewed by 29 medical and clinical toxicologists. NPDS, the authors write, is "one of the few real-time national surveillance systems in existence, providing a model public health surveillance system for all types of exposures, public health event identification, resilience response and situational awareness tracking."

Over half of the U.S. population takes daily nutritional supplements. Even if each of those people took only one single tablet daily, that makes 154,000,000 individual doses per day, for a total of over 56 billion doses annually. Since many persons take more than just one vitamin or mineral tablet, actual consumption is considerably higher, and the safety of nutritional supplements is all the more remarkable.

If nutritional supplements are allegedly so "dangerous," as the FDA and news media so often claim, then where are the bodies?

Those who wonder if the media are biased against vitamins may consider this: how many television



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stations, newspapers, magazines, and medical journals have reported that no one dies from nutritional supplements?

**References:**

Bronstein AC, Spyker DA, Cantilena LR Jr, Green JL, Rumack BH, Giffin SL. 2008 Annual Report of the American Association of Poison Control Centers' National Poison Data System (NPDS): 26th Annual Report. *Clinical Toxicology* (2009). 47, 911-1084. The full text article is available for free download at <http://www.aapcc.org/dnn/Portals/0/2008annualreport.pdf> .“

Reference - [http://www.naturalnews.com/027993\\_vitamins\\_nutritional\\_supplements.html](http://www.naturalnews.com/027993_vitamins_nutritional_supplements.html)

*GOVERNMENT NEEDS TO BETTER FUND RESEARCH  
INTO & PROMOTE SUITABLE COMPLIMENTARY  
MEDICINE ALTERNATIVES INSTEAD OF  
DENYING THEM TO THE PUBLIC VIA THE TGA 'UBER'  
LEGISLATION THAT FAVOURS BIG PHARMA*



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## Roseneath Solutions for Pain Relief and Massage

Slow Release Rub Contains ... Bees Wax Organic Coconut Oil Rain Water Organic Mustard Oil  
Oil of Wintergreen Menthol Camphor Essential Oil Chilli Extract Organic Shea Butter  
Cold Pressed Sweet Almond Oil Lecithin Ethanol Arnica, Organic Elder Leaf & Organic St Johns' Wort Extracts  
Essential Oils of Juniper, Clove, Lemon Grass, Eucalyptus, Black Pepper, Sweet Marjoram & Wild Thyme  
Guaiacwood Extract Witch Hazel Extract Organic Cider Vinegar Organic Mullein Extract Flaxseed & Olive Oils  
Vegetable Glycerine Organic Astragalus, Ginger & Yarrow Extracts Myrrh Extract Organic Vanilla Extract  
Peru Balsam Essential Oils of Rosemary, Spike Lavender, Cajeput, Turpentine, Lemon, Arvensis, Citronella & Vetiver  
Xanthan Gum Guar Gum Acacia Gum Citrus Pectin Sodium Hyaluronate Borax

Deep Relief Oil Contains ... Peppermint Menthol White Camphor Essential Oil Eucalyptus Oil  
GM Free Ricebran Oil Organic Calendula Extract Wild Thyme & Sweet Marjoram Essential Oils  
Ethanol Salicylic Acid

Fast Acting Spray Contains ... Ethanol Water Organic Calendula Extract Oil of Wintergreen  
Ilex Paraguariensis Extract Peppermint Menthol Camphor White Essential Oil Eucalyptus Essential Oil  
Wild Thyme Essential Oil Sweet Marjoram Essential Oil Juniper Berry Essential Oil Clove Bud Essential Oil ( BP )  
Pure Salicylic Acid

Body Oil Contains ... GM Free Rice Bran Oil Virgin Sweet Almond Oil Organic Jojoba Oil  
Organic Rose Hip Oil Virgin Wheatgerm Oil GM Free Lecithin

Matern Oil Contains ... Virgin Sweet Almond Oil Organic Jojoba Oil Organic Sesame Oil Virgin Macadamia Oil  
GM Free Rice Bran Oil Virgin Wheatgerm Oil Organic Lemon Balm Extract Organic Yarrow Flower Extract  
Essential Oils of Cajeput, Black Pepper, Lime, Lemon, Ginger & Cinnamon Bark Almond Oil Extract  
Coconut Oil Extract Peru Balsam Rose Geranium Essential Oil

Melissa Oil Contains ... GM Free Rice Bran Oil as Biodynamic Melissa Extract ( 1:1 Volumetric)



*PRODUCT  
COMPARISON  
SPREADSHEET  
HERE*



# Ingredients in Roseneath Pain Relief and Massage Products

## Acacia Gum ...

**SLOWRUB**   DEEPOIL   FASTSPRAY   BODYOIL   MATERN   MELISSA

is a dried gum taken from the stems and branches of various species such as Acacia senegal. The gum is harvested in walnut sized globules direct from the plant. The use of gum arabic is very established and the Egyptians used it for various purposes, more than 4000 years ago. Gum arabic has the food additive number E414 and is highly water soluble. Gum acacia is used as a stabiliser, thickener, emulsifier and to retard the crystallisation of sugars. Gum arabic has often been used in commercial cough and cold preparations as a demulcent agent. This is incorporated to help soothe irritated mucous membranes. When taken internally gum arabic has been shown to help lower cholesterol levels.

## Almond Oil Extract ...

SLOWRUB   DEEPOIL   FASTSPRAY   BODYOIL   **MATERN**   MELISSA

Is obtained by distillation as a natural fraction from almond oil. The fractionated extract is used commercially as an emulsifier to improve the mixing of oil and water based ingredients. It is often used in aromatherapy as a soluboliser to prevent essential oils from dropping out of solution.

## Aloe Gel ...

**SLOWRUB**   DEEPOIL   FASTSPRAY   BODYOIL   MATERN   MELISSA

is obtained, as whole unrefined pulp, from the Aloe barbadensis plant. Aloe is a first class skin tonic and healer with many remarkable properties. Aloe products have been used in Sumerian, Egyptian, African, Greek, Roman, Turkish, Chinese and Indian Ayurvedic medicine for over 4000 years. Aloe gel is renowned for its' ability to immediately cool, soothe and treat burns and scalds, even when the burn is still hot. Most hospitals keep aloe vera gel in their casualty in-rooms to immediately treat the skin of emergency burn cases. Since the 1820s aloe gel has been used by western



doctors for treating burns, sores, herpes, eczema, ulcers, dermatitis, psoriasis, insect bites, itches, rashes and other inflammatory and/or irritated skin conditions. Aloe is called kumari ('goddess') in Indian Sanskrit and this is a reflection of the fact that women in India rely on aloe to counter the effects of ageing and to maintain their beauty. Trials have indicated that aloe contains natural anti-inflammatory compounds which can affect local immune response, resulting in the stimulation of fibroblasts whose job it is to repair damaged tissue. More recent trials indicate that aloe could stimulate this local healing through immune response markedly safer than manufactured pharmaceutical products. Aloe has been used very successfully to treat sunburn, stretch marks, scrapes, warts, weeping skin as well as various ulcers and wounds. Aloe will deeply soothe and moisturize skin on its own and is excellent for hyper-sensitive allergic type skin. Fresh aloe gel is said to be an effective treatment for treating the necrotic flesh bacterial after effects of white tail spider bite. It is known that some individuals can be allergic to aloe gel.

### Apple Cider Vinegar ...

SLOWRUB      DEEPOIL      FASTSPRAY      BODYOIL      MATERN      MELISSA

is one of the first medicines known to man. Vinegars were used extensively by the ancient Greeks and Romans. Vinegar was praised very highly by Hippocrates for its' many versatile medicinal uses. Apple cider vinegar is considered one of the most medicinal of the vinegars and is recommended for soothing insect bites and stings. Apple cider vinegar is an effective antifungal agent and is generally soothing to irritated skin. Apple cider vinegar will effectively treat athletes foot and tinea. Shingles, hives, sunburn, infections, rashes, dry and itchy skin can be greatly relieved by application of apple cider vinegar.

### Arnica Extract...

**SLOWRUB**      DEEPOIL      FASTSPRAY      BODYOIL      MATERN      MELISSA

Arnica has excellent healing properties. The value of Arnica flower was discovered independently by both northern Europeans and the American Indian. Arnica has been used extensively in ethno-botanic medicine. Arnica is excellent for acne, rashes, tired and aching muscles, bruises and sprains. Arnica has been shown to be analgesic, anti-inflammatory and anti-microbial. When applied to the skin arnica helps improve the local blood supply and will accelerate tissue healing. Externally applied, arnica has been shown to increase the rate of re-absorption of internal



bleeding, from damaged tissue, by the body. The German Kommission E study has approved the use of Arnica flower for injuries and for the consequences of accidents eg hematoma, dislocations, contusions, pain due to fracture, rheumatic muscle and joint pain, inflammation cause by insect bites and superficial phlebitis. Arnica should never be taken orally, except in minute homeopathic doses, as it can affect the heart. Arnica is toxic internally and is not to be used on broken skin. Normally arnica products should not be used over a long period of time as this could result in skin problems such as dermatitis.

### Arvensis Oil ...

**SLOWRUB**    DEEPOIL    FASTSPRAY    BODYOIL    MATERN    MELISSA

has analgesic, antiseptic, anti-bacterial, astringent, and vaso-constrictive properties. In low concentration, 1% or less, arvensis oil can be used to alleviate almost any form of skin inflammation, irritation and itching. This is an important point because if the oil is used at high concentrations then it may further aggravate already troubled skin. Used properly, arvensis oil may be used to relieve sunburn, shingles, dermatitis, urticaria and eczema. Applying arvensis oil to the skin both cools and soothes inflamed skin by constricting capillaries and thus reducing blood flow to the upper skin. Arvensis is said to be useful in treating ringworm and scabies. Arvensis is repellent to many pests including fleas and lice. Arvensis oil is helpful for treating staphylococci and meningococcal infections. It is claimed that arvensis oil can help to de-toxify the skin. Research has shown that cornmint acts as an immune stimulant and that aromatherapeutic and topical use of the herb can increase white blood cell counts which may assist in faster healing. Traditionally, Chinese herbalists use arvensis oil for relieving earache, arthritic pain, rheumatic pain, neuralgia, laryngitis, indigestion, colds, bronchitis, treating tumours and for various skin conditions. Cornmint is often used as a fragrance and flavouring in medicine, confectionary, drinks and chewing gum. Consumption of cornmint can greatly aid in the management of irritable bowel syndrome, nausea, intestinal spasm, diarrhoea, flatulence, cramps and colic.

### Astragalus Extract ...

**SLOWRUB**    DEEPOIL    FASTSPRAY    BODYOIL    MATERN    MELISSA



has been used used in traditional Chinese medicine for many centuries. It is used primarily in China as a tonic and for the treatment of diabetes and nephritis. The root itself has a sweet, earthy licorice like taste.

As an immune tonic astragalus is primarily used to counteract the immune suppression associated with chemotherapy. Extracts of astragalus have been shown to stimulate the phagocytosis of macrophages and increase levels of desirable monocytes. Astragalus has also been shown to be of excellent benefit to people suffering HIV where it can markedly recue opportunistic infections. Clinical trials in Houston have shown that astragalus extracts restored T-cell function in 9/10 patients suffering from immune-related diseases. The studies of the Houston group were discontinued after the pharmaceutical sponsor company withdrew its funding for possible drug development. Unfortunately Astragalus extracts seem to have little effect on viral replication in HIV even though astragalus has been shown to improve the interferon response to viruses.

Astragalus has been the focus of much scientific research, both in China and the West. Clinical trials have shown that its' use increases human endurance and stamina, helps to reduce blood pressure, strengthens contractions of normal heart tissue and to improve circulation through dilation of blood vessels. Astragalus extracts is one of a number of herbs used in Chinese Fu-Zheng therapy which is focused on treating disease by either enhancing or promoting the bodys defence mechanisms or normalising the bodys energy. Astragalus achieves this aim in therapy by improving the proliferation of bone marrow and hence improving immunity.

It is also known that astragalus extracts are used internally and externally in traditional Chinese folk medicine to reduce swelling and improve repair of tissue injuries.

### Bees Wax ...

**SLOWRUB**    DEEPOIL    FASTSPRAY    BODYOIL    MATERN    MELISSA

is one of the oldest raw ingredients used in skin care. When applied to the skin bees wax forms an open network type of film rather than a totally impermeable membrane. As a result of this permeability bees wax provides an excellent 'all natural' base for transporting essential nutritional and healing components directly to the skin whilst also helping to



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seal and protect key constituents against oxidation and the ravages of time. At Roseneath we use highly fragrant, unrefined and 'golden as the sun' bees wax which still retains much of its natural healing and antibiotic properties. Bees wax is a truly amazing substance secreted from special wax glands located on the underside of the female worker bee abdomen. It has been estimated that a bee flies in the order of 180,000 kilometres to collect enough plant nectar so that it can secrete just 500 grams of bees wax ! Bees are extremely good bio-chemists and do not collect nectar from 'sick' plants.

### Black Pepper Oil ...

**SLOWRUB**    DEEPOIL    FASTSPRAY    BODYOIL    **MATERN**    MELISSA

contains high levels of piperine, an alkaloid with similar structure to that of morphine. Pepper possesses stimulant, carminative and febrifuge properties. Externally pepper oil is used as a rubefacient and also to allay pain from arthritis and rheumatism. Internal use of pepper has also been prescribed in varying doses for poor and sluggish digestion, constipation, diarrhea, cholera, scarlet fever and also for gonorrhoeas. Black pepper oil is suggested for use externally to obtain relief from muscular aches and pains, neuralgia, poor muscle tone, stiffness and rheumatism. Black pepper oil is to be used at low doses on the skin for massage or pain relief as larger doses may be sensitizing and/or irritant.

### Borax ...

**SLOWRUB**    DEEPOIL    FASTSPRAY    BODYOIL    MATERN    MELISSA

is a totally natural mineral salt. Borax used to be collected from dried sea and lake beds but it is now mined from underground. Borax is mildly alkaline and softening to the skin. In conjunction with beeswax, borax undergoes a chemical reaction which results in the formation of an emulsifying agent, sodium cerotate, which helps to stabilise and stiffen this product.

### Cajeput Oil ...

**SLOWRUB**    DEEPOIL    FASTSPRAY    BODYOIL    **MATERN**    MELISSA



is extracted via steam distillation from the leaves and foliage of a tropical form of tea tree known as Melaleuca leucadendron. Cajeput oil has been used quite extensively over the years for relief from arthritic and rheumatic pain. It has been used internally for extreme rheumatic pain but this is not recommended given its' potential liver toxicity. Used as part of a liniment Cajeput oil can be of great benefit in the management of general neuralgia, psoriasis and gout problems. Cajeput has been shown non-toxic at low concentrations below 1%. It also displays counter irritant properties at low levels. Cajeput has estrogen like components in the oil and should be avoided during pregnancy.

## Calendula Extract ...

SLOWRUB

**DEEPOIL**

**FASTSPRAY**

BODYOIL

MATERN

MELISSA

is anti-inflammatory, anti-fungal, anti-microbial, anti-bacterial, de-toxifying and has fantastic healing properties. Calendula officinalis is also known as Golds, Ruddes, Oculus christi, Marygold or Pot Marigold. Calendula flower has a very long standing of traditional use in assisting the natural healing of wounds, bruising, cuts, grazes, various rashes, skin eruptions, eczema, dermatitis, boils, bedsores, ulcers, sun damaged skin and mild burns. Calendula flower tops have also been used in food and medicine since antiquity. They have been eaten unaccompanied, as well as in salads, for at least 2500 years and were often referred to as 'poor mans' saffron'. Using calendula flower adds both colour and flavour to rice, chowders, soups, stews and curry.

American Eclectic physicians of the 1800s considered calendula flower helpful in treating stomach complaints, hyper-acidity, ulcers, liver problems, headaches, fever, conjunctivitis, oral lesions, superficial wounds, chicken pox, measles, sores and burns. Taken internally calendula infusions have been used for digestive and intestinal problem, duodenal ulcers, chronic colitis pain, chronic hyper-secretory gastritis, chronic hepatocholecystitis, angiocholitis, viral infestations, candida, bacterial imbalances of the stomach and gut. Calendula is said by the famous english herbalist Culpepper, to significantly strengthen the heart.

Marigold extracts have been shown to significantly inhibit HIV-1 reverse transcriptase in vitro, to have significant anti-inflammatory activity against TPA induced inflammation, to help heal trophic ulceration, to inhibit salmonella bacterial strains, to exhibit cyto-toxic and anti-tumour properties for cancer treatment and immune support, to show desirable immuno-stimulating properties through the action of natural polysaccharides and carotenoids, to stimulate the



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regeneration and epithelialisation of wounds and skin cells, to enhance the general uterine function, to inhibit and treat thrush and cystitis, to treat and heal chronic conjunctivitis, to alleviate pain in treatment of post operative mastectomy as well as exhibiting generally strong anti-viral properties.

Calendula infusions are still commonly used in Germany and other European countries as effective medicinal treatments. In the modern world calendula is currently being investigated as a viable oil seed crop for the production of paints and varnishes. What a great plant !

### Camphor Oil ...

**SLOWRUB    DEEPOIL    FASTSPRAY    BODYOIL    MATERN    MELISSA**

Camphor laurel plant material is steam distilled and the distillate is fractionated into blue/yellow, brown and white camphors. Blue/yellow camphor, the heaviest and weakest, is used in synthetic perfume manufacture. Brown camphor contains high levels of carcinogenic safrole and is rarely used. White camphor, the first fraction, is analgesic, anti-inflammatory, antiseptic and is rapidly absorbed by the skin. Camphor clears the mind, eases headaches, alleviates muscle pain, alleviates joint pain and can be used for problems like bronchitis, asthma, coughs, colds, flu, sinus congestion, cold sores, chillblains, acne, neuralgia, arthritis, sprains, rheumatism and gout. Camphor has been used internally for hysteria, nervousness, neuralgia and for serious diarrhoea. Camphor is considered poisonous and should not be taken internally. Camphor has been used medicinally for at least 1500 years. In the 13th century Marco Polo noted that camphor oil was highly prized by the Chinese as medicine, insect repellent, scent and embalming fluid.

### Chilli ...

**SLOWRUB    DEEPOIL    FASTSPRAY    BODYOIL    MATERN    MELISSA**

contains high levels of capsaicin which is widely known for its stimulant properties. In fact the word cayenne or capsicum derives its name from the Greek 'to bite' which alludes to its hot pungent properties. Chilli is a powerful local stimulant with no narcotic effect. Chilli has been shown to reduce dilation of blood vessels and thus to relieve chronic congestion. Externally chilli is used by herbalists as a strong rubefacient that acts gently and strangely enough has



almost no chance of blistering or vesication. Chilli is often used to improve weak appetite and/or stimulate digestion. According to Ayurveda chilli is a very valuable medicine used as a strong circulatory and digestive stimulant and that its use should be avoided on badly inflamed conditions such as ulcers, IBD and gastritis. Chilli has a strong hemostatic action and can thus, in mild doses, be used to stop bleeding. Too much chilli can in fact result in hemorrhaging. On the skin chilli extracts generally act as a pain reliever and anesthetic through a complex action as they 'fire off' a neuropeptide substance 'P' from neuro-transmitters located in the tissue structure of the skin. This firing is generally felt as a prickly sensation on the skin following the local application of chilli extracts.

### Cinnamon Bark Oil ...

SLOWRUB      DEEPOIL      FASTSPRAY      BODYOIL      **MATERN**      MELISSA

Has been used to combat micro-organisms, diarrhea, dysmenorrhea and other Gi disorders such as helicobacter infection and general upset. Cinnamon Bark oil has also been shown very active against various fungal strains. The oil has been shown to halt mycelia growth and aflatoxin synthesis in *Aspergillus parasiticus* at a concentration of only 0.1%. The essential oil is generally recognized as safe and is often incorporated in foodstuffs. There are no known contra-indications for use during pregnancy or lactation. It must be said that the Bark oil is much safer and less irritant than the essential oil derived from the leaf of the cinnamon tree. The leaf oil is to be generally avoided. Cinnamon oil is often used in topical preparations as a stimulant as well as to ease muscular spasm and rheumatic pain. Cinnamon bark oil can be a dermal sensitizer and should only ever be used at low concentrations on the skin. Cinnamon bark oil is also excellent, along with clove oil, for relief from toothache. Cinnamon bark oil is also widely used as part of the Three Aromatics in Ayurveda.

### Citronella Oil ...

**SLOWRUB**      DEEPOIL      FASTSPRAY      BODYOIL      MATERN      MELISSA

is antiseptic and bactericidal with a powerful fresh, lemony scent. Citronella oil has been used by many cultures for its use in treating colds, flu, fever, colitis, intestinal parasites, intestinal infections, fatigue, headache, migraine, depression, digestive and menstrual problems and most commonly as an insect repellent. Citronella has been a



popular insect repellent for many centuries and was used extensively for preventing insect bite prior to the appearance of severely toxic DDT and the subsequent wave of even more toxic synthetic insecticides. Chinese medicine has recognised the anti-parasitic, warming and anti-inflammatory properties of citronella oil for many centuries where it has been used as a rub for many musculo-skeletal pain problems including arthritis, rheumatism, bruising and sprains. Citronella oil is generally non-toxic and non-irritant but it has been known to irritate sensitive skin.

### Citrus Pectin ...

**SLOWRUB**    DEEPOIL    FASTSPRAY    BODYOIL    MATERN    MELISSA

is extracted from orange, lemon and other citrus fruit pith, following juice pressing or other food processing. Pectin is widely used in foods as stabiliser and also as an effective gelling and thickening agent. Pectin has the food additive number E440. When consumed internally in large amounts pectin may cause flatulence or an increased feeling of 'fullness' (distension). Pectin consumed internally has also been shown to help lower blood cholesterol levels.

### Clove Oil (BP) ...

**SLOWRUB**    DEEPOIL    **FASTSPRAY**    BODYOIL    MATERN    MELISSA

has been used for centuries for its antiseptic and analgesic properties. It also displays excellent platelet aggregation inhibition and antithrombotic activities. Cloves have also been shown to be an excellent anti-emetic in the relief of nausea and also as a counterirritant when topically applied to the skin. Cloves have also shown to be chemoprotective against liver and bone marrow toxicity. Clove oil possesses antihistaminic properties and spasmolytic properties. The Eugenol present in cloves can inhibit reactive oxygen species generated by macrophages during inflammation and it also inhibits prostaglandin synthesis whilst inhibiting the formation of thromboxane and arachidonic acid induced platelet aggregation which is why clove oil can be useful in the treatment of bruising, swelling and injury induced inflammation. Clove oil should always be used at low concentrations as it has been shown to be a potential skin irritant and sensitizer. Clove oil is used safely in foods, beverages and toothpastes with toxicity reports being very rare. Cloves were introduced into Europe between the 4<sup>th</sup> and 6<sup>th</sup> centuries AD. Cloves are considered by Maude Grieve



to be the most stimulating and carminative of all aromatics displaying strong peristalsis, germicidal, antiseptic, anaesthetic and nervine properties.

### Coconut Oil ...

**SLOWRUB**    DEEPOIL    FASTSPRAY    BODYOIL    MATERN    MELISSA

is high in essential fatty acids. Coconut oil is one of the closest known substances to human sub-cutaneous fat and is a highly desirable ingredient for skin care. Coconut Oil is synergistic with the healing process and helps lay down a protective layer on the skin which, given its saturated fat chemistry, will resist turning rancid. The coconut oil, in conjunction with the bees wax, thus forms a stable protective skin boundary. This stable protective skin boundary ensures that active ingredients are held closely to the skin without degradation until they can be properly absorbed and/or utilised in the support of effective healing through natural bodily processes.

### Coconut Oil Extract ...

SLOWRUB    DEEPOIL    FASTSPRAY    BODYOIL    **MATERN**    MELISSA

Is obtained by distillation as a natural fraction from almond oil. The fractionated extract is used commercially as an emulsifier to improve the mixing of oil and water based ingredients. It is often used in aromatherapy as a soluboliser to prevent essential oils from dropping out of solution.

### Elder Leaf Extract...

**SLOWRUB**    DEEPOIL    FASTSPRAY    BODYOIL    MATERN    MELISSA

is prepared by infusing Sambuccus nigra leaf in a base of grapeseed oil. Elder use is enormously popular in historical references which detail its' medicinal properties. In the past the Elder tree has been considered a virtual chemist shop, providing many different effective medicines. Elder leaf contains a number of natural anti-inflammatory substances. The effectiveness of elder leaf as an effective topical rheumatic and arthritic treatment has been clinically established. Elder leaves were traditionally used in the preparation of a revered medicinal ointment made by healers many centuries ago .... Unguentum Sambuci Viride (Green Elder Ointment). This ointment was said to be fantastic for



bruises, sprains, chilblains, as a general skin tonic and moisturizer. Unguentum Sambuci Viride was also a favourite for accelerating the natural repair of crush injuries, where the skin was unbroken.

### Ethanol...

**SLOWRUB DEEPOIL FASTSPRAY BODYOIL MATERN MELISSA**

is naturally occurring drinkable alcohol that has been included in order to adequately emulsify and stabilise this product. The ethanol used is not at a level that would cause any dermal irritation and will not result in dry or flakey skin. The deeply soothing properties of lecithin, aloe, calendula, shea butter, coconut oil, sweet almond oil and yarrow found in this product more than adequately compensate for any drying effect that stabilising ethanol could have on skin and scalp.

### Eucalyptus Oil ...

**SLOWRUB DEEPOIL FASTSPRAY BODYOIL MATERN MELISSA**

is a very powerful healing oil, is strongly anti-bacterial and quite anti-viral. Eucalyptus oil has been shown to kill pain and to help wound healing significantly when applied topically to sores and wounds. Eucalyptus oil penetrates deep into the skin and is therefore a good carrier for transporting healing components, as found in lemon balm, deep into damaged tissue. Eucalyptus oil can act as a local pain killer when applied sparingly and is often used to provide relief from arthritic and rheumatic complaints. Eucalyptus oil can help speed wound healing by preventing bacterial infections. Eucalyptus oil is suitable for treating acne, infected wounds, ringworm, dermatitis, cuts, blisters, herpes sores, chickenpox, staphylococci infections and shingles. Eucalyptus oil can ease the pain from burns and can soothe painful insect bites. Eucalyptus encourages the growth of new tissue when used on a sore or wound by increasing the supply of available cellular oxygen. In fact Eucalyptus oil has also been shown to increase the rate of respiratory metabolism for skin cells thus helping to oxygenate the skin cells directly, resulting in healthier skin. Research has shown that eucalyptus oil is an effective local immune modulator and will work to reduce the primary phase of inflammatory skin response by enhancing the action of gamma and beta-globulins. The Australian Aborigine has used



the more than 700 species of eucalyptus tree for many things, one use being to inhale smoke from burning leaves for relief from fever. Eucalyptus is an effective parasitic repellent.

### Flaxseed Oil ...

**SLOWRUB**    DEEPOIL    FASTSPRAY    BODYOIL    MATERN    MELISSA

is expressed from the small brown seed known as Linseed. Flaxseed oil rapidly absorbs oxygen from the air and can easily form a hard, transparent varnish... hence its uses on furniture and in paint products. Linseeds are used medicinally as emollients, demulcents and for poultice manufacture. A linseed poultice allays irritation and pain whilst promoting suppuration of deep seated or superficial ulceration and/or inflammation. Linseed oil has been used extensively as a very effective treatment for burns and scalds. Linseed oil is generally high in alpha-linolenic, palmitic, arichidic, eicosenoic, stearic, oleic and linoleic acids. As such linseed oil is very nutritious to the skin whilst also displaying good anti-inflammatory properties. Flaxseed oil contains Omega 3, 6 and 9 fatty acids and can be an excellent source of these in the diet when taken internally.

### Ginger Oil ...

SLOWRUB    DEEPOIL    FASTSPRAY    BODYOIL    **MATERN**    MELISSA

Ginger extracts are often given in cases of dyspepsia, flatulence and diarrhea from a relaxed bowel where there is no inflammation. Externally ginger can be utilized as a rubefacient for warming the skin and improving blood flow. Ginger oil has been used externally for the treatment of bruises, carbuncles, arthritis, muscle aches and pains, sprains, strains (particularly of the lower back) and can also be very beneficial in aiding rheumatic and arthritic pain. Like most rubefacients that redden and/or interfere with blood flow ginger oil can be a possible skin irritant and some care should be utilized with some degree of caution and should be used directly on the skin at low concentrations.

### Ginger Root Extract ...

**SLOWRUB**    DEEPOIL    FASTSPRAY    BODYOIL    MATERN    MELISSA



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is prepared by juicing fresh ginger root. The expelled juice is then allowed to dry off which removes the majority of the water content and leaves behind the oleo-resin. This resin is extremely hot on the tongue, due to the action of phenolic arylkanones known as gingerols, and has a very pungent taste. Other arylalkanones in ginger known as gingerenone A, B and C have also shown excellent anti-fungal properties. The properties of the root extract are somewhere between ginger essential oil and ginger root pulp as the resin contains all the components of ginger in a concentrated form. It is said in Chinese medicine that fresh ginger warms the exterior whilst dried ginger warms the interior. Ginger extracts are said to have stimulant and carminative action.

## Glycerine ...

**SLOWRUB**    DEEPOIL    FASTSPRAY    BODYOIL    MATERN    MELISSA

also known as glycerol, is formed as a by-product of the the saponifacation of vegetable oils. Generally coconut and soybean oils are used to manufacture vegetable glycerine. Other glycerine sources are from bio-diesel manufacture and thus it is important to used food grade vegetable glycerine when intending to formulate with this ingredient. Glycerine is mostly used as a humectants, solvent and sweetener. As a humectants glycerine is widely used in the herbal industry to extract the moisture and volatile components from fresh herbal material. The glycerine is then filtered upon extraction and the herbal waste discarded. The use of glycerine for extraction also prevents the water soluble tannin components from being extracted heavily into the herbal preparation. The resulting glycerite can then be incorporated into formulations as required. Glycerine is incorporated into skin preparations mainly for improving smoothness of product and for lubricating the skin. As a humectants glycerine draws moisture from deeper layers of the skin into the upper layers where the moisture increase results in smoother, more hydrated skin. This drawing action can help to overcome dryness and sensitivity in people with delicate skin. Applied neat to the skin glycerine can be particularly beneficial in cases of psoriasis, burns, bites, cuts, rashes, bedsores and calluses.

## Guaiacwood Extract ...

**SLOWRUB**    DEEPOIL    FASTSPRAY    BODYOIL    MATERN    MELISSA



is sourced from a vine grown in the tropics and sub-tropics. The common name for Guaiacwood vine is Lignum vitae or vine of life. The Spanish brought guaiacum back to Europe from Americas where it became a very popular treatment for the cure of syphilis and other diseases as well as arthritis and the common cold. Guaiacwood extracts are still commonly used as flavouring agents in food and as a coloring stain for use in human fecal testing. Guaiacum resin is particularly effective for use in treating rheumatic pain and inflammation. When used internally it is warming and deeply acting on circulation as well as on the action of the bowels and water retention. When applied topically guaiacum preparations are still effective for rheumatic pain and arthritic pain but not quite as much as when taken internally. Guaiacum is said to be more effective as an anti-inflammatory than cats claw.

### Guar Gum ...

**SLOWRUB**    DEEPOIL    FASTSPRAY    BODYOIL    MATERN    MELISSA

is extracted from the seeds of a member of the pea family. This particular pea is native to India but is also cultivated as cattle feed in the south western USA. Guar gum has been used in food very safely as a thickening agent, emulsion stabiliser and suspension agent. Guar gum has the food additive number E412. Guar gum is often used internally as a dietary bulking agent and to help diabetics control blood sugar levels. When consumed in excessively large amounts, guar gum may cause nausea, flatulence and abdominal cramps. The consumption of guar gum is reported to help reduce blood cholesterol levels.

### Ilex Paraguariensis Extract ...

**SLOWRUB**    DEEPOIL    **FASTSPRAY**    BODYOIL    MATERN    MELISSA

is often referred to as Paraguay tea or Mate tea. This plant is from South Americas and is grown and consumed in large quantities by Brazilians, Argentinians and Paraguayans. For its tasty stimulating properties. Mate contains high levels of vitamins and Caffeine related compounds. Ilex contains a number of unique compounds that controls the perception of pain by “gating” or interfering with the transmission of type A and type C nerve fibre transmissions to the spinal cord. The type A fibres are the larger myelinated nerve fibres that transmit the quick intense pain messages to the brain and the type C fibres are unmyelinated fibres that transmit chronic throbbing pain to the brain. The use of





topically applied compounds found in Ilex leaf act as counter irritants that gate these signals to the brain and effectively stop us from perceiving the pain.

## Jojoba Oil ...

SLOWRUB      DEEPOIL      FASTSPRAY      **BODYOIL**      **MATERN**      MELISSA

has been traditionally used in cosmetics, medicine and cooking. Jojoba alleviates skin irritation and helps guard against hair loss. Jojoba oil is pressed from the nut of a desert shrub native to the south of Arizona and North Mexico. Birds and rodents can eat the seed safely but it is toxic to humans and most animals. The American Indian and Mexicans have used jojoba oil as a hair restorer and conditioner for many centuries. With the banning of sperm whale oil in 1973 the rise and use of jojoba in natural products has risen dramatically. Jojoba is very heat stable and does not degrade under high temperature or pressure. Its main disadvantage to wider spread use is its relatively high cost. The fatty acid makeup of jojoba means that it is actually technically a wax but it is commonly referred to as an oil because of its natural liquid state. Jojoba has been shown very beneficial in the management of eczema, psoriasis and other minor skin irritations. It is not recommended but it has been found that when taken internally jojoba oil can significantly reduce blood cholesterol. The mechanism for this cholesterol decrease is still unknown. There have been cases of hypoallergenic reactions to jojoba oil but these are quite rare and cases of contact dermatitis have been reported in people using jojoba shampoos or conditioners.

## Juniper Oil...

**SLOWRUB**      DEEPOIL      **FASTSPRAY**      BODYOIL      MATERN      MELISSA

is prepared through steam distillation of fresh juniper berries. The berries take two or three years to ripen and it is only the blue berries that are used for oil extraction. Juniper berries are also used to manufacture Gin. Juniper has been held in high regard as a health tonic by many cultures and over many millennia. Oil of juniper is given as a diuretic, stomachic, carminative as well as being used for diseases of the kidney and bladder. Juniper oil is often used in veterinary medicine as an application to wounds so as to prevent irritation from flies. Juniper oil is also used topically as a local stimulant for injury and bruising as well as an anti-inflammatory for control of arthritis pain and swelling.



Juniper oil penetrates easily through the skin and is often used as a carrier agent in herbal pain relief preparations. Juniper has been shown to inhibit prostaglandin synthesis in the body. The Swedish have used juniper for its wound and anti-inflammatory properties for many centuries. Juniper oil should be avoided by pregnant women as it can increase uterine tone which may result in undesirable miscarriage. Research from the Mediterranean has reported significant improvement in general neuralgic pain through the use of topically applied juniper oil.

## Lecithin ...

**SLOWRUB**    DEEPOIL    FASTSPRAY    **BODYOIL**    MATERN    MELISSA

is a word used to describe a large family of fatty substances widely found in animals and plants that contains phosphoric acid, choline, fatty acids, glycerol, glycolipids, triglycerides, and phospholipids. The lecithin we use in Roseneath products is derived from soybeans and has been processed to ensure that it is PCR negative. PCR negative means that the lecithin used contains no traces of GM modified proteins. The GM modified proteins could cause adverse skin reactions and sensitivities if not removed. Lecithin is commonly found in egg yolks and was the emulsifier used by early oil artists to create early oil paints. Lecithin is effectively found in every cell in the human body and commonly occurs as phospholipid linings and membranes for our biological make-up. Lecithins are commonly used in foodstuffs and product manufacture for their emulsifying and lubricating properties. When used internally lecithin can help lower bad cholesterol, lower blood pressure and help with overcoming mild depression through the building of healthy brain tissue . Lecithin used internally also helps with building healthy tissue structures and aids liver function and muscle health. People taking high doses of Niacin (B3) for cholesterol control should ensure a healthy amount of choline is present in their diet by consuming lecithin on a regular basis.

## Lemon Oil ...

**SLOWRUB**    DEEPOIL    FASTSPRAY    BODYOIL    **MATERN**    MELISSA

is excellent for the skin and has good astringent, antiseptic, anti-microbial and anti-parasitic properties. Lemon oil acts to remove dead skin cells and to revitalise dull and/or pale skin. Lemon oil works to strengthen the skin through aiding the free movement of sebum, balancing sebum levels and also through stimulating the local production of new



connective tissue. In this way lemon oil can help with broken capillaries and also help to soften scar tissue. Lemon oil helps to strengthen brittle nails and can also act to increase the growth rate of new nail tissue. Lemon oil will ease the sting from Herpes simplex cold sores and genital herpes sores. Lemon oil is generally soothing on sun burnt skin and painful insect bites and stings. Lemon oil has been used successfully in the treatment of chilblains and skin blemishes. Lemon oil can be helpful in removing warts and corns and its' helpful skin properties are apparent even at concentrations as low of 0.2%. Lemon oil is a local immuno-stimulant and can increase the activity of white blood cells hence its reputation in healing wounds and sores. Lemon oil can greatly aid concentration when used in an aromatherapeutic manner as a background scent.

### Lemonbalm Extract ...

SLOWRUB

DEEPOIL

FASTSPRAY

BODYOIL

**MATERN**

**MELISSA**

is prepared by infusing Melissa officinalis herb in grapeseed oil. Lemon balm is calming to the central nervous system, astringent, antiseptic and healing. Lemon balm is also strongly anti-viral. Lemon Balm is rich in naturally occurring polyphenol chemicals. Most natural polyphenols are anti-viral. The polyphenol compounds found naturally in lemon balm directly fight the herpes simplex virus responsible for cold sores. Research has shown that the use of melissa preparations on cold sores and on genital herpes sores can help reduce the healing time markedly. In fact, with regular use, Melissa preparations can help reduce both the severity and frequency of future outbreaks. With some people the cold sore may never express itself outwardly once lemon balm ointments are applied . . . . NO SORE ! A 'daily cuppa' of fresh lemon balm tea (organic of course) would also be of much use for sufferers from cold sores. Lemon Balm preparations have a strong and long tradition as general wound healers when applied externally and they are often recommended by herbalists for managing difficult skin problems. Lemon Balm preparations are suitable for acne, eczema, cuts, sores, small wounds and warts as well as painful insect bites and bee stings. Lemon Balm preparations were used by both the ancient Greeks and Romans as a surgical wound dressing. Paracelsus described melissa balm as the 'elixir of life'. The word melissa comes from the Greek for 'honey bee' and the plant provides excellent bee fodder, hence its' ancient name of *bee balm*.

### Lemon Grass Oil ...



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**SLOWRUB**    DEEPOIL    FASTSPRAY    BODYOIL    MATERN    MELISSA

has a beneficial tonic effect on the skin which helps to tone the skin, to close open pores and to balance sebum. Lemongrass oil will soothe bites and stings and it is considered an effective flea, lice, fly, tick and mite repellent. In India, lemongrass is commonly used as an effective ringworm treatment and wound healer. Lemongrass oil has pain killing properties and is very beneficial, when used as part of a rub, for bruising, dislocations, muscular pain and joint pain. Taken internally lemongrass oil is pain killing, anti-depressant and helps to combat stress induced lethargy. Lemongrass is often taken to help reduce stomach pain due to cramping and/or severe flatulence as often occurs with cases of colitis and indigestion. Lemongrass will combat fever and has immune stimulant properties which makes it useful to help the body fight off infection. Modern Indian medical research indicates that lemongrass is a central nervous system sedative. Lemongrass is commonly used as a taste and smell additive in food and drink. Lemongrass oil should not be used internally without suitable advice.

### Lime Oil ...

SLOWRUB    DEEPOIL    FASTSPRAY    BODYOIL    **MATERN**    MELISSA

is extracted from the peel of certain citrus fruits. Cold pressed lime oil can be photo-toxic which means that it can darken the skin when exposed to sunlight. The best lime oil is steam distilled from the fruit skins which ensures that it is not going to discolour the skin and create those “perfuming stains” as used to be seen in old world perfumes. On the skin lime oil has astringent and anti-inflammatory properties. Lime oil has tissue toning and anti- spasmodic properties that also make it very beneficial for use in cases where gentle pain relief is required. Lime oil should always be used on the skin at low concentrations.

### Macadamia Oil ...

SLOWRUB    DEEPOIL    FASTSPRAY    BODYOIL    **MATERN**    MELISSA

### Menthol...



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**SLOWRUB DEEPOIL FASTSPRAY BODYOIL MATERN MELISSA**

are extracted from peppermint oil (*Mentha arvensis*). Menthol is a mild local anaesthetic. The tingling anaesthetic sensation of menthol on the skin is often used to soothe irritated skin and to alleviate itching. Menthol acts as a counter irritant and local anaesthetic on the skin through stimulation of TRPM8 cold receptors in the skin thus activating cold induced analgesia. Menthol has also been shown to enhance the dermal penetration of many active ingredients, which means that this product will penetrate deeply into skin in order to get maximum effect. Menthol will also enhance any cooling effect on the skin and simultaneously act to reduce local warming effects produced by essential oils. Menthol is a reasonably common food, drink and confectionary flavouring agent.

### Mullein Extract ...

**SLOWRUB DEEPOIL FASTSPRAY BODYOIL MATERN MELISSA**

### Mustard Oil ...

**SLOWRUB DEEPOIL FASTSPRAY BODYOIL MATERN MELISSA**

is extracted from mustard seeds using a grinding process. As the seeds are ground water is incorporated into the pulp which releases natural allyl-isothiocyanates. Isothiocyanates have been shown to exhibit strongly anti-tumour and anti-tumour effects. Isothiocyanates are the source of the heat found in many common vegetables including wasabi, horseradish, mustard, radishes and nasturtiums. The rubefacient properties of mustard have been used far back in history long before the Ancient Greeks. Both the leaves and the seeds are commonly used in cooking. Mustard oil contains a good selection of fatty acids including oleic, stearic, erucic and behenic acids. Mustard possesses irritant, stimulant, diuretic and emetic properties. Mustard oil and/or seed pulps have been commonly applied in the form of a poultice to relieve blood congestion and stagnation by drawing the blood and fluid to the skin surface. The same has also been extensively utilized for relief from general neuralgia and to relieve pain from bruising, sprains, arthritis and rheumatism.



## Myrrh Gum Extract ...

**SLOWRUB**    DEEPOIL    FASTSPRAY    BODYOIL    MATERN    MELISSA

is a fantastic healing agent with anti-inflammatory, anti-microbial, antiseptic, astringent and regenerative properties. Myrrh tincture is made by dissolving myrrh gum in alcohol. Myrrh has been extensively used as medicine, by numerous cultures, for at least 5000 years. Myrrh encourages new tissue growth, helps to alleviate wound pain and helps to speed general wound healing. Myrrh can be used to treat problems such as Athletes' foot, ringworm, wounds, arthritis, respiratory disorders, infections, ulcers, irregular menstruation, thrush, nervous tension, eczema and for general skin care. Taken internally, in low doses under medical supervision, myrrh can help rejuvenate and detoxify the body. Consumption of Myrrh is considered to be a considerably safer and more powerful long term internal 'cleansing' medicine than is golden seal. Myrrh will soothe the digestive system and is extremely good for pulmonary problems. Soldiers of Ancient Greece were said to carry myrrh ointment into battle to treat war wounds and injuries.

## Olive Oil ...

**SLOWRUB**    DEEPOIL    FASTSPRAY    BODYOIL    MATERN    MELISSA

## Peru Balsam Gum ...

**SLOWRUB**    DEEPOIL    FASTSPRAY    BODYOIL    MATERN    MELISSA

## Peru Balsam Oil ...

SLOWRUB    DEEPOIL    FASTSPRAY    BODYOIL    **MATERN**    MELISSA

## Pine Oil Extract ...

**SLOWRUB**    DEEPOIL    FASTSPRAY    BODYOIL    MATERN    MELISSA



### Rice Bran Oil ...

**SLOWRUB**   DEEPOIL   FASTSPRAY   **BODYOIL**   **MATERN**   **MELISSA**

### Rose Geranium Oil ...

SLOWRUB   DEEPOIL   FASTSPRAY   BODYOIL   **MATERN**   MELISSA

### Rosehip Oil ...

SLOWRUB   DEEPOIL   FASTSPRAY   **BODYOIL**   MATERN   MELISSA

### Rosemary Oil ...

**SLOWRUB**   DEEPOIL   FASTSPRAY   BODYOIL   MATERN   MELISSA

is anti-inflammatory, astringent, analgesic and stimulant. Rosemary oil is useful for headaches, depression and stuffy sinuses. Rosemary oil is a good stimulant for the hair and scalp and, when used as a rub, is quite soothing to sore arthritic or rheumatic joints. Rosemary oil is equally good for sprains and strains. Topically applied, rosemary oil is tonic to the skin, helps to balance sebum and is a useful treatment for eczema, dermatitis, acne and dandruff. Rosemary oil has been shown to help in the building of regenerative skin tissue. Rosemary oil is quite an effective insect deterrant and is suitable for repelling lice, fleas, scabies mites and other parasites. Rosemary oil is a circulation stimulant and will work to raise blood pressure if used in significant amounts internally or for aromatherapy. Taken internally, a teaspoon of dried rosemary infused as a tea, is of great benefit in alleviating headaches, arthritic pain or digestive upset and may be used as a substitute for aspirin. Internally rosemary use can also be useful for indigestion,



colitis, dyspepsia, high blood sugar, liver disorders, colic, nausea, flatulence and fever. The level of rosemary oil in this product is generally considered totally safe for external topical use in most cases. Rosemary was one of the first plants used medicinally by ancient man and has been used since antiquity to strengthen the memory. Most mediterranean cultures all praised the culinary and medicinal virtues of rosemary, which is still used today, by Greek students, to aid memory. Ancient scholars like Theophrastus and Dioscoroides recommended the use of rosemary for many medicinal problems. The British Pharmacopeia currently lists rosemary as useful for “..depressive states with general debility and indications of cardiovascular weakness.”Rosemary is commonly utilised in most major food categories as a flavouring agent and is even found in some drinks and beverages. High levels of rosemary oil should be avoided by epileptics and by pregnant women.

### Salicylic Acid ...

SLOWRUB

**DEEPOIL**

**FASTSPRAY** BODYOIL

MATERN

MELISSA

### Sesame Oil ...

SLOWRUB

DEEPOIL

FASTSPRAY BODYOIL

**MATERN**

MELISSA

Virgin Macadamia Oil ... contains high levels of oleic, palmitoleic, palmitic, stearic, arachidic, eicosenoic and linoleic fatty acids. All of these can help to soften the skin and to balance natural sebum. Macadamia oil is an extremely nutritious skin oil and the fatty acids it contains resemble those in human sebum. Macadamia oil is a good penetrating oil which can help to replace those naturally occurring skin components which are lost with aging and/or various skin disorders.

### Shea Butter...





**SLOWRUB**    DEEPOIL    FASTSPRAY    BODYOIL    MATERN    MELISSA

is an edible vegetable butter, boiled from the nuts of *Butyrospermum park Kotsch*, Karite or Shea tree. The shea tree is a native of western Africa. Afro-Egyptian medical and beauty history is full of references to shea butter. In fact Cleopatra was purported to have used shea butter preparations on her skin regularly ! The shea tree is revered in Africa where the funeral beds of African kings are carved from an old shea tree. Shea butter contains natural anti-inflammatory compounds. The effectiveness of shea butters' anti-inflammatory action is confirmed by its' traditional uses for arthritis, rheumatism, bruising and sprains. Shea butter possesses remarkable properties. Clinical trials have shown that shea butter really will reduce wrinkles in most individuals whilst helping with skin conditions like dermatitis, sunburn and scarring. Shea butter is high in fatty acids like stearic and oleic acid which are very helpful in moisturizing the skin and improving skin elasticity. Only quality non-solvent extracted shea butter is used in Roseneath preparations.

### Spike Lavender Oil ...

**SLOWRUB**    DEEPOIL    FASTSPRAY    BODYOIL    MATERN    MELISSA

is calming and soothing to damaged and/or irritated skin. Spike lavender is considered the best of the lavenders for skin ailments. It is said by Culpepper that "oil of spike is of a fierce and piercing quality and ought to be carefully used, a few drops being sufficient ... for inward and outward maladies". Spike lavender is particularly soothing on inflamed skin conditions such as eczema, dermatitis and psoriasis. Spike lavender is both calming and balancing to troubled skin. Oil of spike is often used to encourage wound healing and to relieve pain from severe burns and to help relieve chronic itching. Spike lavender has excellent pest repellent properties and is very effective against fleas, lice and scabies mites. Oil of spike will soothe painful insect bites and stings. Spike lavender oil has excellent pulmonary properties and will help with bronchitis, emphysema, asthma, laryngitis, will clear the head and will help with catarrh. The lavenders are amongst the most versatile and non-irritant essential plants western herbalists have at their disposal. Lavender oil is calming, emotionally balancing, anti-inflammatory, antiseptic, anti-bacterial, anti-parasitic, pain killing, de-congestive and de-toxifying. Lavender is a fantastic healer and is renowned throughout history for its healing and curative powers in many ailments. Spike lavender has been used for acne, fungal problems, ringworm,



viral infections, neuralgia, general debility and as a cerebro-spinal tranquilizer. Spike lavender is currently indicated in the British pharmacopoeia for dyspepsia, colic, depressive headaches, rheumatic and arthritic pain.

### St Johns Wort Extract...

**SLOWRUB**    DEEPOIL            FASTSPRAY    BODYOIL            MATERN            MELISSA

has excellent antiseptic, anti-viral, anti-fungal, astringent, anti-depressant and pain relieving properties. St Johns' wort is useful for treating conditions such as cuts, burns, eczema, psoriasis, haemorrhoids, varicose veins, wounds, pimples, fungal infections, cold sores, ulcers, neuralgia, rheumatism, arthritis and various skin disorders. Taken internally, St Johns' wort is used widely as a natural anti-depressant, to treat PMT, as a liver and gallbladder tonic, to ease the hormonal symptoms of menopause, to relieve anxiety, to help with the pain of spinal trauma, tension, diarrhea, gastro-duodenal ulcers, colitis, intestinal spasm and inflammation, insomnia and various nervous problems. The ancient Greek Scholar, Galen, suggests St Johns' Wort as a treatment for intestinal worms and parasitic afflictions. St Johns' wort is an extremely effective anti-viral agent and one of its' active ingredients, hypericin, is being researched for treating AIDS and HIV. St Johns' Wort may also hold promise for treating certain skin cancers.

### Sweet Almond Oil ...

**SLOWRUB**    DEEPOIL            FASTSPRAY    **BODYOIL**            **MATERN**            MELISSA

is highly nutritious, rich in sugars, protein, minerals and vitamins A, B1, B2, B6 and E. Sweet Almond oil also contains high levels of oleic, linoleic and palmitic acid, which are all essential for good skin health and nutrition. Sweet almond oil has the ability to soften the skin and can be especially beneficial for eczema. Sweet almond oil has excellent skin penetrating properties and is good for all skin types. Sweet almond oil helps relieve itchiness, dryness and inflammation of the skin. Sweet almond oil is easily absorbed through the skin and helps to maintain healthy tissue. Almond oil can also help to increase skin elasticity and may also help slow wrinkling. Sweet Almond oil dates back to the ancient Romans who used it extensively in skin care. Almond oil taken internally every day is twice as effective in the reduction of cholesterol as olive oil.

Lecithin



## Sweet Marjoram Oil ...

**SLOWRUB**    **DEEPOIL**    **FASTSPRAY**    BODYOIL    MATERN    MELISSA

could be considered one of nature's premier bruising treatments. Its' action is known to be gentle yet strong. Sweet marjoram is listed as one of the best treatments for bruising, sprains and contusions in almost all of the most recognized herbals over the last 100 years or so. Unfortunately sweet marjoram essential oil is quite expensive and is not widely used in products as a direct consequence of its' price. At lower doses marjoram essential oil is non-toxic, non-irritating and non-sensitizing on the skin. It has been shown to be excellent for the clearing of bruises, calming of muscular, arthritic and rheumatic pains. It is very useful for strains, sprains, stiffness, lumbago as well as having excellent nervine properties. Used on the skin sweet marjoram oil can improve vaso-dilation, lower blood pressure, relieve general neuralgia, reduce spasms. The Ancient Greeks use sweet marjoram extensively, both internally and externally, for treatment of narcotic poison, convulsions and dropsy. Young couples were often crowned with marjoram by both the Greeks and Romans so as to bestow happiness upon the couple. Marjoram is one of the western world's most important culinary herbs. Egypt produces 90% of the world's supply. France and Germany are the largest international markets for marjoram.

## Vanilla Extract ...

**SLOWRUB**    DEEPOIL    FASTSPRAY    BODYOIL    MATERN    MELISSA

## Vetiver Oil ...

**SLOWRUB**    DEEPOIL    FASTSPRAY    BODYOIL    MATERN    MELISSA

## Water ...



SLOWRUB      DEEPOIL      **FASTSPRAY**      BODYOIL      MATERN      MELISSA

### Wheatgerm Oil ...

SLOWRUB      DEEPOIL      FASTSPRAY      **BODYOIL**      **MATERN**      MELISSA

### Wild Thyme Oil ...

**SLOWRUB**      **DEEPOIL**      **FASTSPRAY**      BODYOIL      MATERN      MELISSA

is a relaxing herb of great antiquity and was used as far back as 4,500 years ago by the Sumerians. Thyme is one of the most widely antiseptic of all herbs. Thyme is a very effective parasiticide and has been used as treatment for problems such as ringworm, scabies, crabs, lice and nits. Thyme herb is an important intestinal worming agent and can be taken as an infused tea for gently treating such problems. Thyme has a very strong anti-fungal and anti-bacterial action. Thymol, an active constituent of thyme, has been widely used as a powerful disinfectant in hospitals around the world for many years. Thyme is an excellent respiratory immuno-stimulant and anti-spasmodic. It has been taken as a hot tea infusion to treat a variety of bronchial problems such as acute bronchitis, whooping cough, laryngitis, asthma and hay fever. Thyme infused teas are also very effective for treating fungal problems like athletes foot, thrush, yeast infections and tinea. Applied externally thyme oil is very good for the relief from muscular aches, pains, muscle spasm and painful insect bites and stings. Thyme has remarkable tonic properties and research has suggested that thyme as a regular part of your diet can markedly support the bodys' immune function and in fact will counter some effects of ageing. Chewing fresh leaves will ... have a gentle expectorant effect, help relieve the pain of any sore throat, help support poor digestion, help with diarrhea, help relieve gastritis and will also help relieve menstrual cramps.

### Wintergreen Oil ...



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is extracted from a low growing perennial evergreen shrub native to eastern North America. The aromatic leaves and fruit are edible. American Indians reportedly used wintergreen for treating back pain, rheumatism, fever, headaches and sore throats. The plant and its extractions have been traditionally used in medicine for pain relief, settling digestion and reducing flatulence, as an astringent and as a topical rubefacient for improving local blood flow. Oil of wintergreen is even used as a flavouring agent in lollies at concentrations of 0.04%. The leaves have often been used as a tea for relief from colds, flu and muscular aches. Oil of wintergreen usually contains between 98% and 100% pure methyl salicylate. Wintergreen should be avoided by those with sensitive asthma and by those with known salicylate sensitivities. 1 Teaspoon of wintergreen oil is equivalent to 7000 mg of salicylate or approximately 21.5 adult aspirin tablets. Ingestion of as little as 6 ml of wintergreen oil can result in death for an adult. Interestingly the wintergreen plant has little or no smell until the methyl salicylate is released during distillation. Methyl salicylate is easily absorbed through the skin and thus wintergreen is often used as a carrier agent for other ingredients in herbal pain relief preparations. Use of high levels of wintergreen on the skin has been associated with fluid and electrolyte imbalances, but this result is generally rare in the broader community.

### Witch Hazel Extract ...

**SLOWRUB** DEEPOIL **FASTSPRAY** BODYOIL MATERN MELISSA

has a long tradition of use in its' native North America where it is used for inflammation, painful swellings and tumours. Witch hazel extract is approved as an over the counter drug by the FDA in America. In studies and trials, witch hazel has clearly demonstrated anti-inflammatory activity on skin irritations caused by ultraviolet light. Other trials have shown that long term witch hazel use can be effective in the treatment of eczema, cysts and inflamed swellings, damaged veins and some tumours. The German Kommission E has approved the use of witch hazel minor skin injuries, local skin inflammation, varicose veins (phlebitis) and haemorrhoids. ESCOP (European Scientific Co-operative on Phytotherapy) findings indicate the use of witch hazel for relief from painful and heavy veined legs as well as for sprains. Witch Hazel also provides relief from mild dermatitis.

### Yarrow Extract ...



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Pine Oil Extract ...

SLOWRUB

DEEPOIL

FASTSPRAY

BODYOIL

MATERN

MELISSA

has been recommended for medicinal self treatments as far back as Galen and Hippocrates, who advocated its use for pulmonary problems and throat infections, genito-urinary infections, digestive complaints and externally as a treatment for various parasites and skin conditions. Pliny described the therapeutic properties of pine oil turpentine extensively in his many writings. The Chinese have used pine oil turpentine for centuries as an effective reliever of rheumatism, toothache, boils, sores, ringworm and dermatitis. The anti-parasitic and pest repellent properties of pine oil turpentine are legendary and pine oil turpentine has been widely used throughout history, by many different cultures, in treatments for fleas, lice, ringworm and scabies. Pine oil turpentine applied externally as a compress is very effective for relieving rheumatism, boils, cuts, infected wounds, gout, sciatica and arthritis.

Pine oil turpentine can be irritating to people with sensitive skin so a low dilution is used in this product to help prevent any chance of skin reaction.

When used as an inhalant, pine oil turpentine is good for asthma, bronchitis, laryngitis, tuberculosis and influenza.

Taken internally, in very small doses, and with medical supervision, pine oil turpentine has proven effective in treating various internal ills. Problems like cystitis, gall bladder problems, colitis, flatulence, chronic constipation, intestinal worms, hepatitis and various prostate conditions can all be benefited by use of pine oil turpentine.

Xanthan Gum ...

**SLOWRUB**

DEEPOIL

FASTSPRAY

BODYOIL

MATERN

MELISSA

is an all natural gumming and emulsifying agent that helps to bring the ingredients together in this blend. Xanthan gum is the dried product of fermented corn syrup and is a very safe component to assist in the stabilization and emulsification of a liquid skin care and/or body product. At Roseneath we are not aware of any adverse reaction or



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irritation recorded by the use, internally consumed or dermally applied, of xanthomonas compestris gum. Xanthan gum has the food additive number E415 and is sometimes referred to as corn sugar gum.

Medical food research indicates that internal consumption of xanthan gum has been shown to help reduce cholesterol and to enhance liver and bile function.



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# *MP3 TRACK HERE*

*Time to think a while about water ...  
and why natural gardening and  
natural products are better for us all.  
What could our future be like ?*





*PRODUCT  
COMPARISON  
SPREADSHEET  
HERE*



# SELECTION CHART

	RUB	OIL	FAST	Matern Oil	Body Oil	Melissa Oil
Deep Tissue Injury	✓	✓				
Bony Areas	✓		✓			
General Massage	✓	✓		✓	✓	
Bruise or Sprain	✓	✓	✓			
Arthritis / Rheumatism	✓	✓	✓			
Pregnancy / Feeding	NO !	NO !	NO !	✓	✓	
Anxiety / Agitation						✓
General Neuralgia	✓		✓	✓		✓
Sleeping Difficulties						✓
Eczema / Psoriasis					✓	✓



## Effective Active Product Duration

Up to 6 Hours	Deep Relief OIL or FAST Acting Spray
Up to 8 Hours	Slow Release RUB
Up to 10 Hours	FAST Acting Spray 1st then Slow Release RUB on top
Up to 12 Hours	Deep Relief OIL 1st then Slow Release RUB on top
>12 Hours	FAST Acting Spray 1st, Deep Relief Oil 2nd and then Slow Release RUB 3rd



# Slow Release Rub

## *What is it for and what does it do ?*

Slow Release Rub is for use on bruises, knocks, bumps, strains and other forms of inflammatory muscular and tissue injury. Slow Release Rub is the core product in our pain relief range. It is a genuine natural anti-inflammatory and pain relief formulation. When used on its own it can provide continuous pain relief for up to 6, or even 8, hours.



## *How do I use it ?*

To use the Rub simply apply a small *dob* and then massage gently into the area of concern. The more Rub applied, the stronger the effect it will have.

The Rub can be combined with the Deep Relief Oil or the FAST Spray for an enhanced effect.

Combine Slow Release Rub with Deep Relief Oil for deep tissue injuries and muscular areas.

Combine Slow Release Rub with FAST Acting Spray for bony areas and poor circulatory zones.

When combining, apply the Rub following the initial application of Deep Relief Oil or FAST Acting Spray.

## *Does it have any distinctive features ?*

The Slow Release Rub contains 48 natural plant based ingredients that make it truly effective. Many of these plant extracts are generally more expensive than the synthetics found in most standard off-the-shelf products. The cost and general lack of quality plant extract availability is the reason that these more unusual plant ingredients are not generally found in mainstream products. Looking around at the industry has shown us that the Slow Release Rub contains an extra 26 active ingredients not found in other conventional products. The only mainstream products found that contain any of these ingredients are Tiger Balm products, which contain oil of cloves.

## *Are there any cautions I should be aware of when using this product ?*



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Slow Release Rub contains many ingredients that should be avoided during pregnancy or whilst breast-feeding. It also should not be used when people are undergoing chemotherapy, as this may result in rashes and irritation. The Rub contains higher than normal levels of salicylates and thus should be treated cautiously by people with aspirin sensitivity.

People should avoid application of the Rub to previously irritated skin or infected wounds.

Keep out of eyes and not for internal use.



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# Deep Relief Oil

## *What is it for and what does it do ?*

Deep Relief Oil provides topical analgesia and will also encourage tissue repair.

Deep Relief Oil can provide either a warming or cooling action.

Deep Relief Oil is a penetrant enhancer for the Rub and is NOT a massage oil.

Deep Relief Oil extends the action and the working depth of Slow Release Rub.

Deep Relief Oil extends the skin slip of Slow Release Rub during therapeutic massage.

Deep Relief Oil is also fantastic for killing fungus under the nail.

## *How do I use it ?*

To achieve an analgesic cooling Deep Relief Oil can be lightly sprayed on and left untouched.

When sprayed on and then massaged into the skin Deep Relief Oil generally results in a deep heating effect. Either way, heating or cooling, the product will usually last for some three to four hours when used on its own. The more you apply the stronger the effect.

To combine with Slow Release Rub, first spray Deep Relief Oil onto the affected area and then immediately apply a small dab of Slow Release Rub. Massage the Rub into the skin over the Deep Relief Oil. This combination will markedly extend the overall analgesic effect and the penetration of Slow Release Rub.

## *Does it have any distinctive features ?*

The Roseneath Deep Relief Oil is not simply some active ingredients dissolved into alcohol. It is primarily comprised of solid menthol from peppermint and solid white camphor. The salicylates, or natural aspirin, is provided by organic calendula flower extract. Calendula flower has been used for bruising and injury for many centuries. Deep Relief Oil also contains Sweet Marjoram essential oil which is the premier bruise treatment listed in many western herbals. It is a very expensive essential oil and is not normally utilised in commercial pain relief products.



*Are there any cautions I should be aware of when using this product ?*

Deep Relief Oil contains menthol and camphor and should not be used by people when pregnant or when breast feeding. Deep Relief Oil should not be used when people are undergoing chemotherapy, as this may result in rashes and irritation. Deep Relief Oil contains higher than normal levels of salicylates and thus should be treated cautiously by people with an aspirin sensitivity. People should avoid application of Deep Relief Oil to previously irritated skin or infected wounds. Keep out of eyes and not for internal use.



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# *FAST Acting Spray*

## *What is it for and what does it do ?*

FAST Acting Spray has been specially formulated to provide fast acting pain relief and tissue relaxation. It is a 'no-touch' product.

The spray can be sprayed on and does not require any 'rubbing in' or massage.

FAST Acting Spray is more appropriate for bony areas and extremities where circulation is lower.

FAST Acting Spray can be combined with Slow Release Rub for enhanced effect.

## *How do I use it ?*

Simply spray on and wait. After about 15-30 seconds most people feel a prickly sensation as the nerve transmitters in the damaged zone fire off the substance P.

Within about 60-90 seconds the FAST Spray has generally reached its maximum effect.

It may take up to 2 minutes on some individuals and on specific body parts.

The more Spray that is applied, the stronger the effect on the body.

For serious pain it is suggested that one light application be made initially rather than one heavy application.

More FAST Acting Spray can then be subsequently applied to increase the desired effect.

## *Does it have any distinctive features ?*

FAST Acting Spray is in an ethanol base and utilises concentrated organic calendula flower extract for the salicylates. These salicylates are naturally occurring within calendula flower. The product also includes Wintergreen and Ilex (Yerba Mate) for added relief. The essential oils chosen for this fast acting product include more traditional varieties such as Juniper Berry and Sweet Marjoram. Juniper acts as a carrier to enable better penetration of the Spray. Sweet Marjoram is itself a premier bruising and pain relief treatment.





*Are there any cautions I should be aware of when using this product ?*

When applied to certain areas of the body FAST Acting Spray can be quite hot initially. This heat is not felt by most people but for the few that do experience this, it generally occurs when using the spray on places around the back of the neck or on the lower back. This is due to the sensitive nature of the skin. We suggest some caution when using large amounts in sensitive areas. We also suggest one initial light application followed by late subsequent applications as and when required. Keep out of eyes when spraying and not for internal use.



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# Matern Oil

## *What is it for and what does it do ?*

Matern Oil has been specially formulated for use by pregnant women and also by women who are breast feeding. Matern Oil provides general muscular pain relief and also contains high levels of natural Vitamin E and fatty acids to help with skin stretch and recovery. The pleasant aroma of Matern Oil is generally relaxing and warming. It has a sweet ginger and cinnamon smell.

## *How do I use it ?*

It can be applied to the body as a general massage oil.

Relief will generally be felt after about 10-15 minutes from application.

As with any product containing essential oils, Matern Oil should not be used during the first tri-mester.

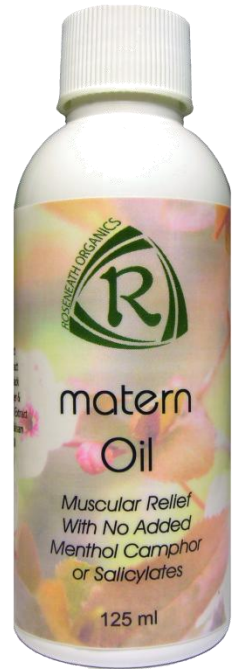
## *Does it have any distinctive features ?*

Matern Oil does not contain any added menthol, camphor or salicylates. It provides pain relief using natural ingredients that have been historically used by pregnant and post natal mothers around the world. These ingredients have been selected for their apparent safety and low toxicity to mother and the developing baby during pregnancy and whilst breast feeding. Matern Oil is formulated using GM-Free rice bran oil and thus contains high levels of natural vitamin E, has a great skin feel and a generally pleasant aroma.

## *Are there any cautions I should be aware of when using this product ?*

Even though Matern Oil has been specially formulated with safety in mind, it should not be used during the first tri-mester. It is wise to minimize any mother's exposure to any chemicals during the first tri-mester.

It is not wise for any pregnant woman to use any pain relief products containing high levels of menthol,



camphor or salicylates. The reason for this is that baby does not have a fully developed liver until about 8-10 months following birth. Menthol, camphor, salicylates and many other substances are hard for baby to get rid of prior to the liver being fully functional.



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# Body Oil for Massage

*What is it for and what does it do ?*

Body Oil is generally suitable for massage anywhere on the body.

This product is also suitable for use on the face.

Body Oil provides good slip with a nice non-greasy feel following massage.

*How do I use it ?*

It can be applied to the body as a massage oil.

*Does it have any distinctive features ?*

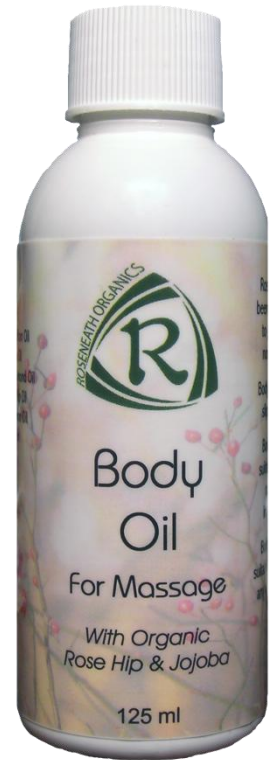
Body Oil is formulated using GM-Free rice bran oil and as such contains high levels of oryzanol and natural vitamin E. Body Oil contains organic rosehip and organic jojoba oils which have been shown to encourage superior skin repair.

Body Oil has a pleasant velvety skin feel and almost no aroma.

Body Oil contains natural GM Free lecithin which helps to easily remove the oil from towels and linen during cleaning.

*Are there any cautions I should be aware of when using this product ?*

Even though Body Oil has been specially formulated with safety in mind it should not be used on people with known nut allergies.



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# Melissa Oil

## *What is it for and what does it do ?*

Melissa Oil, an oil based extract of Lemonbalm (*Melissa officinalis*), has been used for many centuries as an effective nervine and natural aid to sleep and relaxation.

Melissa has also shown to be very effective for the control of agitation in people with dementia and age related degenerative disorders. Nursing staff have reported to Roseneath that over a three month period, the use of the Melissa oil has resulted in 70% reduction in agitation for dementia patients. Patients appear more relaxed and happy following use and this can alleviate the need for tranquilisers and sedatives in difficult patients.

Melissa is also quite high in natural poly-phenols that make the oil extract very effective as a topical treatment for shingles and genital herpes.

Customers have told us that they have used Melissa Oil to successfully heal ulcerated insect and spider bites. Melissa Oil has also been used very effectively to reduce the painful swelling and histamine response associated with bee stings. This adds credibility to historical stories about using Melissa on bites.

We also have many clients who have used Melissa Oil to overcome allergic skin reactions when they have responded adversely to unspecified skin care products. Melissa oil applied to the skin generally relieves uncomfortable irritated skin and reduces any inflammation markedly.

## *How do I use it ?*

For sleeping issues, simply massage a small amount of oil (1-2ml) into soft skin such as the forearm, abdomen, back or inner thigh. Most people find that the best time to apply the oil is about 30-60 minutes prior to bed time. The effect of the oil seems to last about 8 hours from one simple application.



For irritated skin or herpes lesions, simply apply a small amount of the oil to the skin and gently rub in. For minor anxiety issues simply apply some oil to soft skin as and when required.

For bee stings and insect bites apply liberal Melissa to the bite/sting area and do not rub in..allow to soak. In this situation it is also recommended to wet a cotton wipe or tissue with Melissa oil and to hold the wetted wipe/tissue against the bite/sting for at least 10 to 15 minutes.

*Does it have any distinctive features ?*

This is 100% full strength herbal extract as we manufacture it for inclusion as a raw ingredient into our other products.

*Are there any cautions I should be aware of when using this product ?*

Using Melissa Oil for sleeping problems has the same issues involved with it as exist when using pharmaceuticals. If it used for a prolonged and extended period then individuals may have trouble resuming normal sleep patterns. We have discovered that a small percentage (~3%) of individuals find that the Melissa Oil makes them feel a little hyper rather than relaxed and sleepy. For some of these individuals they find that applying the Melissa Oil in the morning gives them a busy day and they naturally feel more tired and sleepy in the evening.



# Mobility Tissue Repair Supplement

## !!!! PLEASE NOTE !!!!

Mobility Powder is manufactured using quality ingredients intended for human internal consumption  
*BUT* be aware that this product is an equine product.

This product is *NOT* intended for human use and/or human consumption.

Should you decide to use this product for human consumption then be aware that internal use could interfere adversely with blood, heart, chemo-therapeutic, psychiatric and other medications.

Should you decide to use this product internally then we strongly suggest that you consult with your GP or pharmacist. They should be capable of providing qualified professional advice regarding potential adverse and/or unwanted interactions with your current medications.

### *What is it for and what does it do ?*

Mobility Joint and Muscle Powder contains a variety of tissue repair, amino acid, anti-histamine and mineral components. Mobility has been formulated to improve the natural repair of soft tissue and hard tissue injuries.

Mobility has been specially formulated to promote rapid tissue and connective tendon repair, whilst actively reducing inflammation and joint pain.



- Glucosamine Hydrochloride and Glucosamine Sulphate both help to build strong joint cartilage.
- MSM (Methylsulfonylmethane) reduces tissue damage caused by exercise and/or oxidative stress.



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- Spirulina Algae is rich in chlorophyll and contains complete amino acid protein, B group vitamins, essential fatty acids and minerals. Spirulina is an excellent nutritional input to ensure healthy bone development and digestive health.
- Quercetin is a natural plant bio-flavonoid that inhibits both the manufacture and release of histamine and other allergic/inflammatory mediators. Quercetin also exerts potent antioxidant activity and improves the utilisation of vitamin C.
- Coleus Forskohlii extract is a vasoactive agent that induces smooth muscle relaxation and inhibits the release of histamine and other undesirable inflammatory modulators. Through its vaso-dilation action Coleus improves coronary blood flow
- Yucca extract contains natural anti-inflammatory, anti-spasmodic, steroidal pre-cursor compounds that act to reduce joint pain in arthritis and injury. The ingestion of Yucca extract has also been shown to improve both digestion and liver function.
- Boswellia extract inhibits joint pain, is anti-inflammatory and enhances blood supply to the injury site.
- Grape Seed Extract contains oligomeric pro-cyanadins that inhibit blood platelet aggregation, reduce inflammation and accelerate healing.
- Olive Leaf extract is a well known non-specific immune enhancer. In addition to improving non-specific immunity Olive Leaf has been shown to improve energy levels, improve sugar metabolism and to reduce the risk of contracting viral and bacterial based disease.
- Carnitine Tartrate is intimately involved in transferring fatty acids across the mitochondrial membrane. It maximises ATP production in heart tissue, improves fat metabolism and helps reduce fatigue and





tiredness. Any increase in ATP production means higher effective cellular energy and better muscular performance.

- L-Proline is a major building block for connective tissue proteins including collagen and elastin. L-Proline is essential to the development and maintenance of healthy skin and connective tissues, especially at the site of traumatic tissue injury. L-Proline helps prevent muscle loss through over-activity. L-Proline strengthens joints, tendons, connective tissue, and cartilage .
- L-Lysine is a major amino acid and is an essential synergistic nutrient for all proteins in the body. L-Lysine is fundamental to calcium absorption; building muscle protein; recovery from surgery or sports injuries; and for the production of hormones, enzymes, and antibodies.
- L-Cysteine is a precursor to the liver detoxifying and antioxidant amino acid glutathione. L-Cysteine is fundamentally important in the production of collagen for optimal tissue elasticity and structure.
- L-Glycine supplies additional creatine to muscles. Glycine is also used to construct DNA and RNA. It helps to improve cellular energy.
- L-Arginine plays an important role in cell division, the healing of wounds, removing ammonia from the body, improving immune function, and the release of hormones. L-Arginine supplementation reduces the healing time of injuries (particularly bone), hastens repair of damaged tissue, increases muscle mass and stimulates the release of growth hormone.
- Natural Vitamin C (Ascorbic Acid) has many documented therapeutic uses and is vital for the correct utilisation of many other nutrients.



- Turmeric root is a known antioxidant, anti-inflammatory and anti-carcinogenic. Turmeric is known to improve liver function and to facilitate better digestion. Turmeric has been shown to inhibit blood platelet aggregation, reduce inflammation and to accelerate healing.
- Citrus bio-flavonoids function synergistically with Vitamin C in maintaining healthy capillaries, assisting collagen formation in connective tissue, accelerating wound healing and supporting a healthy immune system.
- L-Phenylalanine works to improve kidney function and maintain healthy weight, L-Phenylalanine is also a mood enhancer and will help your horse to keep a more positive performance attitude during competition.
- L-Histidine has an anti-histamine/anti-inflammatory effect. It works to improve red blood cell counts for better oxygen carrying capacity. It is a mood stabiliser, helps to reduce anxiety, aids hypertension, and aids in the removal of heavy metals.
- L-Methionine is anti-oxidant and improves kidney/liver function. It is intimately involved in the synthesis of adrenaline, antibodies, other amino acids and collagen. It is taken therapeutically for liver dysfunction, arthritis, detoxification and muscular fatigue.
- L-Tyrosine acts to balance blood pressure, improve immunity, improve mental endurance, improve muscular function, reduce risk of heart attack. It also works to overcome adrenal exhaustion in times of high stress and physical activity.
- Calcium, Magnesium, Zinc and Potassium Citrate are also included into Mobility at high levels. Mineral citrates are amongst the most bio-available forms of mineral supplementation. They all play a part in metabolic regulation and the development of strong bone.

*How do I use it ?*



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Mobility powder is generally added to your animal's feed or can be combined with molasses to provide a tasty and beneficial treat.

Most animals require between 5 and 10 gm daily.

The maximum recommended dose is 15 gm / day.

*Does it have any distinctive features ?*

Mobility includes powerful antihistamine agents like quercetin and coleus forskohlii extract to rapidly decrease histamine production. These ingredients combined with anti-inflammatory agents such as MSM and glucosamine result in superior tissue repair with less long term damage due to inflammation and swelling.

Customers report back to us that Mobility powder provides for significant relief of discomfort in at least half the time it would take should they choose to use just a simple glucosamine based product.

*Are there any cautions I should be aware of when using this product ?*

Some of the ingredients in Mobility are not recommended for use as supplements on horses with melanoma or those receiving MAO inhibitors.



## A Final Word on the use and application of these products

Constant customer feedback and testimonials tell us that Roseneath customers find that our pain relief products will generally 'out perform' just about every other anti-inflammatory pain relief and tissue repair product on the market with the exception of some stronger pharmaceutical prescription drugs.

One combined application of two products from the range can provide in excess of 14 hours' continuous pain relief whilst simultaneously encouraging more rapid and effective tissue repair.

Roseneath Organics performed a product comparison during 2006/2007.

We compared the active ingredients found in the Roseneath pain relief products against competitors' brands commonly found over the counter at most chemists or pharmacies. The comparison clearly showed why the Roseneath products out-perform the opposition hands down. Roseneath products have 26 extra classical active herbal ingredients that none of the other 22 competing products contain ... except tiger balm products that contain clove oil.

The Slow Release Rub is the core product and biggest seller in the Roseneath pain relief products range.

The Oil is generally purchased by clients who wish to increase the effect of the Rub. Some people use the Oil on its own for relief of joint pain, but most clients combine it with the Rub for deeper tissue problems and /or prolonged pain relief.

The FAST Acting Spray is very popular with people who are after effective pain relief with no oily residue or strong odour. Older people seem to enjoy using the FAST spray for general relief of joint and muscular pain. This is generally because they don't have to rub anything in to achieve relief, the spray does not '*burn the skin*' (as we are told) and the residual smell of the FAST spray is more preferable in the nursing home environment.



In most cases people apply the Deep Relief Oil or the FAST Acting Spray first and then immediately apply the Slow Release Rub over the spray whilst it is still wet. They then massage the combination into the skin. If you use the Deep Relief Oil before the Slow Release Rub then the overall effect will be to physically deepen the pain relief and tissue repair effects. This combination makes it last effectively twice as long as the Rub on its own. The Oil will thus act as a product extender for the Rub whilst simultaneously increasing the pain relief effect.

If you use the FAST Acting Spray before the Slow Release Rub then the overall effect will be to deepen the pain relief and to make it last effectively one and a half times as long as the Rub on its own. The FAST Acting Spray will however become active a lot faster than the Oil will and thus the FAST Acting Spray is often used where fast relief is required. The added bonus is that the FAST Acting Spray does not require any rubbing into the skin. This is great for situations where bandages or elastic/adhesive supportive strapping is used over the affected area.

In the case of injuries where it would be very painful to touch, then the Rub should be applied a couple of minutes after the FAST or Oil has been heavily applied. This will allow for some analgesia to take effect before the Rub is applied to the sensitive area. In these cases the Rub should generally be smeared on quite heavily, with minimal massage or rubbing of the damaged tissue. This will allow the Rub to be completely effective without further aggravation to the injury. A thicker application of the Rub will also result in more relief over a more prolonged period.

The Deep Relief Oil and Slow Release Rub combination is best on deep tissue areas and the FAST Acting Spray and Slow Release Rub combination is best on bonier areas.

The Slow Release Rub is generally compatible with massage oils. People who use these products as part of therapeutic or sports massage find that the Rub has limited 'slip' when used on its own. We suggest that people first spray on the Oil and then immediately mix in a small 'dob' of the Rub. This will markedly improve the slip and extend the workability of the products on the skin. During massage, if further slip is required, then another spray or two of the Oil will suffice.



For a complete back and shoulder massage generally about four or five mist sprays of the Deep Relief Oil is combined with a small 'dob' of the Slow Release Rub.

The Oil provides extra slip for the Rub when used over large tissue areas. The Oil also acts as a penetrant enhancer and allows the Rub to work deeply and for much longer.

When the Rub and the Oil are combined during a therapeutic massage, the two products can provide up to 16 or even 18 hours of continuous relief, for certain types of pain.

The bulk of our clients are sports therapists, massage therapists and chiropractors. These clients all find the products an excellent addition to their practice.

In fact we have noted that most therapists, even chiropractors who are traditionally averse to the idea of using products with clients, have found that the incorporation of Roseneath pain relief products into their practice has grown their retail dollar whilst assisting them to grow their client base.

Clients using the Roseneath pain relief products regularly remark on how effective and long lasting they are. Sports trainers have told us that their players are out for shorter periods and heal faster when using the Roseneath pain relief products.



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THANK YOU



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