

## TOP 10 POSITIVE BALANCERS

- 22.65 **ABC - Chewable Acerola C Complex** 4 Tablets 1 times per day
- 17.92 **ABC - Black Pepper Oil**
- 15.87 **ABC - Maximum-Strength Bladder Control Formula** 5 Capsules 2 times per day
- 15.58 **ABC - Petitgrain Oil**
- 15.26 **ABC - Rosewood Oil**
- 15.16 **ABC - Thyme Oil**
- 13.01 **ABC - Tangerine Oil**
- 12.16 **ABC - Super Calcium-Magnesium** 3 Capsules 1 times per day
- 12.10 **ABC - Oregano Oil**
- 12.08 **ABC - Clove Oil**

## BALANCER DESCRIPTIONS

### **ABC - Chewable Acerola C Complex** 4 Tablets 1 times per day

4 Tablet(s) 1 times per day

Tremendous source of vitamin C nutrition

Fortified with acerola, rutin, black currant extract and more

Great-tasting chewable raspberry and lemon flavored tablets

An excellent source of vitamin C for people who have a hard time swallowing pills, these great-tasting chewable wafers supply 500 mg of vitamin C fortified with citrus bioflavonoids, acerola berry extract, rose hips, black currant extract, and rutin for enhanced bioavailability.

### **ABC - Black Pepper Oil**

The aroma of Black Pepper Essential Oil is reminiscent to freshly ground peppercorns, but it is a bit more complex with hints of green and perhaps a bit of floral. Black pepper Oil has one major advantage: it doesn't irritate your eyes or make you sneeze like ground peppercorns can.

Aromatically, Black Pepper Oil is not one that I ever use in a diffuser or blend on its own, but it really helps to perk up and add heat and spice to your blends. It is a middle note and can help to bring together fleeting top notes and heavy base notes. Black Pepper Oil blends well with most other essential oils including other spice oils, citrus and floral oils. It can be used as a substitute for Pink Pepper Oil.

Therapeutically, Black Pepper Oil helps to improve circulation and can help to ease the pain of aching muscles. I have used it, appropriately diluted, to help when arthritis had been causing severe pain in my knee.

Emotionally, Black Pepper Oil is stimulating and is a good choice for inclusion in blends intended to help enhance alertness and stamina. Black Pepper should be avoided before bedtime.

In her book Aromatherapy Science, Maria Lis-Balchin mentions a small study that may indicate that cigarette cravings may be decreased by inhaling Black Pepper Essential Oil. [Maria Lis-Balchin, Aromatherapy Science: A Guide for Healthcare Professionals (United Kingdom: Pharmaceutical Press, 2006), 101.] For more information on smoking cessation, see AromaWeb's Guide to Essential Oils and Aromatherapy Techniques That May Help With Your Efforts to Quit Smoking article.

Botanical Name

Piper nigrum

Common Method of Extraction

Steam Distilled

Plant Part Typically Used

Peppercorns

Peppercorns Black Pepper Oil

Color

Clear

Consistency

Thin



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## Perfumery Note

Middle

## Strength of Initial Aroma

Medium

## Aromatic Description

Crisp, fresh, peppercorn aroma.

## Black Pepper Oil Uses

Aching muscles, arthritis, chilblains, constipation, muscle cramps, poor circulation, sluggish digestion.

<https://www.aromaweb.com/essential-oils/black-pepper-oil.asp>

## **ABC - Maximum-Strength Bladder Control Formula** 5 Capsules 2 times per day

5 Capsule(s) 2 times per day

All natural bladder support formulated especially for mature adults

Features Iso-Max 30 from soy extract plus pumpkin seed extracts

Clinically proven in trials to be safe and effective

Don't let your bladder dictate your schedule--take control with the all-natural bladder support supplement made especially for mature adults!

Formulated specifically to support healthy bladder function, this formula features the natural phytoestrogen activity of Isomax-30, a powerful soy germ extract standardized to 30% flavone glycoside concentration, fortified with the synergistic fatty acids and sterols of pumpkin seed, an herb used for more than 400 years to promote urinary tract health. This combination is the ideal natural supplement for mature adults concerned about bladder maintenance.

## **ABC - Petitgrain Oil**

Though steam distilled from the same botanical species as neroli and bitter orange, Petitgrain Essential Oil possesses its own characteristically unique aroma. Petitgrain Oil is distilled from the leaves and sometimes the twigs and branches of the tree whereas Neroli Essential Oil is distilled from the blossoms and Orange Essential Oil is typically cold pressed from the rinds of the fruits.

Because it is distilled from the leaves and sometimes also the twigs, it is less floral and less citrusy in fragrance than Neroli or Orange. It has a beautiful, fresh, woody aroma that blends well with citrus rind and floral oils. It's a joy to work with for aromatic blending.

Petitgrain Essential Oil that is from France is known as Petitgrain Bigarade Essential Oil. [Salvatore Battaglia, The Complete Guide to Aromatherapy (Australia: The Perfect Potion, 2003), 249.]

Emotionally, I find Petitgrain Oil to be uplifting, calming and balancing. I tend to include Petitgrain Oil in my inhalers intended to help ease anxiety and high stress situations. Like Lavender, Petitgrain Oil contains the calming ester linalyl acetate and the calming/anti-bacterial monoterpene linalol.

## Petitgrain Oil

Typically when the common name of an essential oil is simply listed as Petitgrain Essential Oil,, the oil is likely distilled from Citrus aurantium. However, it is important to doublecheck because steam distilled Combava Petitgrain, Citrus hystrix, and Clementine Petitgrain, Citrus clementia Essential Oils are also available from a few sources. The aromas of each definitely say "Petitgrain" when you smell them, but each definitely has its own lovely aroma and unique aromatic characteristics. The natural chemical composition of each oil also varies, and it appears that Petitgrain derived from Citrus aurantium is the most abundant in Linalyl acetate and linalol. The GC/MS reports that I've seen for both Combava Petitgrain and Clementine Petitgrain have been a bit conflicting, so I hesitate to suggest what the typical composition should be until I have more definitive information.

The aroma of Petitgrain Essential Oil is a wonderful addition to blends especially formulated for men (women love it too). Petitgrain is considered an aphrodisiac.

## Botanical Name

Citrus aurantium

## Common Method of Extraction

Steam Distilled

## Plant Part Typically Used



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## Leaves and Twigs

Color  
Clear with a Yellow Tinge

Consistency  
Thin

Perfumery Note  
Top

Strength of Initial Aroma  
Medium

Aromatic Description  
Fresh, woody, and slightly floral.

Petitgrain Oil Uses  
Acne, fatigue, oily skin, stress.

<https://www.aromaweb.com/essential-oils/petitgrain-oil.asp>

## ABC - Rosewood Oil

Rosewood Oil is sometimes referred to as Bois-de-rose Oil.

Aromatically, the oil has a subtle, yet surprisingly sweet, woody, fruity aroma with a floral quality to it. I don't typically refer to wood oils as "beautiful" oils, but this certainly is a beautifully aromatic oil that holds a dear place in holistic aromatherapy as well as natural perfumery. It is a versatile oil that blends well with other wood, citrus, spice, herbaceous and floral oils.

Sadly, Rosewood is now an endangered species, and the production of Rosewood Oil is a strong contributor to the significant reduction in the species. Whenever possible, purchase Rosewood Oil from suppliers that are conscientious of how they source their Rosewood Oil.

You may find Ho Wood Essential Oil to be a lovely, aromatic substitute for Rosewood Oil.

Botanical Name  
Aniba rosaeodora

Common Method of Extraction  
Steam Distilled

Plant Part Typically Used  
Wood

Color  
Clear with a Yellow Tinge

Consistency  
Thin

Perfumery Note  
Middle

Strength of Initial Aroma  
Medium

Aromatic Description  
Sweet, woody, fruity, floral aroma.

Rosewood Oil Uses  
Acne, colds, dry skin, dull skin, fever, flu, frigidity, headache, oily skin, scars, sensitive skin, stress, stretch marks.

<https://www.aromaweb.com/essential-oils/rosewood-oil.asp>

### **ABC - Thyme Oil**

Historically, fresh and dried Thyme as well as the essential oil have been used to help ward off bacteria and viruses. Of the most commonly available Thyme Essential Oils, Thyme ct linalool tends to be amongst the most gentle and safe while Thyme ct thymol contains more thymol and can be a more potent antibacterial/antiviral oil.

Constituent and safety information varies depending on the specific chemotype of Thyme Oil used.

Some companies offer a "benchmark" Thyme Essential Oil that combines several thyme chemotypes. Benchmark Thyme Essential Oil is gaining attention for its potential in combating MRSA.

#### Botanical Name

Thymus vulgaris / Thymus zygis

#### Common Method of Extraction

Steam Distilled

#### Plant Part Typically Used

Leaves and Flowers/Buds

#### Color

Pale Yellow

(May Vary, Depending on Specific Botanical, Chemotype and Distillation)

#### Consistency

Medium and Slightly Oily

#### Perfumery Note

Middle

#### Strength of Initial Aroma

Medium - Strong

#### Aromatic Description

Fresh, medicinal, herbaceous.

Thyme Oil Uses: Within Aromatherapy vs MRSA, Maggie Tisserand identifies and discusses Thyme as one of the three key essential oils that have the potential to combat MRSA. Julia Lawless lists these as other uses for Thyme Oil: Arthritis, colds, cuts, dermatitis, flu, insect bites, laryngitis, lice, muscle aches, oily skin, poor circulation, scabies, sore throat.

<https://www.aromaweb.com/essential-oils/thyme-oil.asp>

### **ABC - Tangerine Oil**

Tangerine Essential Oil is fresh, sweet, citrusy and is similar to the brighter aroma of tangerine peels (as compared to orange peels), but has a more concentrated, intense aroma than does Sweet Orange Essential Oil.

Tangerine Oil is not phototoxic. See Safety Information section for more information.

#### Botanical Name

Citrus reticulata

#### Common Method of Extraction

Cold Pressed/Expressed

#### Plant Part Typically Used

Citrus Rind (Peel)

#### Color



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Greenish Orange

Consistency

Thin

Perfumery Note

Top

Strength of Initial Aroma

Medium

Aromatic Description

Fresh, sweet, citrusy, similar to the brighter aroma of tangerine peels (as compared to orange peels), but more concentrated.

<https://www.aromaweb.com/essential-oils/tangerine-oil.asp>

### **ABC - Super Calcium-Magnesium 3 Capsules 1 times per day**

3 Capsule(s) 1 times per day

Potent support for healthy bones

Each three-softgel serving delivers a full day's supply of calcium, magnesium and vitamin D

Fortified with bone-building boron

Formulated to provide a balanced nutritional approach to bone maintenance, these high- bioavailability softgels combine calcium and magnesium with the trace mineral boron. To facilitate the absorption of these minerals, each three-softgel serving provides a full day's supply of vitamin D.

### **ABC - Oregano Oil**

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Oregano Essential Oil

Oregano Oregano Oil

Botanical Name

Oreganum vulgare

Common Method of Extraction

Steam Distilled

Plant Part Typically Used

Leaves and Flowers/Buds

Color

Pale Yellow

Consistency

Thin

Perfumery Note

Medium

Strength of Initial Aroma

Strong

Aromatic Description

Herbaceous, sharp.

Oregano Oil Uses

Coughs, digestion.

<https://www.aromaweb.com/essential-oils/oregano-oil.asp>

### **ABC - Clove Oil**



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Botanical Name

Eugenia caryophyllata

Common Method of Extraction

Steam Distilled

Plant Part Typically Used

Buds

Color

Golden Yellow/Brown

Consistency

Medium, Slightly Oily

Perfumery Note

Middle

Strength of Initial Aroma

Strong

Aromatic Description

Spicy, warming yet slightly bitter, woody, reminiscent of true clove buds, but richer.

Clove Oil Uses

Arthritis, asthma, bronchitis, rheumatism, sprains, strains, toothache.

<https://www.aromaweb.com/essential-oils/clove-bud-oil.asp>