

1. Essential oils have been found to kill the deadly MRSA bacteria

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Essential oils usually used in aromatherapy have been found to kill the deadly MRSA bacteria according to research carried out at [The University of Manchester](#).

Tests revealed that three essential oils killed MRSA and E. coli as well as many other bacteria and fungi within just two minutes of contact. The oils can easily be blended and made into soaps and shampoos which could be used by hospital staff, doctors and patients in a bid to eradicate the spread of these deadly 'super bugs'.

Researchers are now desperately looking for funding to develop their work and carry out a clinical trial. Peter Warn from the University's Faculty of Medicine who worked on the research said: 'We believe that our discovery could revolutionise the fight to combat MRSA and other 'super bugs', but we need to carry out a trial and to do that we need a small amount of funding ' around £30,000.

'We are having problems finding this funding because essential oils cannot be patented as they are naturally occurring, so few drug companies are interested in our work as they do not see it as commercially viable. Obviously, we find this very frustrating as we believe our findings could help to stamp out MRSA and save lives,' added Peter, who is based at Hope Hospital.

Essential oils are chemical compounds found within aromatic plants, which the plants use to fight off infections. Researchers tested 40 essential oils against ten of the most deadly bacteria and fungi. Two of these oils killed MRSA and E. coli almost instantly, while a third was shown to act over a longer period of time, meaning that any soaps or shampoos made by blending these three oils would be effective over a period of time.

Jacqui Stringer who is Clinical Lead of Complementary Therapies at the Christie Hospital instigated the research and said: 'The use of plants in medicine is nothing new but some people regard the use of essential oils as unconventional. Our research shows a very practical application which could be of enormous benefit to the NHS and its patients.

'The reason essential oils are so effective is because they are made up of a complex mixture of chemical compounds which the MRSA and other super bug bacteria finds

difficult to resist. The problem with current treatments is that they are made of single compounds which MRSA relatively quickly becomes resistant to, so treatment is only successful in around 50% of cases.

'While a wide range of products currently exist to help prevent the spread of MRSA these are often unpleasant for patients as their application can cause skin irritation. MRSA is often carried inside the nose which means that patients often have to insert treatments up their nostrils, whereas these essential oils can simply be inhaled to prevent the patient being at risk,' added Jacqui.

Jacqui works with leukaemia patients at the Christie Hospital using essential oils to help in their treatment. Patients receiving treatment for cancer and leukaemia are often left with weakened immune systems which makes them vulnerable to infection from MRSA.

The National Audit Office estimates that infections such as MRSA kill 5,000 people each year and hospital-acquired infections cost the NHS around £1 billion a year.

<http://www.manchester.ac.uk>

Article taken from :

<http://www.news-medical.net/?id=6975>

2. ADD/ADHD Case Study by Dr. Terry Friedmann, M.D.

This case study was conducted for two years, from 1999-2001, using children between the ages of 6 to 12 years. Twenty subjects not diagnosed with ADD/ADHD were used as the control group. Twenty subjects with confirmed diagnoses of ADD/ADHD were used as the study group. Each group was pre-tested using a baseline evaluation with real time EEG and the T.O.V.A. Scale.

The essential oils chosen for the case study were Lavender, Vetiver, Cedarwood and Brain Power (a blend of Frankincense, Sandalwood, Melissa, Cedarwood, Blue Cypress, Lavender and Helichrysum.) The oils were administered in this fashion - one of the oils was administered by inhalation 3 times a day for 30 days. An inhalation device was also used at night to administer a continuous inhalation of oil.

The subject then inhaled when needed, about 3 times during the day when they began to feel "scattered". The inhalation of the oils proved to settle the brainwaves back into normal patterns and improved their scholastic performance and behavioral patterns. Each subject was tested on each oil for 30 days and then reevaluated by

testing. Then another oils was used for 30 days and reevaluated, until each of the oils had been tested. Lastly, oil combinations were used, each for a 30 day period. (Brain Power with Lavender, with Cedarwood and with Vetiver.)

The final results were Lavender increased performance by 53%, Cedarwood increased performance by 83% and Vetiver increased performance by 100%. The longer version of this study is also available from: Jean Oswald RN

3. Cinnamaldehyde--a potential antidiabetic agent.

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Cinnamomum zeylanicum (cinnamon) is widely used in traditional system of medicine to treat diabetes in India. The present study was carried out to isolate and identify the putative antidiabetic compounds based on bioassay-guided fractionation; the compound identified decreased the plasma glucose levels. The active compound was purified by repeat column and structure of cinnamaldehyde was determined on the basis of chemical and physiochemical evidence. The LD(50) value of cinnamaldehyde was determined as 1850+/- 37 mg/kg bw. Cinnamaldehyde was administered at different doses (5, 10 and 20 mg/kg bw) for 45 days to streptozotocin (STZ) (60 mg/kg bw)-induced male diabetic wistar rats. It was found that plasma glucose concentration was significantly ($p < 0.05$) decreased in a dose-dependent manner (63.29%) compared to the control. In addition, oral administration of cinnamaldehyde (20 mg/kg bw) significantly decreased glycosylated hemoglobin (HbA(1C)), serum total cholesterol, triglyceride levels and at the same time markedly increased plasma insulin, hepatic glycogen and high-density lipoprotein-cholesterol levels. Also cinnamaldehyde restored the altered plasma enzyme (aspartate aminotransferase, alanine aminotransferase, lactate dehydrogenase, alkaline phosphatase and acid phosphatase) levels to near normal. Administration of glibenclamide, a reference drug (0.6 mg/kg bw) also produced a significant ($p < 0.05$) reduction in blood glucose concentration in STZ-induced diabetic rats. The results of this experimental study indicate that cinnamaldehyde possesses hypoglycemic and hypolipidemic effects in STZ-induced diabetic rats.

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