Where science brings out the best of nature
Herbs for Beauty
Inside and Out

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Since Cleopatra’s time herbs have been used to

- Enhance beauty
- Mythological symbols
- Nutritional foods
Herbs for Cosmetics and Personal Care Products
Herbs for Food & Beverages
Understanding the power or herbs

**Herb** - a plant or plant part valued for its medicinal, savory, or aromatic qualities.

**Ways To Use Herbs:**
- Teas
- Liquids
- Capsules
- Topicals
Herbs In Your Medicine Cabinet

Black Cohosh – Hot Flashes
Saw Palmetto – Prostate
Astragalus – Immune Support
Dandelion – Liver support
Hawthorn – Heart Health
White Willow Bark – Pain
Mullein – Lungs
Pepper Mint – Digestion
Valerian – Sleep
St John’s Wort – Depression

Kava Kava – Muscle Relaxant
Ginger – Increases Circulation
Feverfew – Headaches, Pain
Licorice – Anti-Inflammatory
Milk Thistle – Liver Support
Olive Leaf – Antimicrobial
Oregano

• The ancient Greek's original name “oreganos”, translates to “delight of the Mountains”.

• Greeks believed it was created by Aphrodite as a symbol of happiness.

• Bridal couples were crowned with it. Oregano was placed in tombs to give peace to the departed.

• In the 5th century B.C., Hippocrates used it for curing various diseases such as stomach pain and respiratory diseases.

• Paracelsus used it to treat diarrhea, psoriasis, vomiting, jaundice, and fungal diseases. Mediterranean people used it as a meat preservative.
Species Confusion

Many plants throughout the world are called oregano.

- **Marjoram** (*Origanum majorana*)
- **Oregano in Spain** (*Thymus nummularius*)
- **Mexican Oregano** (*Lippia graveolens*)

It is important to be aware that different species have different chemical constituents. The active ingredient, carvacrol, is found in high amounts only in **true oregano**, *Origanum vulgare*.
Uses of Oregano oil

- Antiseptic
- Cuticle Treatment
- Gum Care
- Canker and Cold Sores
- Athlete’s Foot
- Candidiasis
- Canker and cold sores
- Eczema
- Psoriasis
- Wounds

Oregano is experiencing a renaissance of consumer popularity and recognition as a ‘value added’ component.
Oregano

Research:


* Tassou, C. C.; Drosinos, E. H.; Nychas, G. J. E. Inhibition of resident microbial flora and pathogen inocula on cold fresh fish fillets in olive oil, oregano, and lemon juice under modified atmosphere or air. Journal of Food Protection, Jan 1996. v. 59 (1) p. 31-34.
Rosemary

- Grows in Mediterranean Region

- **Parts used:** Leaves for extracts, Flowers for volatile oil

- **Active Constituents:** essential oils, rosmarinic acid, phenolic acids, tannin

- **Cosmetic Uses:** shampoo, stimulates hair follicle, dandruff control, antioxidant, antimicrobial

- Ancient reputation for strengthening the memory

- Emblem of fidelity for lovers

- Used at weddings (bridal wreath) and funerals (cast on to the coffin when it had been lowered into the grave)

- Magical spells as a safeguard from witches and evil influences
Olive Leaf

• Grows in the Mediterranean Region

• **Active constituents**: oleuropein, triterpenes, and flavonoids such as rutin

• Potent Antioxidants: Tyrosol & Hydroxytyrosol

• **Cosmetic Uses**: anti-inflammatory, anti-microbial

• Since the earliest of times, the Olive leaf has been referenced as a mythological symbol, as a nutritional food and as a healing medicinal

• Olive branch is a well-known sign of peace. In Genesis (8:11), Noah is told of the nearness of land when a dove flew over the arc with an Olive leaf in her mouth. The Egyptians extolled the leaf as a symbol of cosmic power. Inhibits the growth of an incredible array of pathogenic organisms including bacteria, yeasts and viruses when tested in-vitro (ie. petri dish)
  
  Cold and flu viruses,
  Herpes and retroviruses like HIV
  E. coli
  Malariae (the old anti-malarial Olive leaf and wine remedy had some merit!)
  In-vitro (in live animals) studies showed no toxic effects, even at high doses.
**Olive Leaf**

**Active constituents:** oleuropein, triterpenes, and flavonoids such as rutin

**Cosmetic Uses:** anti-inflammatory, anti-microbial

- A bitter compound that affords the Olive tree a marked resistance to insects, bacteria and other parasites.
- Its use for helping with human health issues can also be found in older medical literature.
- The *Pharmaceutical Journal* published an anti-malarial recipe in 1854 made from Olive leaves and wine.
Olive Leaf

Research:


• Quali-quantitative analysis and antioxidant activity of different polyphenolic extracts from Olea europaea L. leaves. Pinelli, Patrizia; Galardi, Carlotta; Mulinacci, Nadia; Vincieri, Franco H.; Tattini, Massimiliano; Romani, Annalisa J. Commod. Sci. VOL. 39 NO. 2, 2000, PP. 71-83

• Olive leaves. Their extract performs effective antiradicalic action. Amari, Sergio; Maramaldi, Giada. JOURNAL TITLE- SOFW J. VOL. 125 NO. 8, 1999, PP. 30-32


Guava contains many active constituents

**Antioxidants & Anti-Inflammatory Effects**

- Ten phenolic and flavonoid compounds including one new acylated flavonol glycoside were isolated from *Psidium guaiava* seeds.

- **Flavonoids**: quercetin, myricetin, kaempferol and apigenin

- **Carotenoids**: including Lycopene
  - Carotenoids are in greater concentrations in the peel than in the pulp, and increase considerably during ripening.

- **Contains Vitamin C**
  - Vitamin C helps build collagen, and aids in skin lightening properties.
    - Guava- 80.1 mg/100 g
    - Lemon-10.5 mg/100 g

- **Skin Tightening Agent**
  - Experiments have shown guava extract to stimulate vasoconstriction- tightening of blood vessels.
Guava

Research:


Papaya

• Papaya is used medicinally for skin debridement, and can be used for exfoliation formulas.

• Papaya is a good source of Vitamin E, which has healing attributes for the skin.

• Papaya contains (111.3 mg/kg) of alpha tocopherol.

• Beta-cryptoxanthin, the bio-available antioxidant.
Papaya

Research:


Applications
- Nutritional Supplement
- Cosmetic Formulas
- Phytomedicine

- Plasma retinol concentrations improved after 3 months of mango supplementation.

- Mango also contains Vitamin C, Niacin and Lysine

- Mango has historically been used as an anti-diarrheal agent in traditional cultures.

- Recent research collaborates its effectiveness.
Mango

Research:


Goji

- Also called Wolfberry- small raisin size red fruits that grow on a vine.

- Prized for their nutritional and healing value in traditional Asian medicine

- Science has isolated unique polysaccharides that ‘amplify signals’ between cells, and improve immune defense.

Acai

• Used for thousands of years by natives in Brazilian rain forests- believes acai has healing powers.

• Modern science uncovered a vast storehouse of nutrients in acai berry

• High concentration of antioxidants
  Vitamin C and E- Vitamin B1 (Thiamin), Vitamin B2 (Riboflavin), Vitamin B3 (Niacin), iron, potassium, phosphorus and calcium.

Pomegranate

- Grows in the Middle East
- Traditionally recognized in ancient cultures as a source of longevity and strength.
- Rich source of Vitamin C, potassium, polyphenols and other beneficial antioxidants.
- Recent research supports the long held belief that pomegranate juice is healthy for the heart, and protects cell membranes.

**Echinacea (Purple Coneflower)** –

Known to have Antibacterial properties and decrease inflammation and promote tissue regeneration

**Internal benefits:**
- Stimulates immune system
- Colds, coughs and flu,
- Enlarged lymph glands, sore throat
- Chronic infections of respiratory tract
- Chronic infection of lower urinary tract
- *May help* combat herpes and candida

**Topical Benefits:**
- Chronic ulcerations and slow healing wounds.
- Psoriasis, eczema and inflammatory skin conditions
- Promotes healthy skin
Echinacea

Research:


Green, White & Red Tea

White and Green Tea come from camellia senensis plant. Both contain high levels of epigallocatechin (EGCG), a form of antioxidants associated with a number of health benefits. The difference is how they are processed.

Red Tea is from the legume family and is tannin free, caffeine free.

Tea is said to have many health benefits
- Lowering cholesterol levels
- Boosting your immune system
- Helping to prevent cavities and tooth decay.
- Natural antioxidant
- Anti-inflammatory
- Respiratory and digestive infections
- Lower high blood pressure
- Researchers have suggested - may be effective in cancer prevention
Tea

Research:


• For centuries, Ginseng was considered an almost magical drug, a cure for bodily woes.

• Among the Chinese healers Ginseng is regarded primarily as a "man's herb" although it may be taken by both men and women.

• The name Ginseng is derived from the Chinese word for "likeness of man" because its roots sometimes resemble a human figure.

• Native Americans have used the root of this plant to relieve vomiting and nausea. Some tribes used it in their love potions.

• American colonists began using ginseng in the early 1700s. The Eclectics, 19th century physicians who rejected synthetic drugs in favor of plant medicines, recommended American ginseng as a stimulant and aphrodisiac.
Ginseng

Common uses:

Colds, Coughs and Flu
Helps Control Diabetes
Fight Chemical dependency
Stimulates Immune System
Stimulates The Mind
May Help Prevent Cancer
Sexual Performance
Improving Physical Performance

Types of Ginseng

Korean *(Panax ginseng)* - Red Ginseng - hot stimulant.
Chinese - moderate, not as strong.
American *(Panax quinquefolius)* - most preferred form in China building, tonic.
Eleuthero *(Eleutherococcus senticosus, Siberian*) - completely different species of plant-similar tonic use, very helpful with depression.
Research:


