



Weekly Wellness from The Integrative Docs

Downeast Wellness Integrative Health Services 2022: Vol 2(5)

EO Notes: Copaiba

Copaifera officinalis is a Beta-caryophyllene (BC) and works on the human endocannabinoid system in the same way that medical marijuana and hemp derivatives do. It is steam distilled from the resin of multiple *Copaifera* species.

For people who live with chronic pain and depression, Copaiba's advantages are that the efficacy does not vary between batches, as can happen in lesser quality CBD oils. It is also very effective at treating pain without creating the "high" effects associated with marijuana. Copaiba is also FAR more affordable, with a per dose cost of approximately .08 cents.

In credible research from Harvard University, both physicians and scientists are exploring varying doses of copaiba oil in order to find safe, herbal alternatives that are not addictive or illegal.

Clinical aromatherapists use Copaiba topically in lotions or diluted to 5% to reduce pain. It is normally applied directly to painful areas and can be combined with *Cinnamomum camphora* to increase circulation to affected areas.

In South America, this oil is commonly ingested for its anti-inflammatory and neuroprotective effects, as well as for reducing hepatotoxicity (liver damage) from painkillers. It has also been studied for its ability to kill streptococcus bacteria strains associated with oral and urinary tract infections. Copaiba capsules are sold over the counter in many states, but caution is urged and consultation with a qualified clinical aromatherapist is recommended before use.

Copaiba is available from Lotus Garden Botanicals (https://www.lgbotanicals.com/Copaiba-Balsam-Essential-Oil_p_348.html).

References:

<https://clinicaltrials.gov/ct2/show/NCT04794205>
<https://www.sciencedirect.com/science/article/pii/S1744388118304079>



"The CURE for Pain is IN the Pain" *Rumi*

**Ruth Moore, MSc.D.,
(PhD. Candidate)**



Dr. Moore is an integrative practitioner who specializes in behavioral and holistic health. She is a board certified clinical aromatherapist with the Alliance of International Aromatherapists, a Fellow with the Complementary Medical Association, and the Chief Medical Officer for 5Strands Affordable Testing. Inc.

Dr. Moore is happy to introduce High Tide Holistics!



Downeast Maine is lucky to have the professional talents of Gary and Holly Runnells, a husband and wife team who are committed to providing the highest quality of CBD, CBG, and DELTA 8 oils and tinctures.



As with the most dedicated of practitioners, they have a drive and passion to help their neighbors - based on their experiences of having a child with a complex health challenge that could not be treated by the medical community. So they did what parents do best and researched / developed natural therapies that have proven to be safe and effective.

Their work has led to the formulation of several excellent products that are carefully batch tested for their efficacy and purity. They can be reached at <https://hightideholistics.com/>

Herbal Medicine: CBD, CBG, & DELTA 8

It is said that for every disease or affliction, Nature gives us a plant to heal it. One plant that is gaining popularity is Hemp. All parts of this plant are used for herbal therapies that work on the human endocannabinoid system.

CBD is one of the most recognized cannabinoids that is made into lotions, tinctures, and salves, due to its ability to help fight pain and anxiety without the negative side effects of traditional pharmaceuticals. CBD will not make you feel "high" like the other well-known cannabinoid THC, or more specifically, Delta-9 THC.

Delta-8 THC, on the other hand, is a lesser known form of THC. When it is added to CBD, it can help with sleep... also without the euphoric feeling of Delta-9 THC. Delta-8/CBD blend is best used for sleep or severe anxiety as the CBD in the blend will counter act any euphoric effects the THC may have while creating the entourage effect in the body.

CBG is another cannabinoid showing real promise for holistic healthcare. Studies have shown that CBG is effective for fighting gram positive and gram negative bacteria and also MRSA. When CBG is added to CBD in a topical form like High Tide Holistics' Derma-Aid, it makes for a powerful anti-septic and anti-inflammatory agent that supports cellular recovery, reduces inflammation, and soothes symptoms associated with nerve pain.

We are happy to carry these products for our patients!