#### **Natural Resources**

A natural resource reference list is also very helpful for the terpenes that are suggested.

Example of a natural resource reference count

<b>Medicinal</b>	Goal	Terpene	
1	alzheimer's		natural source
		delta 3 cerene	
		eucalyptol	bay leaves
			black pepper
			camphor tree
			cinnamon
			clove
			oregano
			rosemary
			sage
			sweet basil
		gamma-terpinene	
		terpinene	

For illustrative purposes only

The natural reference list should also include a count of all terpenes that are common to your goal priorities.

Common Natural Source	Count
rosemary	4
black pepper	3
oregano	3
bay leaves	2
camphor tree	2

For illustrative purposes only

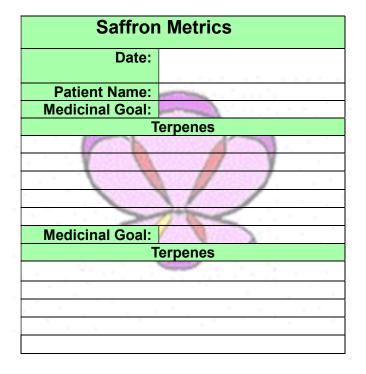


## **Saffron Software App**

A software app that matches natural source products with personal therapeutic goals.

The app has journalling capabilities that document the therapy uses which enhances and increases achieving personal health and wellness goals.

The information is not intended to be used to replace seeking medical advice; only to suggest the natural source alternatives.



This sample journal can help you in getting started to reach a natural therapeutic goal by maximizing the natural benefits of your health and wellness.

https://www.saffronmetrics.com



Pain Management
Digestion of Food
Sleep Cycles
Immune System
Stress Management
Memory Awareness

These primary health conditions are maintained by your body's

### **Endocannabinoid System (ECS)**

ECS Receptors select and absorb the necessary terpenes that specifically aid you in maintaining natural health and wellness.

<u>Terpenes</u> consist of the **essential oils** in plants that are responsible for aroma, flavor and color.

For centuries, homemade family remedies for reducing stress, relief of pain, sleep aids and so much more, using essential oils have been passed down from generation to generation. However, finding this information (to what naturally aids me, and my ailments), takes time to research and the most reliable products used are difficult to find.

# An apple a day keeps the doctor away!

To achieve the maximum benefits of natural health and wellness, it is very important to know which <u>essential oil</u> / <u>terpene</u> specifically enhances your ECS.

vel	lness symptoms including but no	t limited	l to:
	acne		
	alzheimer's		
	analgesic		
	anti-anxiety		
	anti-bacterial		
	anti-biotic		
	anti-cancer		
	anti-depressant		
	anti-fungal		
	anti-inflammatory		
	anti-infection		
	anti-irritant		
	anti-psychotic		
	anti-septic		
	anxiety		
	arthritis		
	appetite suppressant		
	asthma		
	bacterial infections		
	blood pressure		
	bronchodilator		
	cancer/chemotherapy		
	calming sedatives		
	cardiovascular diseases		
	decongestant		
	depression		
	digestive		
	diabetes		
	drug dependencies		
	eczema & psoriasis		
	emotions		
	energy booster		
	epilepsy		
	eyesight		
	fatigue		
	gall stones		
	gastrointestinal		

**Terpenes** have therapeutic benefits for health and

fibromyalgia	
heart health	
hypnotic	
immunostimulant	
immunosuppressant	
increase appetite	
insomnia	
kidney health	
liver health	
memory aid	
multiple sclerosis	
muscle relaxant	
nausea	
osteoporosis	
sedative	
seizures	
sleep	
sunscreen	
stress relief	
tract cellular health	
weight loss	

# <u>Journalling</u>

Keeping a journal is highly suggested for recording the therapeutic use of terpenes. The journal should include notes on, therapy goal, overall health, settings and mood.

Begin by selecting 3-5 therapeutic goals that you would like to personally achieve.

Prioritize these goals according to importance.

## #1 being the highest priority

From this priority of therapy goals, create a list that includes all the terpenes that are suggested for your health and wellness. Include a count of all the terpenes that are common to each goal.

#### Example of a terpene count report

licir	nal Factor	Terpene	Common Goal Terpene	Count
1	alzheimer's		alpha-bisabolol	2
		delta 3 cerene	beta-pinene	2
		eucalyptol	eucalyptol	2
		gamma-terpinene	phytol	2
		terninene	trans-nerolidol	2

For illustrative purposes only

## **Natural Alternatives**

Natural therapeutic products aiding in achieving personal health and wellness goals are produced in a variety of options, including:

Balms
Soaps
Tablets/Capsules
Drinks
Food
Candy
Oil
Spray/Mist
Aroma Therapy

All products are suggested from reliable vendors that are producing products specific to your natural health and wellness needs.

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#### delta 3 cerene

Suggested Product

Delta 3 Cerene Therapeutic Lotion
Pain Relief Skin Topical Lotion

#### eucalyptol

Suggested Product

Eucalyptol Therapeutic Lotion
Pain Relief Skin Topical Lotion

For illustrative purposes only