

Natural Resources

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

Example of a natural resource reference count

Medicinal Goal	Terpene	natural source
1	alzheimer's	
	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 journaling 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.

Saffron Metrics	
Date:	
Patient Name:	
Medicinal Goal:	
Terpenes	
Medicinal Goal:	
Terpenes	

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.

***Terpenes** 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 essential oil / terpene specifically enhances your ECS.

Terpenes have therapeutic benefits for health and wellness symptoms including but not limited to:

<input type="checkbox"/>	acne	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	alzheimer's	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	analgesic	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	anti-anxiety	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	anti-bacterial	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	anti-biotic	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	anti-cancer	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	anti-depressant	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	anti-fungal	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	anti-inflammatory	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	anti-infection	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	anti-irritant	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	anti-psychotic	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	anti-septic	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	anxiety	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	arthritis	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	appetite suppressant	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	asthma	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	bacterial infections	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	blood pressure	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	bronchodilator	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	cancer/chemotherapy	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	calming sedatives	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	cardiovascular diseases	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	decongestant	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	depression	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	digestive	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	diabetes	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	drug dependencies	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	eczema & psoriasis	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	emotions	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	energy booster	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	epilepsy	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	eyesight	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	fatigue	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	gall stones	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	gastrointestinal	<input type="checkbox"/>	<input type="checkbox"/>

<input type="checkbox"/>	fibromyalgia	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	heart health	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	hypnotic	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	immunostimulant	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	immunosuppressant	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	increase appetite	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	insomnia	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	kidney health	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	liver health	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	memory aid	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	multiple sclerosis	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	muscle relaxant	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	nausea	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	osteoporosis	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	sedative	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	seizures	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	sleep	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	sunscreen	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	stress relief	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	tract cellular health	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	weight loss	<input type="checkbox"/>	<input type="checkbox"/>

Journaling

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

Therapeutic Factor	Terpene	Common Goal Terpene	Count
1	alzheimer's	alpha-bisabolol	2
		beta-pinene	2
	delta 3 cerene	eucalyptol	2
	gamma-terpinene	phytol	2
	terpinolene	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.

	alzheimer's
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