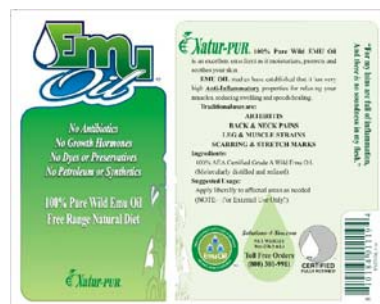




Solutions-4-You
1-800-301-9911
www.safersoaps.com



Emu Oil Benefits — So Many Uses

Excerpts from article by Moira K Wiley Emu Today and Tomorrow - Oct. 2001

Studies on Emu Oil

Despite the fact that it is an oil, emu oil benefits us in so many ways. Emu oil has been shown in tests to be a non-pore-clogging substance. In a 2 week study of arthritis sufferers, 7 out of 12 emu oil users reported a significant reduction in pain, morning stiffness and swelling. A Boston University study found a 20% increase in growth activity of the skin in a two week study of mice. They also found an enhancement in growth activity of the hair follicles. Another study with elderly women showed in one month's usage of emu oil daily, the skin wall thickened by 14%. By having thicker, healthier skin, the opportunity for bruising lessened. Age spots also tended to fade, and in some cases, completely disappeared. An Australian study followed 500 people over a 10 year period and noted that there had never been any allergic reactions from emu oil reported. Other benefits from this study are summarized in three areas:

Skin

- Eczema - reduce irritation and inflammation of the skin
- Keloids - significantly reduces recent keloid scarring
- Burns - appears to promote faster healing with less pain and scarring
- Donor sites in skin grafting – reduced pain and less scarring
- Psoriasis - limited benefit in some patients

Recent Wounds

- Epithelialized wounds - reduced scar tissue formation, soothing of wounds after surgery by anti-inflammatory action.

Joints

- Joint pain - reduced pain, swelling, and stiffness most evident where the Joint is close to the skin surface, such as hands, feet, knees, and elbows
- Bruising and muscle pain - significant benefit to recent bruising and muscle pain where injury is relatively superficial. Significant reduction in sports related muscle strains post-exercise emu oil massage.

A nine month study of 10 burn patients at a burn center in Texas showed that patient comments almost unanimously favored emu oil as an end result and during application. There was also a unanimous difference noted in photographs taken of the wounds as far as reduction in scarring and inflammation in control areas treated with emu oil. Many chiropractors and physical therapists are using emu oil in their practices. Relief is quicker and muscles stay relaxed longer, therefore treatments last longer.

Emu oil appears to be one of the undiscovered secrets of the modern world. As a natural ingredient that has enjoyed a treasured place among the ancient peoples of Australia for centuries, it has just begun to share its benefits to the industrialized world in the last decade. This natural remedy has already found a place in the international cosmetic marketplace and a research and marketing by companies who have identified its beneficial value are racing for the lead in a competitive marketplace.

A growing cache of testimonials, research data, and unmistakable benefits from the oil has lead to an exploration of a myriad of commercial applications. It has invited the scrutiny of the medical profession, the scientific community and the health-conscious consumer to explore the health related aspects of the oil. It shows promising benefits as an organic additive in applications as diverse as medicine, food, and even industrial equipment. This natural substance offers the benefits of pain relief without the side effects of harsh drugs. No other oil offers the versatility of emu oil.

The Benefits of Emu Oil

Research had demonstrated that the emu possesses a unique oil, which bears closer scrutiny as a valuable commodity in the marketplace that favors natural, environmentally friendly products and demands effective relief without side effects. Properties Emu oil has been documented to exhibit the following properties and/or used for the following purposes:

- Anti-inflammatory activity
- Moisturizing
- Cholesterol reduction
- Penetration enhancer for topical skin products
- Significant epidermal proliferative activity
- Non-comedogenic (non pore-clogging)
- Significantly reduces recent keloid scarring
- To promote faster healing of burns with less pain and scarring
- Weight reduction
- Excellent emulsifier

Though the oil has been used in commercial applications for some time in Australia, the first emu oil products produced in the United States did not appear until 1992.

FREQUENTLY ASKED QUESTIONS

About American Emus

Q: What is an emu?

A: An emu is a “ratite” - a flightless bird. The ratite group also includes ostrich and kiwi. The mature emu is five to six feet tall, weighing between 90 and 120 pounds. The curious birds are born with black and white striped feathers but are tan, brown, and black as adults.

Q: When do emus begin reproduction?

A: Emus begin laying eggs as early as 13-18 months of age, but laying normally begins at two to three years. Emus lay large green eggs between November and March. Emus can be productive for more than 20 years and can lay 20-50 eggs in a season.

Q: Why is the emu called the “most usable bird”?

A: Emus are most widely known for their unique oil and low-fat, iron-packed red meat, but their fine leather, hide, unusual feathers, toenails and exquisite large green eggs are also marketable.

Q: Where does emu oil come from?

A: The pale yellow emu oil comes from a thick pad of fat on the back of the bird that was initially provided by nature to protect the animal from the extreme temperatures of its Australian homeland.

Q: What are some uses for the oil?

A: Emu oil has diverse applications ranging from cosmetics, soaps, and shampoos to analgesics. Emu oil has anti-inflammatory properties and helps combat the effects of the aging process. Emu oil has also been proven to thicken the skin of the elderly by as much as 14 percent and is used widely to treat pressure sores. Medical specialists are discovering the benefits of emu oil and are adapting it into their treatment techniques for relieving the symptoms of arthritis, preventing scars, and treating eczema. In addition to reducing swelling and stiffness in joints, it reduces bruising and muscle pain.