Mood Master™ supports healthy energy levels and stable mood

Adrenal fatigue has become one of the emerging health issues of the century. With constant stress from work, traffic, noise and light pollution, the adrenal gland is working beyond its capacity. Because of the adrenal gland’s role in managing stress and blood sugar levels, adrenal fatigue can lead to symptoms such as: depression, lack of energy, low blood sugar, anger, frustration, reduced concentration and reduced memory.

With adrenal fatigue, as production of cortisol and epinephrine continue to decline, the hypothalamus releases higher and higher levels of corticotrophin releasing hormone (CRH) and adrenocortiotrophic hormone (ACTH) to further stimulate the adrenal gland. Elevated CRH has been shown in animal and human studies to be responsible for feelings of increased pain sensitivity, altered sleep, loss of interest in pleasurable activities and depression.\(^1\)\(^2\) As depression improves, CRH levels are reduced to normal again.

AromaMD’s™ Mood Master™ is another breakthrough product in next generation herbals from Aroma MD,™ North America’s premiere medical essential oil company. By combining powerful and effective essential plant oils that supports healthy adrenal output, normal hypothalamic and pituitary hormone activity and a bright mood, Aroma MD™ has created a single product to address all of your patient’s energy and mood issues in one product.

CONDITION SPECIFIC SUPPORT AND MODIFICATION:

Adrenal Support:
The adrenal gland is composed of two sections: the outer cortex, and the inner medulla. The cortex produces cortisol, DHEA and aldosterone. The medulla produces epinephrine (adrenaline), which manages blood sugar, improves cardiac activity and facilitates alertness, concentration and muscle activity.

Essential oil of grapefruit was shown in clinical study to support healthy adrenal activity by increasing epinephrine levels greater than 150% above baseline.\(^3\) Clove essential oil promotes alertness and prolongs time to sleep.\(^4\) Clary Sage essential oil has been used traditionally to support healthy adrenal activity.\(^5\)

Nervous System Support:
While the adrenal gland produces epinephrine, it is norepinephrine (noradrenaline), produce in the brain, which his elevated in situations of chronic stress and produces many of the harmful effects associated with stress, such as high blood pressure, stomach ulcers, muscle tension, etc. Studies suggest that lavender essential oil supports healthy norepinephrine levels without affecting epinephrine activity in the adrenal gland.\(^6\)\(^7\)

Healthy Pituitary Activity:*
ACTH from the pituitary is the primary hormone that stimulates the adrenal gland during stress. Lavender essential oils has been shown to reduce ACTH levels in over-stimulated animals.\(^8\)

Mood and Stress Balance:*
Grapefruit essential oil is clinically proven to reduce the need for antidepressants while normalizing neuro-immunological function and reducing stress markers.\(^9\) Lavender was found in clinical trials to be as effective as standard of care in relieving feelings of depression,\(^10\) and effective for diverse patient populations from college students to post-partum women.\(^11\)\(^12\) Clary sage is traditionally used as a neurological and emotional balancer.\(^13\)

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“\/was tired, stressed, and agitated. Another long day of work, running errands, and writing term papers left me drained. I was on the verge of tears when my roommate offered me Adrenal-Mood Boost. "Before I noticed, my moodiness began to quell. I will definitely turn to Adrenal-Mood Boost before I let my anxiety get so extreme.”

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--Micaela C., San Diego, CA

Aroma MD™
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Medical Quality Essential Oils in Mood Master™

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<th>Clary Sage</th>
<th>Clove Bud</th>
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<td>Task Performance</td>
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APPLICATIONS

Healthy Adrenal Activity:
*Internal:* Morning and early afternoon. Use daily.

Healthy Mood:
*Internal:* 3 times per day. Use daily. Best results after 4 weeks.
*Topical:* Apply to chest and temples as desired. Try in morning bath to motivate children for weekend chores.

Anesthesia, Surgery:
*Internal:* To support recovery and fatigue after anesthesia, take for 1 week before and 1-4 weeks as directed after surgery until back to regular energy levels. Discuss with your physician if taken before surgery.

SUGGESTED USAGE

INTERNAL: Ages 16 to adult, 5-20 drops every 8-12 hours daily taken with meals for 4 weeks for best effects. If condition persists for more than 8 weeks, consult a healthcare professional.

TOPICAL: Ages 8 to adult, apply 5-10 drops to temples and chest as needed before tasks. For best effect, combine with internal use.

BATH: All ages, 5-20 drops stirred in bath

PRECAUTIONS

Use as directed. Consult a healthcare professional before use if changing your current regimen, if you have a liver or kidney condition, or if you are pregnant. Do not use internally if being treated for estrogen-sensitive cancer. Keep out of reach of children.

REFERENCES


For more information on Aroma MD™ products or to order, contact:
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