

## Sea Buckthorn Oil

### Beneficial for Mucous Membranes and the Skin

Dry, sensitive and inflammatory skin and mucosa is common, even among those who are generally considered to be healthy. Medical solutions for these problems are rather limited and often unsuccessful. Dietary management, including nutritional supplementation, can provide the solution to maintaining optimal health in this regard. Sea buckthorn (*Hippophae rhamnoides* L.) is a hardy shrub that grows widely throughout China, Russia, Sweden, Norway and Finland, and has been used in traditional Tibetan and Chinese medicine for thousands of years. Clinical studies on its medicinal uses were initiated in Russia during the 1950's. In 1977, sea buckthorn was officially listed in the Chinese Pharmacopoeia and its reputation as a medicinal plant was established. Medicines made from sea buckthorn began to be used to treat oral, rectal, and vaginal mucositis, cervical erosion, radiation damage, skin ulcers caused by malnutrition and other skin ailments, and both duodenal and gastric ulcers.

Over 200 bioactive components have been found in sea buckthorn, of which many are concentrated in the fruit pulp, seed and peel. It is extremely rich in vitamins C and E, and other antioxidants, as well as being high in amino acids, carotenes, Omega 3, 6 and 7, phenols and palmitoleic acid and a variety of sterols. Flavonoids such as: leucocyanidin, catechin, quercetin, quassin and camellin are also abundant in the sea buckthorn leaves and fruit.

Other benefits shown through research include: tissue regeneration, improved immune function, reduce lipid peroxidation, regeneration of mucosa in all areas. It may also decrease peripheral vessel resistance to somotic transfer and increase blood vessel elasticity. The phenol content makes it effective against oxidation, tumorigenesis and radiation. Sea buckthorn may strengthen non-specific immunity functions as demonstrated by anti-anaphylactic effects and increased phagocytic activity.

Furthermore, studies suggest that sea buckthorn can help with ischemic heart disease, coronary heart disease and angina, to reduce cholesterol-glycerol trilipin in blood, to improve blood supply to the cardiac muscle, and to diminish various inflammations, e.g. faucitis, tonsillitis, and to help release constipation and smooth intestines. In addition, sea buckthorn oils have been successfully used to speed healing of wounds and burns, and to relieve the symptoms of eczema, and is especially useful for vaginal dryness, dry mouth and dry eyes.