Physical/Mental Outcomes of IBS Study
My name is Dan Purser, MD

- I’m an MD
- Authored 10 books on preventive medicine and the pituitary
- In a Utah plastic surgery group where I deal with wound-healing issues
- Educate physicians around the country
- Do pituitary endocrinology research in Los Angeles with our team from USC.
- I’m a true Western medicine healer (I know – it’s weird)
Full AMA (American Medical Association) Disclosure

- I’m a 29 year member of the AMA.
- For the last 9 years I’ve been my county’s rep for the Utah Medical Association.
- I am a paid consultant for R&D at Young Living Essential Oils (I am not a distributor).
- We also manufacture Progessence Plus™ for Young Living and so I have an interest there.
- I am also being paid for this appearance (at the 2013 convention) as are my expenses.
- I have also written books on the subject that I hope you buy.
FYI

- The following statements are all my own professional medical opinion.

- The following statements are also derived from my own professional experiences and practice.

- Thank you.

  (Just wanted to make it clear.)
“In the field of observation, chance favors only the prepared mind...”

--Louis Pasteur
I did the first study on this oil

• Big increase in energy

• Big increase in libido

• Smell was a problem – did not smell bad, just smelled like a “woodshop”
What we noticed in our work…

Increased energy
Were there times that you felt the use of this oil helped to calm or alleviate stressful emotions? How so?
Were there times that you felt the use of this oil helped to calm or alleviate stressful emotions? How so?

Increased STAMINA

Singles
Were there times that you felt the use of this oil helped to calm or alleviate stressful emotions? How so?

Increased ENERGY

Singles
I felt relaxed and at ease.
Were there times that you felt the use of this oil helped to calm or alleviate stressful emotions? How so?

Not directly, but at the end of the week I did notice that my patience and anxiety were not under control.
Were there times that you felt the use of this oil helped to calm or alleviate stressful emotions? How so?

This oil was most beneficial for muscle soreness. I liked it a lot with peppermint oil on my knees and quadriceps.

Singles
Increased Physical Activity

Singles
Were there times that you felt the use of this oil helped to calm or alleviate stressful emotions? How so?

No. No change. Did not help.

Singles
Were there times that you felt the use of this oil helped to calm or alleviate stressful emotions? How so?

Reduced PAIN

Singles
What have you noticed in the connection between emotional and physical health?

Increased CALMING

Couples
What have you noticed in the connection between emotional and physical health?

EMOTIONAL Improvement

Couples
What have you noticed in the connection between emotional and physical health?

EMOTION was better.

Couples
What have you noticed in the connection between emotional and physical health?

Helps clear the head – helps the body.

Couples
What have you noticed in the connection between emotional and physical health?

“I did feel more alert, which in turn gave me a strong connection to my surroundings.”

Couples
Couples

What have you noticed in the connection between emotional and physical health?

“My mind was very active and I had more physical energy.”
What have you noticed in the connection between emotional and physical health?

NO CHANGE

Couples
What have you noticed in the connection between emotional and physical health?

Jumping on boyfriend
Were there times that you felt the use of this oil helped to calm or alleviate stressful emotions? How so?
Were there times that you felt the use of this oil helped to calm or alleviate stressful emotions? How so?

“My mood improved and I felt good.” (F)

Couples
Were there times that you felt the use of this oil helped to calm or alleviate stressful emotions? How so?

“\textbf{The oil helped to calm me down.}”

Couples
Were there times that you felt the use of this oil helped to calm or alleviate stressful emotions? How so?

“Yes. It really calmed me down so I could think through my emotional pain.”

Couples
Were there times that you felt the use of this oil helped to calm or alleviate stressful emotions? How so?

“I felt my focus increase. I was under serious stress one of the use days and was amazed at how calm I was throughout the day.”

Couples
Were there times that you felt the use of this oil helped to calm or alleviate stressful emotions? How so?

“I could see it take away the anxiety on my husband.”

Couples
Were there times that you felt the use of this oil helped to calm or alleviate stressful emotions? How so?

“Absolutely! Small things that would irritate me – seemed to not bother me.”

Couples
Were there times that you felt the use of this oil helped to calm or alleviate stressful emotions? How so?

“Yes, it made my anxiety go away.”

Couples
Were there times that you felt the use of this oil helped to calm or alleviate stressful emotions? How so?

“No.” X5

Couples
Published in

*Life Extension Magazine*
Only comparable article in 2008 -- Norwegian study in LEF

Norway Spruce contains lignans such as ENTEROLOACTONE

ENTEROLACTONE inhibits the growth and development of prostate cancer

ENTEROLACTONE inhibits the aromatase enzyme

Inhibits 5-alpha reductase, thus reducing levels of DHT

These all explain the energy increase!
NEW BOOK

AVAILABLE ON AMAZON and BARNES & NOBLE “NOOK”
If everything works like it should...
Sorry, due to the nature of this subject there will be NO questions after this session.

Thank you.
Visit my websites for more INFO

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