

# ascents™ Curb No. 23 Patient Protocol

no. **23**  
curb

**CURB NO.23**  
A refreshing blend of grapefruit and peppermint reduces the appetite and calms cravings.

ascents™  
Clinical Aromatherapy

**Grapefruit - France**  
Obtained by steam distillation of the herb *Citrus paradise*

**Peppermint - India**  
Obtained by steam distillation of the herb *Mentha x piperita*

Curb is recommended for use before mealtime, between meals or any time a reduction in appetite is desired. Keeping a personal diffuser of Curb in the pantry, car and in your desk drawer makes Curb convenient and easy to use whenever cravings strike.

**CLASS**

Essential Oils - 100% pure, no carrier oils. Tested and certified adulterant free.

### **ACTIONS**

ascents™ Curb No. 91 is an essential oil blend used to reduce cravings and help manage weight.

### **HANDLING & STORAGE**

Store in tightly closed original sachet, in a cool, dry and ventilated area away from heat sources and protected from light.

### **FIRE PROTECTION**

Keep away from ignition sources and naked flames. Take precautions to avoid static discharge in working areas.

### **STABILITY & REACTIVITY**

ascents™ essential oil blends present no significant reactivity hazards, alone or when in contact with water. Avoid contact with strong acids, alkali or oxidizing agents.

## **DECOMPOSITION**

Not a factor if aligned with shelf life.

## **SHELF LIFE**

Minimum 6-12 months when stored within advised conditions.

## **DOSING**

3 puffs/use. No concern of overdose; however wait 30-45 minutes to reuse.

**ROUTE OF ADMINISTRATION:** Use a sachet to inhale essential oil vapors into nostrils. Reuse for up to 30 days after opening.

**Onset - inhalation:** Immediate

**Duration:** Use as needed

## **CONTRAINDICATIONS**

ascents™ products, as inhalation aromatherapy, are generally recognized as safe for pregnant women. Topical application of some essential oils has been known to have labor-inducing or other effects on pregnant women. Consult with your healthcare practitioner to see if topical application is safe for you.

The effect of tranquilizers, anticonvulsants, and antihistamines may be slightly enhanced by ascents™ Curb No. 17.

## **WARNINGS**

The presence of other medical problems has shown no affect with the use of this medicine. If ascents™ therapeutic essential oil blends are taken with certain other drugs, the effects of either could be increased, decreased, or altered. Therefore, avoid use of ascents™ with patients who suffer from severe asthma or multiple allergies.

Store away from fire or naked flame.

Store in cool place out of sunlight.

Use carefully during pregnancy.

Be aware of which essential oils are photosensitive, such as bergamot.

## **SIDE EFFECTS**

No side effects have been reported with the use of scents™ essential oil blends. Using ascents™ blends carries no concern of overdose.

Check with your doctor as soon as possible if any of the following side effects occur:

Headache

Loss of smell/ inflammation of naval cavity

Pain

Skin rash

Sore throat

Unusual tiredness or weakness

Nausea

## **FIRST-AID MEASURES**

**Inhalation:** Remove from exposure site to fresh air. Keep at rest. Obtain medical attention.

**Eye Contact:** Rinse immediately with plenty of water for at least 15 minutes. Contact a doctor if symptoms persist.

**Skin Contact:** Remove contaminated clothes. Wash thoroughly with soap and water, flush with plenty of water. If irritation persists, seek medical advice.

**Ingestion:** Rise mouth out with water. Seek medical advice immediately.

## RESEARCH

### **Grapefruit: Body fat mass reduction and up-regulation of uncoupling protein by novel lipolysis-promoting plant extract.**

This study found natural products that promote the breakdown of subcutaneous fat cells in rats. Grapefruit extracts were investigated for its fat-reducing effects by oral administration and topical application. The oral administration of 10% grapefruit oil solution to Wistar rats for 32 days reduced body weight gain, subcutaneous, and visceral fat weights compared to the control group. Topical application of 2% for 7 days also showed a reduction in the weight of subcutaneous fat as well. These results indicate that this grapefruit extract promotes the breakdown of fat, and may be beneficial for the systematic suppression of body fat accumulation or the control of fat distribution in obesity.

Shinobu Mori<sup>1,2</sup>, Mayumi Satou<sup>1</sup>, Satoshi Kanazawa<sup>1</sup>, Naonobu Yoshizuka<sup>1</sup>, Tadashi Hase<sup>1</sup>, Ichiro Tokimitsu<sup>1</sup>, Yoshinori Takema<sup>1</sup>, Yoshinori Nishizawa<sup>1</sup>, Toshihiko Yada<sup>2</sup>. Body fat mass reduction and up-regulation of uncoupling protein by novel lipolysis-promoting plant extract. International Journal of Biological Science 2009; 5; 311-318.

### **Peppermint: The effects of peppermint on exercise performance.**

Mint is known for its analgesic, anti-inflammatory, antispasmodic, antioxidant, and

vasoconstrictor effects. This study tested 12 healthy male students which consumed one 500 ml bottle of mineral water containing .05 ml peppermint essential oils everyday for 10 days. Measurements were taken including blood pressure, heart rate, and sporometry parameters including forced vital capacity, peak expiratory flow rate, and peak aspiratory flow.

Participants underwent a treadmill-based exercise test with metabolic gas analysis and ventilation measurement using the Bruce protocol.

The conclusions of these tests support the effectiveness of peppermint essential oil on the exercise performance, gas analysis, blood pressure and respiratory rate in young male students. Relaxation of bronchial smooth muscles, increase in the ventilation and brain oxygen concentration, and decrease in the blood lactate level are the most plausible explanations.

Abbas Meamarbashi and Ali Rajabi. The effects of peppermint on exercise performance. Journal of the International Society of Sports Nutrition. 2013, 10:15

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