

## Design for Good Health



A Healthy Plant is needed to maintain a healthy body.

Plants have what is called terpenes and other essentials like vitamins and minerals. It is important that we know what our body needs and know which plants are capable of producing (based on soil from different areas), the correct essential.

That being said it is important to measure these essentials in the plants as well as ensure good quality soil.

With all the deficiencies our body has, there is a need to pick and choose what's best for each individual. There are so many diets out there but there is very little knowledge as to what each individual needs. And to say the least, it is not at your fingertips.

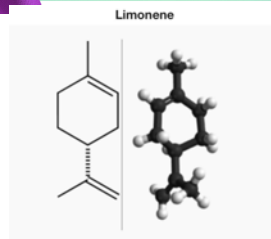
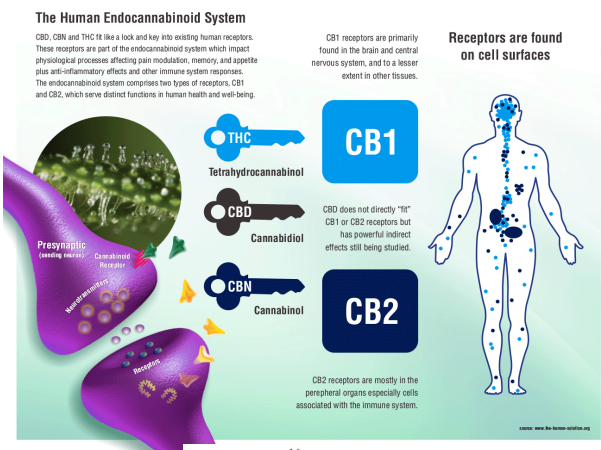
iyoutome has spent the last two years learning about plants (just scratching the surface) including the study of permaculture which ensure plant quality.

New studies reveal that the human body has an Endocannabinoid System capable of using lipids (good fats) to balance and maintain good health.

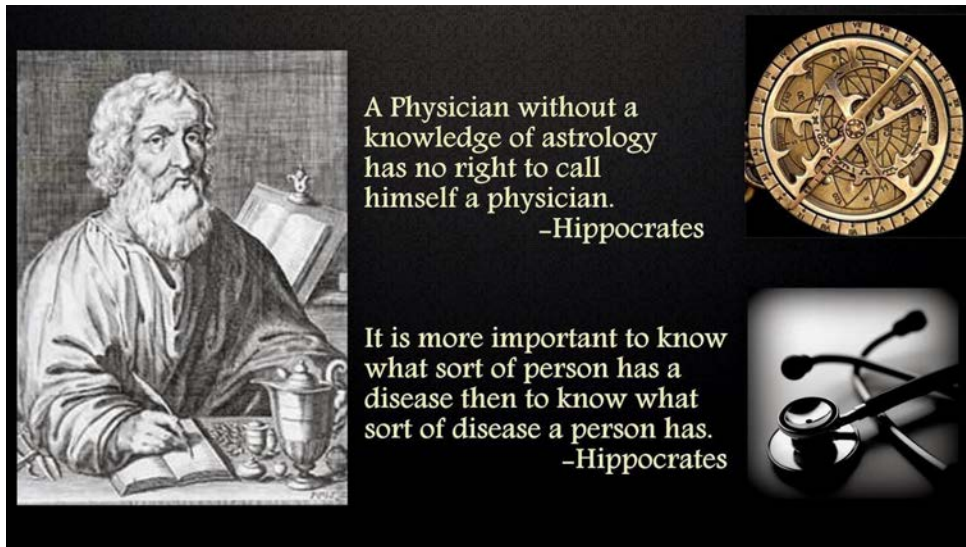
To date iyoutome has documented and shared success stories which helped people based on plant selection.

Example:

Did you know that the plant "lemon balm" has the terpene in it called "limonene"? Limonene has nutritional advantages. But the key is, do you need it or a different terpene? By the way, terpenes are lipids, lipids are good fats. There is so much more to share and we are pushing forward with this tall task.



It is with great honor that iyoutome will provide the resources to embark on this mission to provide the world the information on specific plants to ensure correct proper essentials are obtained. To accomplish this, research now includes work from the greats, like, Ptolemy and Hipocrates. Two famous quotes from Hipocrates (show below) are the key to our research.



## Digging a Little Deeper (Science Behind it All)

What is a terpene? (from Wikipedia)

“Terpenes and terpenoids are the primary constituents of the essential oils of many types of plants and flowers. Essential oils are used widely as fragrances in perfumery, and in medicine and alternative medicines such as aromatherapy. Synthetic variations and derivatives of natural terpenes and terpenoids also greatly expand the variety of aromas used in perfumery and flavors used in food additives. Vitamin A is a terpene.” (1)

How many different Terpenes are found in the plant kingdom?

“there are in excess of 1000 monoterpenes, more than 7000 sesquiterpenes and more than 3000 diterpenes.” (2)

Why should I care about terpenes? I eat good, don't I?



“β- carotene is a tetraterpene; it has four isoprene units. This molecule, found in abundance in carrots, is useful in human diets because it can be converted into vitamin A in the body. It also plays an important role in plants because it is among the pigments that absorb light in photosynthesis . When leaves change color in the fall, β-carotene is often responsible for this effect.” (3),(4)

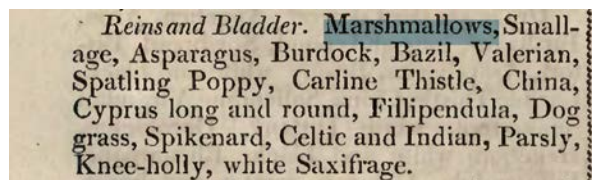
I EAT CARROTS, I'm good then right? Well, you can eat everything all the time, or pick your meals based on need. If you are sick, you should tailor your meal to the essentials required.

“In the body, beta-carotene converts into vitamin A (retinol). We need vitamin A for good vision and eye health, for a strong immune system, and for healthy skin and mucous membranes. Taking big doses of vitamin A can be toxic, but your body only converts as much vitamin A from beta-carotene as it needs. That means beta-carotene is considered a safe source of vitamin A. However, too much beta-carotene can be dangerous for people who smoke. (Getting high amounts of either vitamin A or beta-carotene from food, not from supplements, is safe.)

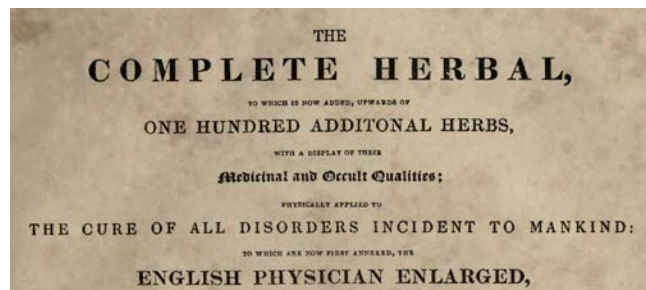
Beta-carotene is an antioxidant. It protects the body from damaging molecules called free radicals. Free radicals damage cells through a process known as oxidation. Over time, this damage can lead to a number of chronic illnesses. There is good evidence that eating more antioxidants from foods helps boost your immune system, protect against free radicals, and may lower your risk of heart disease and cancer. But the issue is a little more complicated when it comes to taking antioxidant supplements.” (5)

## How Do I Know What to Take and What I Need?

There is so much goodness in plants, but who wants to eat everything? Basically the best way to start is to only take organic plant based foods so that you get only the natural, fats, vitamins, minerals, etc.. Back to Hipocrates, how do we know what our body needs. This points to who we are physically. The energy/DNA profile is influenced by your birth. It's really that simple. For example, Mars in Libra causes kidney drying symptoms, hence you would need to take a plant that has a hydration effect for your organs. The best plant for this is Marshmallow Plant. Now would it be a coincident that Mars - Mars-hmallow? See an excerpt below from "The Complete Herbal" by Nicholas Culpeper M.D. 1653. **NOTE: Reins = Kidneys**

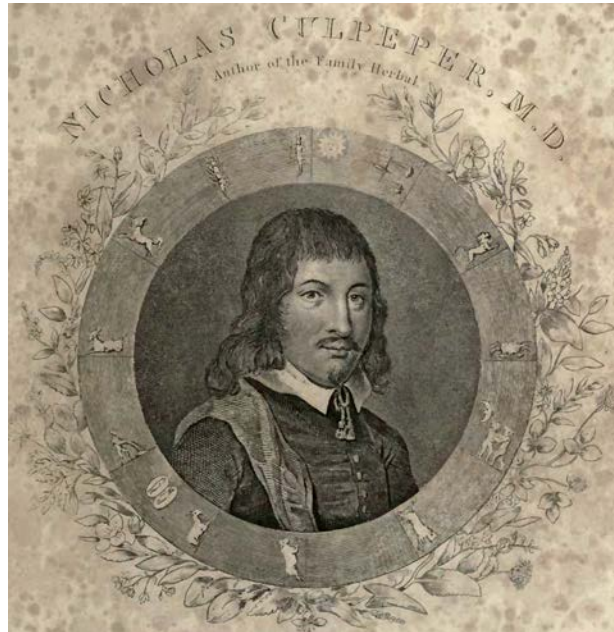


*Reins and Bladder.* Marshmallows, Smallage, Asparagus, Burdock, Bazil, Valerian, Spatling Poppy, Carline Thistle, China, Cyprus long and round, Fillipendula, Dog grass, Spikenard, Celtic and Indian, Parsly, Knee-holly, white Saxifrage.



THE  
**COMPLETE HERBAL,**  
TO WHICH IS NOW ADDED, UPWARDS OF  
ONE HUNDRED ADDITIONAL HERBS,  
WITH A DISPLAY OF THEIR  
**Medicinal and Occult Qualities;**  
PHYSICALLY APPLIED TO:  
THE CURE OF ALL DISORDERS INCIDENT TO MANKIND:  
TO WHICH ARE NOW FIRST ADDED, THE  
**ENGLISH PHYSICIAN ENLARGED,**

Note: Astrology Around his Portrait. So you have Hippocrates 400BC and Culpepper 1653 telling us to look at astrology!



So as far as what one should take is the research iyoutome is tasked with. For now the best one can do is eat Plant Based Paleo. Ensuring you get organic non processed plant oils. Starting with Cannabis infused into Olive Oil. Make Substantial steps to illiminate any processed food and the inorganic/synthetic chemicals/addatives that are NOT GOOD for your Body, Mind and hence Spirit.

iyoutome has been and continues to keep it's website/Facebook up to date with findings. Pages like Eat Paleo, Cannabis Success Stories, Cannabis Olive Oil Infusion, etc....

Check back often or follow us to get the latest. Also you may want to follow the study on Magnets/Iron = Cancer and how it affects Your Health. What you don't know about how Magnets/Iron creates NOT GOOD to your body. X-rays, Cat Scans/ Pet Scans / MRI's / Airport Security Microwave Scan Devices all are impacting the way your body works.

Thanks for Visiting

iyoutome -- Helping people find answers to life's most difficult questions.

#### References

(1) Wikipedia

<https://en.wikipedia.org/wiki/Terpene>

(2) Plant terpenoid synthases: Molecular biology and phylogenetic analysis

<http://www.ncbi.nlm.nih.gov/pmc/articles/PMC22453/>

(3) Chemistry: Foundations and Applications | 2004 | Holme, Thomas A.

<http://www.encyclopedia.com/topic/Terpenes.aspx>

(4) Diagram by Owen Smith in Blog: Full: Medical: Science — 6 Mar, 2015,

<http://www.cannabisdigest.ca/cannabis-terpene-synergy>

(5) University of Maryland

<http://umm.edu/health/medical/altmed/supplement/betacarotene>