



GUARD  
YOUR  
HEALTH  
WITH  
OLBAS

# OLBAS

AN UNSURPASSED  
NATURAL HOME REMEDY

The OLBAS-Treatment is safe, simple and scientific

# The Only Genuine OLBAS Family Oil

Physicians have testified its relieving qualities

## What is OLBAS-Oil?

OLBAS-Oil is a clear, concentrated, aromatic liquid obtained by the distillation of medicinal herbs without any addition of alcohol or other chemical substances.

## Efficacy:

OLBAS-Oil is a germicide, pain-soothing, nerve-strengthening, antispasmodic, stimulating, refreshing and soothing (Dr. med. Huettig). OLBAS-Oil is non-poisonous at all and absolutely harmless.

In detailing the extraordinarily varied application of OLBAS, we are fully aware that they may seem to many, too good to be true and too numerous to have a sound scientific basis. But every detail is supported by clinical evidence from European physicians of repute.



Staphylococci  
Diphtheria and  
Typhus bacilli  
before Test



15 minutes after  
treatment with  
Olbas all bacteria  
are killed

A special feature of OLBAS is its disinfecting properties. According to a report of the Institute for the Study of Infectious Disease in Berne, Switzerland, all bacteria used when testing the oil in the laboratory were killed in five minutes, except the staphylococci (pus) which showed a heavy decrease in five minutes and were completely destroyed at the end of a quarter of an hour. OLBAS kills 200,000,000 germs in five minutes.

## DIRECTIONS FOR USE

### A. General Application

#### 1. Massaging

- Several rubbings during the day; generally it is not necessary to keep the place warm: To fortify the nerves and to animate and stimulate the functions (muscles and so on).
- One (in the evening) or several rubbings a day; in this case it is **absolutely essential** to keep the place warm by means of woollen cloths or a heated cushion. In the treatment of all kinds of chills (catarrh, cough, pains in the chest, neuralgia and so on) as well as in cases of rheumatism and sciatica.

#### Remarks:

- The place to be treated should be washed frequently with tepid water or diluted alcohol in order to open the pores.

OLBAS-Oil should be rubbed in only slightly, especially if the treatment has to be repeated.

#### 2. Bandaging (complete or partial).

Wash the body or parts of it with tepid to hot water. After the rubbing (for the whole body one third up to maximum one half bottle OLBAS-Oil is needed) careful wrapping up in woollen cloths, in addition to a hot-water bottle. For a full bandaging the patient must perspire for about an hour (the flow of perspiration follows an initial feeling of cold); afterwards he is to be washed and bathed and then wrapped up again in dry blankets to produce a further perspiration. This manner of producing a greater perspiration has the advantage of avoiding or at least reducing the danger of an alteration in the functioning of the heart. — In severe cases in order to obtain a high flow of perspiration (for instance in case of obstinate rheumatism, sciatica or chills).

### 3. Compresses



- a) Dip a towel or a handkerchief in hot water and sprinkle it with ten to fifteen drops of OLBAS. After the application of the compress cover with a dry cloth. Further details see under bandages. — In cases of severe chills: catarrh, cough and so on: If a very high degree of perspiration is required, it is advisable to administer a cup of hot tea (elder-blossom and so on) before the treatment.
- b) The place to be treated is to be washed with hot water without wiping it dry, then rub with OLBAS-Oil immediately and apply hot woollen cloths or a heated cushion.

### 4. Inhalation



- a) Inhalation with OLBAS-water-vapour: Put a few drops of OLBAS-Oil into boiling water and inhale the vapour. After the inhalation wipe the face dry and keep it warm.
- b) Sprinkle the handkerchief or the cushion with OLBAS and inhale the oil-vapour frequently.
- c) Rub the nose-partition with one or several drops of OLBAS-Oil (in less serious cases).
- d) Rubbing of the chest. After ten minutes draw the blanket over the patient's head and muffle him up thoroughly.

Deep breathing of the air impregnated with OLBAS-Oil as often as the patient can endure it (about fifteen times). This especially in severe cases of bronchitis.

### 5. Internal Application

Take a few drops of OLBAS-Oil in tepid water or on a lump of sugar once to four times a day. This in cases of stomach and intestinal trouble, flatulence and so on.

**6. Gargling** Some drops OLBAS-Oil in tepid water.

**7. Brushing** See sub hemorrhoids, varicose veins and so on.

#### Remarks:

Often a combination of the different methods of treatment is induced. The experience with our OLBAS-Oil showed that for certain cases there cannot be given a definite rule for their treatment, but each patient has to be treated individually.

For massages it is advisable to add ten to fifteen percent of OLBAS-Oil to a fat ointment.

OLBAS is very economic. It does not leave stains in the linen.

## B. Treatment of Several Illnesses

The statements below do not pretend to be complete, OLBAS-Oil having an effect on the human body which enables its use in exceptionally different cases. Therefore, besides what is stated below, there are many other possibilities of application. However, we wish to point out that the below mentioned statements are based on our experience extending over several decades.

**Catarrh, Bronchitis:** Rub the chest with OLBAS, cover with a woollen cloth or with the heated cushion, inhalation (see sub General Application: Inhalation).

**Cough:** Rub the throat and the chest with OLBAS and keep them warm with woollen cloths, two to three drops of OLBAS on sugar in the mouth.

**Headaches, Neuralgia, Migraine:** Rub the forehead, the temples and the neck or any other sore part with some drops of OLBAS. Reinforced treatment: Put a hot napkin on the neck which, before, has been massaged with a few drops of OLBAS-Oil. Headaches which are caused by stomach-trouble: Rub the forehead and take a few drops internally.

**Rheumatism, Sciatica, Gout:** See sub «General Application» 1b and 2.

**Strengthening and Refreshing in case of Heat and Sultriness:** 1) Apply OLBAS-Oil to the forehead, the temples and the neck after having washed these parts before with water. 2) Put a few drops of OLBAS in (lute warm) water for a foot-bath.

**In case of Nervous Diseases and as a Sedative:** Soft rubbing in of the OLBAS-Oil several times a day of the forehead, the temples and the neck or of the sore parts.

**Overstrain of Legs and Muscles:** Rub with ten to fifteen drops of OLBAS-Oil.



**Tired and Aching Feet:** Rub the feet with about ten drops of OLBAS-Oil then wash them with a mild soap. After having dried them rub them with a pure oil.

**Depressions:** Rub the spine, the neck, the forehead and the temples with OLBAS-Oil and at the same time take a few drops of it internally (see there).

**Old Age Troubles** such as Giddiness, Palpitation of the Heart, Insomnia and so on, caused by arteriosclerosis: Much relieve may be obtained by rubbing forehead, temples and neck and even the heart and the stomach-regions with a few drops of OLBAS-Oil.

**Stomach-Disorders** (also on nervous basis), Flatulence, Cramps: Three to six drops in tepid water or on sugar, rub the abdomen with ten to fifteen drops of OLBAS-Oil, apply warm dry compresses or a heated cushion.

**Asthma:** See sub «Inhalation a, b, c or d», just as it will suit the patient best. The patient will have to use his own judgment as to the quantity of the oil to use. Rubbing of the chest with about ten drops has proved to be very effective, also during the day. During the night, it is advisable to put on a cloth which first has been sprinkled with about fifteen drops of OLBAS-Oil and only afterwards moistened with water.

**Earache:** Rub the oil around the ear, introduce one to two drops of the OLBAS-Oil into the ear by means of a pad of cotton-wool.

**Boils:** If lathered at the beginning with OLBAS-Oil they generally do not develop.

**Hemorrhoids:** External hemorrhoids should be brushed daily twice with about ten drops of OLBAS-Oil until they disappear.

**Toothaches:** Introduce a drop of OLBAS-Oil into the carious toothhole, rub the jaw and the cheek affected. (Go to the dentist!).

**Paradentosis:** Rub the gums with a few drops of OLBAS-Oil, especially before going to sleep.

**Care of the Teeth:** The gums should be rubbed morning and evening with our oil. This is an excellent remedy against toothache and for making the gums firm (Dr. med. Keller, Cademario). Very efficacious for the disinfecting of the teeth are daily rinsings of the mouth with water adding a few drops of OLBAS-Oil.

**Burns:** Immediate smearing with OLBAS-Oil.

**Bruises:** By brushing the sore place with OLBAS-Oil the pain will not only pass very quickly, but the oil will also advance the absorption of the blood and the healing process will be very quick.

**Wounds:** Fresh wounds which are brushed with OLBAS-Oil will not suppurate and treated in this manner, they often secrete the pus.

**Insect-Stings** (if not poisonous): Apply OLBAS-Oil immediately and the pain will disappear.

Produced by OLBAS-Company Basle 20, Switzerland.

**PENN HERB CO. LTD.**

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