

# Emu Oil

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## What is Emu Oil

The emu (*Dromaius novaehollandiae*) is a ratite (flightless birds) that lives in the wild and is only found natively in Australia. Its appearance is very similar to the African ostrich, although they are not related. In North America, Peru and China the emu is bred on big farms. The meat is very low in fat and tastefully and most of the fatty tissue is found in a thick layer directly under the skin. The emu can reach speeds of up to 50km/h. It can grow as tall as 180cm and weighs around 55kg when fully grown. There are around 700 000 birds in the wild in Australia. Emu's eat mostly grass, seeds, berries, fruits, herbs and insects and Emu young also eat meat.



## How is the emu oil harvested?

On its back the emu has a little hump, which contains an oil reserve. This oil is removed and is refined with a kind of clay and/or chemical, there after it is sterilised. We recommend buying refined emu oil, even if it is slightly more expensive.

## The composition of the oil:

Type of fatty acid	Name	proportion
saturated fat	palmitic	20%
	stearic	7%
monounsaturated fatty acids	palmitic	4%
	oleic	50%
polyunsaturated fatty acid	linoleic acid 2-folded	14%
	linoleic acid 3-folded	3%

In addition, Emu oil is rich in vitamins A and E, minerals, lecithin and antioxidants

## Emu oil and human skin

Emu oil is tolerated well and is absorbed quickly by the first few layers of skin, locking in moisture. It could thus be an outstanding base for use in the cosmetic and pharmaceutical industries.

The proven characteristics of emu oil are:

Anti-inflammatory

Anti-bacterial

Pain relieving

Moisturising (the skin)

Epithelialisation (wound healing)

How to use emu oil:

The oil is to be rubbed on evenly to the painful, wounded or reddened skin areas, several times per day. Emu oil in this form is not to be taken orally. Specially prepared emu oil capsules for oral consumption can be purchased.

Emu oil can be used to combat the following diseases and conditions:

arthritis

soft-tissue rheumatism

Tendinitis

Sports injuries

gazes

burns

cuts

open wounds

neurodermatitis

psoriasis

sunburn

eczema

nappy rash

insect bites

hemorrhoids

Stretch marks after pregnancy