



phytoncides

6/27/2024

608-238-6001 [TEL]

greg@cruisingreview.com [Email]

Cruising Review

Phytoncides: Publications and Research from SwissMixt



This webpage QR code

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Phytoncides are antimicrobial allelochemic volatile organic compounds derived from plants. Going for a walk in a forest environment enhanced human natural killer (NK) cell activity, the number of NK cells, and intracellular anti-cancer proteins in lymphocytes, and that the increased NK activity lasted for more than 7 days after trips to forests both in males and females. The wonderful smell of a pine forest is from alpha pinene, a terpene (the aroma). It also helps with sleep.

PDF Version of the webpage (first pages)

<https://cruisingreview.com/smx/phytoncides.html>

Phytoncides Botanical Information

Phytoncides are antimicrobial allelochemic volatile organic compounds derived from plants. Going for a walk in a forest environment enhanced human natural killer (NK) cell activity, the number of NK cells, and intracellular anti-cancer proteins in lymphocytes, and that the increased NK activity lasted for more than 7 days after trips to forests both in males and females. The wonderful smell of a pine forest is from alpha pinene, a terpene (the aroma). It also helps with sleep. pinene, anti cancer, nk cells, natural killer cells, Forest bathing, Granulysin, Granzyme, NK activity, Perforin, Sleep, Gaba a a BZD receptor, Phytoncide, 3-carene, Sleep, GABAA BZD receptor, Phytoncide, natural killer cells, activating NK cells, forest trip, forest environment, urban environment, Phytoncide Antioxidant effect, Antimicrobial activity, anti cancer, phytoncides, Aromatherapy, essential oils, therapeutic uses, *Cryptomeria japonica*, Essential oil, Neuro pharmacological activities, Phytoncide, SPME, analysis, ASE, essential oil, extraction, fir, GC-FID MS, maritime pine, soxhlet, spruce, steam distillation, supercritical CO₂ (SC CO₂), terpene, terpenoid, turpentine, wood, hydrodynamic cavitation, extraction pine resin, pine needles, *Abies alba* Mill., antioxidant activity, coniferous trees, essential oils, flavonoids, food preservation, green extraction, hydrodynamic cavitation, nutraceuticals.

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