

# Essential Oils



Essential oils have been used for thousands of years and have been mentioned several times in ancient texts. There is much complexity to essential oils because they are the heartbeat of the plant kingdom. Over the years, with the pollution of our air, water and soil, the plant fiber is thick and weaker in color. However, when removing the oil, there is an undisturbed vital life force that is strong and pure. An essential oil is “essential”, in the sense that it contains the essence of the plant’s fragrance. These oils are often used for aromatherapy or as an added healing substance. However, there is not sufficient evidence that essential oils can effectively treat a condition. Yet, there are people who will swear by them medicinally.

It has been proven that aromatherapy does indeed induce relaxation, which in itself, assists the process of ‘calming down’, which then in turn, helps a healing process. To know more, there are many books and in-depth information concerning the mechanisms of Essential Oils. This was a simple way to bring awareness of the incredible wonder of our plant life. Though there are so many essential oils, below are a few that are very popular, and some of the symptoms they are used for.

We suggest if you are interested, to do some of your own research, as there is much information on essential oils and their healing properties that is extremely fascinating and meaningful.

**Angelica** has been considered effective for the digestive system, such as, indigestion, gastritis, and stomach ulcers.

**Anaise** has been considered effective for intestinal gas, runny nose, cough, and is a diuretic that increases urine flow.

**Camphor** has been considered effective for skin conditions, improves respiratory function, and relieves pain.

**Chamomile** has been considered effective for hay fever, muscle spasms, menstrual disorders, rheumatic pain, and hemorrhoids.

**Eucalyptus** has been considered effective for nasal congestion, asthma, and as a tick repellant.

**Fennel** has been considered effective for improving heart health, reducing inflammations, and suppressing appetite.

**Ginger** has been considered effective for gastrointestinal motility, where the food does not linger longer than it should, and nausea.

**Jasmine** has been considered effective for liver disease, cirrhosis, and severe diarrhea.

**Juniper** has been considered effective for arthritis, diabetes, antiseptic, and autoimmune disorders.

**Lavender** has been considered effective for anxiety, insomnia, depression, and restlessness.

**Lemon** has been considered effective for aiding in weight loss, reducing risk of heart disease, kidney stones, and digestive issues.

**Lemongrass** has been considered effective for high blood pressure, vomiting, cough, achy joints, and common cold.

**Marjoram** has been considered effective for runny nose, cough, cold, and other infections.

**Myrrh** has been considered effective for oral health, skin condition, kills parasites, and harmful bacteria.

**Patchouli** has been considered effective for skin conditions, relieving stress, and controlling appetite.

**Peppermint** has been considered effective for digestion, improve allergy symptoms, and improve concentration.

**Rose** has been considered effective for reduce the risk of heart disease, obesity, and cognitive diseases.

**Rosemary** has been considered effective for lowering the risk of infection, and helping the immune system fight any infections that do occur.

**Sage** has been considered effective for helps reduce risk of serious health conditions, cancer and clotting blood.

**Tea Tree** has been considered effective for acne, athlete's foot, lice, nail fungus, and insect bites.

**Wintergreen** has been considered effective for headaches, pain, fever, and unsettled stomach.

**Ylang Ylang** has been considered effective for relaxation, lower blood pressure, and helps to fall asleep faster while reducing stress and anxiety.