

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.

Anise 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 repellent.

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

Ginger has been considered effective for nausea and 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, improves allergy symptoms, and improves concentration.

Rose has been considered effective for reducing 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 reducing risk of serious health conditions, cancer and blood clotting.

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, lowering blood pressure, and helps one to fall asleep faster, while reducing stress and anxiety.