

The herbs and essential oils we use and their benefits...

Bay Leaves	Good for lung conditions, healing and balancing to the heart and throat chakras. Effective in treating colds, very antiseptic and decongestive.
Bergamot	Can be used to relieve tension, relax muscle spasms, and improve digestion.
Cinnamon	Enhances healing on all levels. Known to relieve nausea and vomiting. It is indicated for a variety of ailments including gastrointestinal problems, urinary infections, relieving symptoms of colds and flu, has remarkable anti-fungal and anti-bacterial properties. Some studies show that Cinnamon helps people w/diabetes metabolize sugar better.
Clary Sage	It is used to treat digestive problems such as gas and indigestion. It is also regarded as a tonic, calming herb that helps relieve premenstrual problems. Because of its estrogen-stimulating action, clary sage is most effective when levels of this hormone are low. The plant can therefore be a valuable remedy for complaints associated with menopause, particularly hot flashes.
Clove	Very antiseptic. Balances and evenly distributes heart and spleen energies. Good for memory, eyesight, muscular and nervous tension.
Eucalyptus	A dynamic healing oil. Effective in treating conditions of the lungs, kidneys, liver and nasal passages. Can be used for asthma, jaundice and sinus disorders. Eases nightmares, balances & calms emotions.
Ginger Root	Well known as a remedy for travel sickness, nausea and indigestion. It is a warming remedy, ideal for boosting the circulation, lowering high blood pressure and keeping the blood thin in higher doses. Ginger is anti-viral and makes a warming cold and flu remedy. It is also a powerful anti-inflammatory herb. Ginger may also be taken orally as a herbal remedy to prevent or relieve nausea resulting from chemotherapy, motion sickness, pregnancy, and surgery.
Lemon Balm	It is thought that the volatile oils in lemon balm contain chemicals that relax muscles; particularly in the bladder, stomach, and uterus; thereby relieving cramps, gas, and nausea. The herb is used for nervous agitation, sleeping problems, functional gastrointestinal complaints, menstrual cramps and urinary spasms.
Lavender	Healing properties. Relaxing for the entire body, relieving it of stress. Good for headaches, insomnia, pains, sprains, arthritis, toothaches, rheumatism and depression.
Lemongrass	In East India and Sri Lanka, where it is called "fever tea", lemon grass leaves are combined with other herbs to treat fevers, irregular menstruation, diarrhea, and stomachaches. A popular herb in Brazil and the Caribbean for nervous and digestive problems. The Chinese use lemon grass to treat headaches, stomachaches, colds and rheumatic pains. The essential oil is used in India to treat ringworm or in a paste with buttermilk to rub on ringworm and bruises. Studies show it does destroy many types of bacteria and fungi and is a deodorant. It may reduce blood pressure and it contains five different constituents that inhibit blood coagulation.
Nutmeg	Stimulates the digestive system. Can ease disrrhetic conditions. It has also been used for treating rheumatism and cold sores.
Rosemary	Brings clarity to the mind and balance to the emotional energies.
Sage	Sage has been used effectively for throat infections, dental abscesses, infected gums and mouth ulcers. Sage also has an astringent action due to its relatively high tannin content and can be used in the treatment of infantile diarrhea. Its antiseptic action is of value where there is intestinal infection. It is well documented that Sage leaf helps to reduce menopausal sweats. Sage should not be used by pregnant or nursing women or by people who have epileptic fits. The plant is toxic in excess or when taken for extended periods, though the toxic dose is very large.