

Natural Healing Express Weekly

Column 310 Essential Oils, Part Two

Last week we started a series on Essential Oils. As previously stated, many of you are experimenting with oils for all kinds of uses from cleaning the house with Lemon Essential oil to preventing colds and flu with Thieves and Tea Tree.

As promised, I am discussing a few oils in the column for a little bit more education on what our favorite oils actually do and why they work. Last week, we covered Lavender, which is the most universal Essential oil available. If you missed it, you can do to Theflashonline.com and review.

This week we will discuss Peppermint. Peppermint in our home is referred to as the hot cooling oil. Yes, it seems to feel hot even though it is primarily an oil that cools. And, one family member, (I won't be specific) says "there is no in between with Peppermint. If you are feeling nauseous, and it will either calm it completely or make sure whatever is ailing you comes out."

The medical properties of Peppermint are it is anti-inflammatory, anti-tumoral, antiparasitic (great to take with you if you travel to third world countries), antibacterial, antiviral and antifungal. It is also a gallbladder and digestive stimulant. It is a pain-reliever and curbs appetite.

It can be used for Rheumatism/arthritis, respiratory infections (it wonderful for pneumonia), obesity, viral infections (herpes, colds sores), fungal infections/candida, digestive problems, headaches, nausea, skin conditions and back problems.

As you can see, it is also a very versatile oil.

As an aromatherapy, it is purifying and stimulating to the conscious mind. When it is inhaled, it removes and restores the sense of taste by stimulating the trigeminal nerve.

Another thing I use peppermint for is headaches. Although most headaches are caused by lack of hydration, sometimes those sinus ones just won't go away. I dab a couple of drops of peppermint oil on the back of my neck and the side of each temple.

One caution about this powerful oil, always wash your hands after an application. You will not, I repeat, you will not, enjoy if this oil comes in contact with your eyes or your nether region.

This is the second oil that I would add to your natural medicine kit which every Mom/Coach should have one! Call us to reserve yours today and get started building your natural medicine Kit!

Lots of wonderful things happening at Natural Healing Express! And the Silver Fox café is the place to be!

Come try some healthy gourmet food – delicious and fast! Dr. Susan is available on Wednesdays and Saturdays and by appointment!

Enjoy! Hope to see you soon and as always, please contact us via one of the following methods. Natural Healing Express: Phone 815 990 8732, email: skscham@aol.com 204 W Main St, Lena, IL 61048.

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