

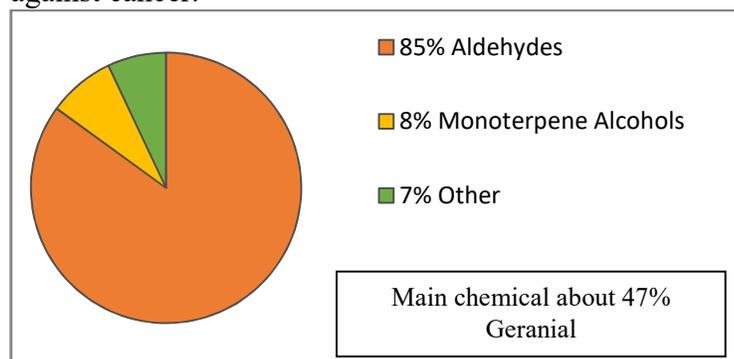
## Lemongrass, Organic: Nepal, (*Cymbopogon citratus*)

Lemongrass is a tall, six foot high, grass that grows profusely in warm tropical regions. The name is derived from the spicy lemony aroma that emanates from the plant. Traditionally it has been used in Asian medicine, cooking (Chinese and Thai recipes), skin care products, perfumes, as an insect repellent, and by beekeepers to treat new hives. (The oil is not only antimicrobial but it also and also mimics the natural pheromones of the bees.) Lemongrass has similar chemistry as Litsea with the high Aldehyde content and the main chemical component in both being about the same.

**Primary Usages:** Assists toning tissue and muscles (joint pain, repairs, regenerates connective tissue, tendonitis), regulates the parasympathetic nervous system, cardiovascular support (strengthens vascular walls, assist poor circulation, varicose veins), aids respiratory infections, opens the pores, assists digestive issues (settles digestion, eliminates excess gas), and eases headaches.

**Secondary Usage:** Bladder and kidney conditions (infections, fluid retention), drains the lymph nodes, eliminates excessive perspiration, and can also be used as an effective deodorant when diluted. Used as an insect repellent for wasps, fleas, lice, and ticks (especially dogs). Useful for external fungus conditions (ringworm, athletes' foot, toenail) and stimulates the immune system and liver.

**Has Been Reported:** Tonic to the nervous system and emotions (nervous disorders, shaking hands, Parkinson's, vertigo, stress, depression, insecurity, loneliness, anxiety, lack of confidence, hopelessness, and mental fatigue). Lemongrass increases lactation and indirectly assists the baby's immune system. Shows positive results with assisting to improve eyesight and as a preventative against cancer.



**Descriptor:** Aids Connective Tissue, Cardiovascular Support, General Health Tonic, Digestive Aid, Lymph Support, Antimicrobial, Pesticide

**Application:** Apply topically, diffuse, and add a drop in water for a tonic.

**Caution:** This is a "hot" oil. Use sparingly and in dilution.

**Found In:** Allergy Free, Joint Support, Pain Free, Thyroid Support, To Be

**Influences:** Uplifting fragrance that is calming, increases spiritual and mental awareness, aids self esteem, and protects against negative energies. A wonderful oil to diffuse for its overall therapeutic and air purification properties.

**Medicine Wheel:** A Primary West and Secondary North.

**Blends Well With:** Basil, Birch, Black Cumin, Citronella, Cypress, Eucalyptus, Geranium, Marjoram, Myrtle, Peppermint, Pine, Rosemary, Spruce, Thyme, Wintergreen

**Recipes:** When using for eyesight, mix two drops Helichrysum italicum, three drops Frankincense, four drops each of Eucalyptus, Lavender, and Cypress, along with six drops of Lemongrass into one ounce of carrier oil and massage around the boney part around the eye several times a day. Apply on the closed eyelids at night. Avoid getting the oil in the eye as it will "burn".