

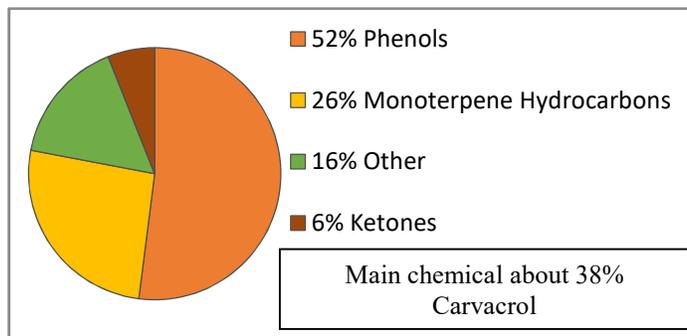
Mountain Savory, Organically Grown: Hungary (*Saturejamontana*)

Mountain Savory, also called Winter Savory, is a smaller bush with white flowers that is an important culinary and medicinal plant. Historically it was used by the Ancient Romans as a digestive remedy for diarrhea and colic. Because of the high Carvacrol content, use extra caution with this oil because it can burn and blister sensitive skin.

Primary Usages: It is beneficial against viruses (Epstein Barr, herpes) bacteria, major infections (urinary, gastro-intestinal, vaginal), and supports and revitalizes the immune system. Has been used as a general tonic for the whole body support. It eases arthritis, warms muscles, raises blood pressure, stimulates circulation, and assists hypotension.

Secondary Usages: Used for cramps, nausea, diarrhea, dysentery, indigestion, gas, strep throat, mononucleosis, gingivitis/periodontitis, tonsillitis, tuberculosis, typhoid fever, flu, colds, coughs, pneumonia, and inflammation of the lymph nodes. With its high phenol content, Mountain Savory is a strong antiseptic and assists with abscesses, burns, cuts, boils, athlete's food, gangrene, and shingles. It assists the adrenal glands, pancreatitis, rheumatic fever, scoliosis, and spinal bifida.

Has Been Reported: Beneficial on one's psychological state of mind and promotes feelings of well-being. Relaxing to the body and eases stress and anxiety.



Descriptor: Anti-Viral, Anti-Fungal, Anti-bacterial, Antiseptic, Decongestant, Stimulates Liver, General Tonic

Application: Use diluted (one part oil to four parts carrier oil) then apply 2-4 drops on location. Apply to bottoms of feet, spine or area of concern

Caution: Hot oil. Use with extreme dilution on sensitive skin.

Influences: Its sharp spicy aroma is energizing and motivating. Promotes opening of the sacral, solar plexus, and heart chakras. Assist in letting go of hurt and disappointments by allowing energy to flow from the root chakra to the heart chakra allowing us to embrace unconditional love. The body's energy may be stuck as a result of shame, guilt, or even fear of intimacy and Mountain Savory allows the heart to open and the energy to flow to improve overall wellness.

Medicine Wheel: Primary Center and Secondary North and East. Tonifies the Yang, increases the Guardian Qi (Immune System), and normalizes the Yi/Intention.

Blends Well With: Ajowan Seed, Basil, Cedarwood, Chamomile, Citronella, Citrus oils, Eucalyptus, Geranium, Lavender, Lemongrass, Marjoram, Myrtle, Oregano, Peppermint, Pine, Rosemary, Tea Tree, Thyme

Recipes: Use Mountain Savory with Oregano and Lemon as a natural antibiotic. Use a few drops in a capsule to combat bacterial infections and boost the immune system.

Recent research shows that a combination of Mountain Savory, Rosemary, and Tea Tree is effective to kill resistant staph infections (MRSA).