

Myrtle, Organically Grown: India (*Myrtus communis*)

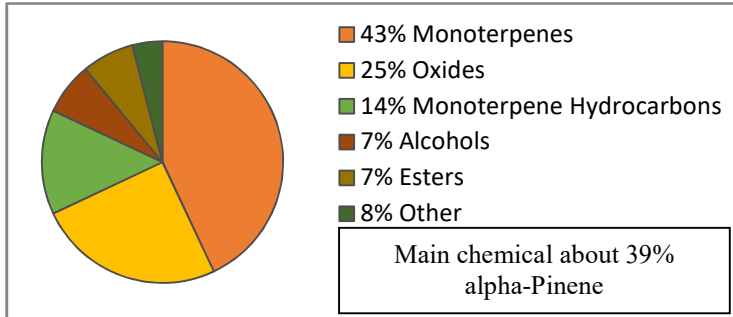
Myrtle essential oil comes from a large, very fragrant bush native to North Africa. The ancient Egyptians used Myrtle for sore throats and coughs and it was considered relatively mild and suitable for children.

In the industry there is hype about Red versus Green Myrtle and what oil is the best for therapeutic purposes. Generally Green Myrtle is the oil that most therapeutic oils companies use; however, the truth of the matter is not about the bush but about the chemistry of the oil. In most cases properly distilled Green Myrtle has higher alpha-Pinene content and less Cineole but most distillers produced the oil with the opposite chemistry thus lowering its therapeutic value. When purchasing Myrtle, Healers should find a trusted supplier that produces a lower Cineole and higher alpha-Pinene chemistry regardless of the color of the bush.

Primary Usages: Respiratory (infections, coughs, chest complaints, asthma, bronchitis, sinus infections, colds, flu, tuberculosis, sore throats), immune system, and is a mild sedative and can assist those with difficulty sleeping (insomnia).

Secondary Usages: Assists one in becoming whole and balanced by releasing anger, inner conflict, and balancing the male and female energies of the body. It assists in normalizing hormonal imbalances of the thyroid and ovaries and is decongesting to the prostate.

Has Been Reported: Useful for skin (acne, large pores, oily skin, blemishes, bruises, psoriasis, wrinkles, scaling, inflammation), hemorrhoids, digestion, and increases the immune system response. Has been known to neutralize poisons from insects, animal bites, stings and eliminate itching involved.



Descriptor: Decongestant, Expectorant, Hormone Balancing

Caution: Use with caution while pregnant.

Found In: Allergy Free, Breathe Free, DNA Release, Thyroid Support

Application: Apply on location, bottom of the feet, chest, back, and diffuse. For emotional work: apply 2 drops over the heart and massage into the area. Next rub your hands together, cup them over your nose breathing in deeply, and exhaling slowly while you release any negative thoughts. Do this for several minutes.

Influences: Elevating, euphoric, and has a cleansing effect on the emotional body. It is rejuvenating to the body as it eases stress, promotes emotional harmony, and assists those with addictive patterns that they are working to change.

Medicine Wheel: Primary North and Secondary South. Increases and strengthens the Lung Qi.

Blends Well With: Bay Leaf, Bergamot, Clary Sage, Clove Bud, Eucalyptus, Ginger, Hyssop, Lavender, Lime, Peppermint, Rosemary, Spearmint, Tea Tree, Thyme