

## Wintergreen, Organic: Nepal (*Gaultheria procumbens*)

Wintergreen and Birch oils are almost identical oils and both contain about 92%, or greater, methylsalicylate. This is a chemical compound that can easily be manufactured so almost wintergreen and birch sold in the market is synthetic. Make sure you are purchasing from a reputable source and the cost reflects a pure oil price.

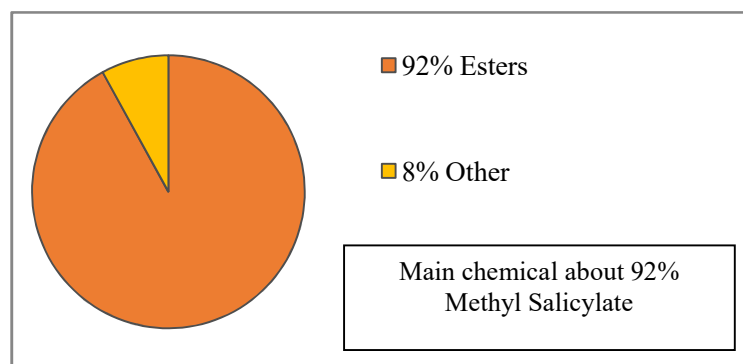
Wintergreen oil comes in two basic colors, clear and pink. The clear oil has no, or hardly any, flowers where as the pink to red oil was distilled with flowers. Since companies are now starting to add red color chemicals to their wintergreen, purchasing only the red color wintergreen is no longer a standard to ensure pure essential oil.

Even though the FDA has approved this oil as a flavoring, taking this oil internally is not recommended by Natural Practitioners. There are so many safer essential oils that will do just as good, if not better, job in their therapeutic healing action. Taking one drop of Wintergreen or Birch on the tongue is quite safe, extremely powerful, and tastes great but there is still the potential for toxicity in larger amounts. Ten drops of wintergreen oils is considered to be the equivalent to one adult aspirin tablet so swallowing a few bottles of Wintergreen or Birch would be like swallowing an entire bottle of aspirin. Not a good thing practice and it could potentially be deadly.

**Primary Usages:** External use for its pain relief and anti-inflammatory properties. Very beneficial for assisting in overall body pain, muscle and joint discomfort, arthritis, and the healing of broken bones. We suggest massage therapists us Spruce instead of Wintergreen.

**Secondary Usages:** Use to treat poor circulation, heart disease, hypertension, cellulite, and edema. The aromatic effects are uplifting and awakening.

**Has Been Reported:** Good to use as a liver stimulate, but avoid prolong exposure due to potential toxic buildup. Alkalinizing to the body and useful in the treatment of gout, ulcers, and psoriasis.



**Descriptor:** Anti-inflammatory and Analgesic

**Application:** Rub on area. Diffuse in small amounts.

**Caution:** This is a hot oil, poisonous if taken in large amounts, and will also sting an open wound. Limit usage.

**Found In:** Deep Heat, Pain Free

**Influences:** It is uplifting, awakening, elevating and opening. Useful for increasing awareness in the sensory system.

**Medicine Wheel:** Primary South and Secondary North.

**Blends Well With:** Birch, Eucalyptus, Helichrysum, Peppermint, Rosemary