Evergreens, Trees, and Fruit

*Oh My!*

Cindy Klement, MS, CNS, MCHES

Ann Arbor, MI
Cypress (*Cupressus sempervirens*)

- Ancient civilizations valued extracts from the cypress tree for medicine, and for burning as incense.
- Aroma is said to grant mental clarity.
- TCM used it for liver and respiratory health, to stop excessive perspiration, and for bleeding gums.
- Used as an effective perfume to “spread sweet memories”.
- Historically used to help detoxify and decongest the lymphatic system, reduce water retention, relax muscles.
History of Cypress

• Hippocrates used it to treat hemorrhoids
• 17th century England used for infertility
• Greek name *sempervirens* means ‘ever living’
• Cypress is also known as the "drama tree" because of its tendency to bend with even the slightest of breezes
• Used in religious rituals to calm the mind, or to assist one in recovering from loss

Cypress Oil - Common Uses Today

• Bedwetting
• Painful menstruation, excessive menstrual flow, menopausal issues
• Calm nervous tension, anxiety and stress
• Oily skin, hair loss
• Insect repellent
• Antimicrobial properties assist in healing cuts more quickly

http://ayurvedicoils.com/tag/health-benefits-of-cypress-oil
https://draxe.com/cypress-essential-oil/
More Common Uses of Cypress Oil:

- Tired or need help with concentration
- Headaches, relaxes muscles
- Detoxify and decongest lymphatic system
- Head colds, cough, bronchitis and as an expectorant
- Applied topically to fibrocystic breasts
Suggestions:

- Astringent for oily skin – 20 drops in 8 oz. facial lotion or cream, and also apply to varicose veins
- Insect repellant – 5 drops in tsp water
- Diffuse during respiratory issues
- Excessive menstrual flow – mix 50:50 with a carrier and apply to lower abdomen
- Nosebleeds – apply few drops to a cold compress and press against nose
- Headaches – apply to forehead and neck every 4-6 hours as needed
- Relieves pain over affected body areas, useful for injury rehabilitation 2—3% dilution rate
Suggestions:

- Tension/stress – breathe from a tissue or handkerchief
- Fibrocystic breasts - apply 5 drops in 1 tsp carrier to breasts
- Speed healing of wounds with 1-3 drops of cypress in tsp. carrier
- Excessive perspiration – apply to wet underarms, foot soak to deodorize sweaty feet
- Serves as a diuretic, to reduce swelling, assist kidneys – 5 to 7 drops diffused in ½ - 1 cup water, for 30-60 minutes a few times daily
- Useful for cellulite in a 2-3% dilution rate, applied 1-2x day, as well as to firm loose skin resulting from weight loss or aging
Dilutions and Measures

Dilution Percentages:

1% dilution = 6 drops essential oil to 1 oz carrier
3% dilution = 20 drops to 1 oz carrier
5% dilution = 30 drops to 1 oz carrier
10% dilution = 60 drops to 1 oz carrier

Measures:

10 mL = 1/3 ounce (2 teaspoons)
30 mL = 1 ounce (2 tablespoons)
60 mL = 2 ounces (4 tablespoons)

Lime Peel (*Citrus x latifolia*) Oil

• In ancient Ayurveda and Traditional Chinese Medicine lime was used to clear the life force, aura, prana, energy field, chi or qi, to restore confidence.
History of Lime

• Do to its antiviral, antibacterial, and antiseptic properties, lime was used for fevers, infections, sore throats, colds

• Used to stimulate and refresh a tired mind, and help with depression

• A closely guarded military secret, lime was used as a remedy for scurvy in the 19th century for British sailors and explorers spending long periods of time at sea

Lime Oil - Common Uses Today

- Supports healthy hair
- Assists with acne and other skin problems
- Promotes digestion
- Used in fever and for respiratory issues
- Tonic to the mind and body
- Stimulant, antiseptic
- The American Dietetic Association suggests lime for morning sickness and nausea

[Read more](http://articles.mercola.com/herbal-oils/lime-oil.aspx)
[Read more](http://naturaldatabase.therapeuticresearch.com/nd/Search.aspx?cs=&s=ND&pt=100&d=548&ds=&name=Citrus+lma+(LIME)&searchid=61794021)
More Common Uses of Lime Oil

• Weight loss - groups treated with lime essential oil in research studies displayed a reduction in body weight and food consumption

• Lime essential oil possesses important properties to relieve spasms

• Showed ability to decrease systolic blood pressure by stimulating parasympathetic activity

Suggestions:

• Use it to remove grease spots, sticker residue, and gum
• Put lime oil on a cotton pad and use it to wipe surfaces clean – even a dry erase board
• Lime prevents fruits from turning brown by adding 1-2 drops to your fruit wash
• Repel insects, such as mosquitoes and ants, by simply diffusing it in the home
• Useful on wounds and for fevers
Suggestions:

• Very good for those recovering after injury or illness
• Tones up muscles, tissue, skin
• Tonic effect helps prevent appearance of aging such as wrinkles, age spots, and hair loss
• Activates secretion of digestive juices in mouth and stomach
• Astringent properties – feeling of firmness, fitness and youth
• Antiviral, antibacterial, disinfectant
Ravintsara (*Cinnamomum camphora*)

- Ravintsara leaf oil is also known as “ho leaf” oil
- Often confused with *Ravensara* (sometimes called clove nutmeg) which resembles a combination of cinnamon and eucalyptus
- Ravintsara smells greener and more like a camphor-eucalyptus combination, and is referred to as “the oil that heals” in Madagascar
- Considered by some to be a “universal oil” like lavender

http://roberttisserand.com/2010/02/ravensara-rant/
http://www.theresanoilforthat.com/ravinsara-ravintsara.html
http://aromaticstudies.com/?s=Ravensara
History of Ravintsara

- Used traditionally to prevent infectious disease
- Lump of the resin was worn around the neck for protection
- Used for nervous and respiratory diseases, as well as heart failure
- Used for colds, flu, fever, pneumonia, diarrhea, and congestion in the respiratory system

https://aromaticstudies.com/ravintsara-vs-ravensara-whats-the-difference/
Ravintsara Oil – Common Uses

• A “peaceful" oil – a good choice when needing to relax or unwind
• Helps one to focus in the midst of stressful situations
• Calm the nerves, excellent nerve tonic
• Helps to clear brain fog and strengthen motivation

More Common Uses of Ravintsara Oil

- Enhances the appearance of healthy-looking skin
- Respiratory and immune-boosting properties
- Insecticidal, antimicrobial, antiviral, antifungal, antinociceptive, antitussive
- Exhibited higher activity than two synthetic antibiotics in a clinical study

Suggestions:

• Fill a bowl or sink with hot water and add 6-8 drops; cover head and shoulders with towel and inhale vapors for colds and flu

• Rub a few drops of oil diluted in a carrier and rub on the chest for breathing issues and to act as an expectorant, or diffuse before bed

• Mix a few drops into an ointment or salve and apply to cuts, also useful for itching and redness and other skin conditions such as acne

• Add several drops to face cream to keep skin moisturized and healthy

• Diffuse or inhale directly from the bottle for stress relief, or rub a few drops on your temples and neck
Suggestions:

• Put a few drops on a hanky and place in pillow case for better sleep, or diffuse at bedtime
• Diffuse in the home to get rid of unwanted odors – cooking, pets, tobacco
• Mix into a carrier and massage into muscles and joints each evening before bed when sore from physical exertion, or soak in a bath for 20 minutes to relax and drain tension
• Builds immunity, better chance of avoiding viruses
• Clears clogged sinuses, helps relieve headaches
• Lifts mood, energizes mind
Atlas Cedarwood (Cedrus atlantica)

• Used in various traditional medicine practices, including Ayurveda, where it was used to treat diarrhea, headache, fever, urinary infections, flatulence, hemorrhoids, arthritis, and respiratory congestion

http://www.aromatherapylibrary.com/cedarwoodessentialprofile.html
History of Cedar

• Egyptians used cedarwood for spiritual embalming purposes

• Cedarwood oil is grounding and calming, and is said to help combat negativity

• Was used in the Far East as a remedy for urinary tract and bronchial problems

• Religious significance in Hinduism and Christianity where cedarwood was revered as a serene fragrance that would kindle a spiritual feeling and bring one closer to God through prayer

http://www.aromatherapylibrary.com/cedarwoodessentialoilprofile.html
History of Cedar

• It was traditionally believed by Native American Cherokees that a small piece of cedarwood tied in a medicine bag and worn around the neck would build a protective shield against illnesses and result in quicker recovery.

• Ancient Europeans used it for curing flatulence, indigestion, plague, fever, small pox and leprosy.
Cedar Oil Common Uses

• Useful during times of chaos or conflict when one needs grounding to reflect on the situation, or to use during meditation to help change one’s perspective
• Improves wisdom and focus, centers oneself
• Improve personal outlook and self esteem
• Antifungal, antiseptic, diuretic, astringent, and sedative properties
• Stimulates metabolism
• Regulates menstruation

More Common Uses of Cedar Oil

• Headaches, fever, analgesic
• Insect repellant
• Hair loss
• Natural antioxidant in skin care
• Detoxifier
• Respiratory expectorant
• Aids digestion

http://www.aromatherapylibrary.com/cedarwoodessentialoilprofile.html
Suggestions:

• Apply to scalp and let sit for 30 minutes before shampooing, or simply add to shampoo or conditioner when hair loss is present – apply warm towel to help absorption by the scalp

• Apply topically on wounds by mixing cedarwood with a carrier lotion, salve or oil

• For dry, itching skin or scalp use 2-3 drops to one ounce carrier

• To tighten pores and even out skin tone use 2-4 drops to 1 tabl. lotion

• For aches and pains, or spasmodic conditions, inhale the oil or add 5-10 drops in a bath

https://draxe.com/cedarwood-essential-oil/
Suggestions:

• To relax tightened muscles, use 4-5 drops in a carrier and massage into muscles, or add to a bath and soak – it has a cooling effect

• Natural deodorizer for body and home

• Insect repellant for ants, mosquitoes, flies, moths, other insects – add a few drops to cotton ball and place in pest-ridden areas

• As a diuretic, 2 drops in a carrier and rub over bladder and kidneys

• To regulate menstruation, inhale from bottle or diffuse

• Historically used to improve personal outlook and self-esteem

https://draxe.com/cedarwood-essential-oil/
Perfumes, Insect Sprays, Household Use:

• Use your intuition – there are no rules
• Start small, mixing no more than 2 to 5 oils per blend
• Allow blends to age a week or more before adding them to carrier oils

Dr. Axe’s Essential Oil DIY Guide

Homemade Men’s Cologne:
• 5 drops cedarwood
• 3 drops bergamot
• 2 drops sandalwood
• 8 ounces 70% alcohol or vodka

Mix together in a roll-on tube or in a spray bottle

https://draxe.com/essential-oils-guide/
References


• Evans J. Historical Research. University of Hertfordshire, Institute of Historical Research, University of London School of Advanced Study. 2014;87(237):423-443.


References


