



Spring Remedies

Spring remedies to support the immune system

In spring I like to choose essential oils extracted from the leaves of the plant as they relate to our Rhythmic system, the breathing system of our body. In other words the lungs; according to TCM (Traditional Chinese Medicine) and The Doctrine of Signature (the ancient method of plant identification) The leaves, too, breathe, exchanging gases and capturing the sun's energy through the green chlorophyll.

The 3 essential oils listed here are distilled from the leaves of a plant and are indispensable during the flu season:

No of drops/Essential Oils

4 drops Niaouli (*Melaleuca quinquenervia viridiflora*)

2 drops Inula (*Inula graveolens*)

4 drops Ravensara (*Cinnamomum camphora cineole*)

Properties

Anti-infectious

Respiratory infections

Anti-viral, immune stimulant

1. Fill up a 10ml amber glass bottle with a cold pressed vegetable oil (base oil of your choice)
2. Add the essential oils and shake very well before use

To apply: Apply as a chest rub or body oil on a regular basis especially at the first sign of a cold, cough or when feeling run down.

Shelf life: Your blend should last 6 months provided the lid is closed properly and stored in a cool dark place.

Important: The information given does not replace medical advice or opinion.

Reprinted from Earth Girl Creations Newsletter issue 18 March 2007