

HEALING ESSENTIALS AROMATHERAPY NEWSLETTER JULY 2015



Issue #19 Featuring Lemon Essential Oil

MONTHLY SPECIAL BELOW: Healthy Women's Breast Oil
(See description and comments on page 4.)

Lemon Essential Oil (*Citrus limon*)



In previous Healing Essential Newsletters it was stated that Lavender is the “mother of essential oils,” and Rose is the “queen of essential oils.” Well, it can easily be said that Lemon essential oil is the “most versatile of essential oils.” There seems to be endless ways to use it and thus it should always be one of the first purchased for the aromatherapy beginner. Whereas the internet abounds with ideas for drinking lemon juice, here Lemon essential oil, which is quite different, will be discussed. Lemon essential oil is derived from the lemon peel and not the juice.

Botony and History: Origin and Distribution

Among the 50 varieties of lemons most commonly used are the Eureka Lemon and Meyer Lemon. All citrus trees have qualities in common. Their energy and fragrance is always cleansing, and the lemon is no exception. Their flowers are most abundant in the spring but only about 2% of all citrus flowers actually produce fruit. The flowers though are usually so abundant that even this small percentage is enough to ensure a good crop. Citrus trees are also long lived. They can last as many as 100 years if cared for properly, and the lemon tree again is no exception. It is relatively easy to start a lemon tree from seed. The true home of the lemon is unknown, though some have linked it to northwestern India. It is supposed to have been introduced into southern Italy in 200 A.D. and to have been cultivated in Iraq and Egypt by 700 A.D. It reached China between 760 and 1297 A.D. Arabs distributed it widely in the Mediterranean region between 1000 and 1150 A.D. It was prized for its medicinal virtues in the palace of the Sultan of Egypt and Syria in the period 1174-1193 A.D. Christopher Columbus carried lemon seeds to Hispaniola in 1493. The Spaniards may have included lemons among the fruits they introduced to St. Augustine. They were grown in California in the years 1751-1768. Lemons were reported to be increasingly planted in northeastern Florida in 1839. Lemon juice was considered the best of all anti-scorbutics, a remedy for scurvy. English ships were required by law to carry sufficient lemon or lime juice for every seaman to have once daily after being at sea for ten days or more. Today very beautiful Lemon essential oil comes from Italy.

Lemon Symbolism and Religious Use:

Lemon has an enduring symbolism of freshness, healing, and cleansing. The lemon tree fruit is very acidic, and its fragrance is cleansing. The lemon tree is a catalyst for clarity of thought and help to keep the mind cleansed of negative emotional influences. Lemon is often used in rituals of love. Usually the rind is collected, dried, and ground into a powder, which may be added to any incense. The oil may also be extracted, which may be made into a lubricant for rituals which will involve sacred activities. The Master Book of Herbalism/Paul Beyerl

Some lore says that a small heart-shaped piece should be cut from the peel, dried, and carried in one's purse or pocket to attract a mate. Another lore involves cutting the peel from a lemon in a single piece, without breaking it. This is said to attract a new love within the period of a Moon.

In the Middle Ages, lemons were a common component in love potions. If a woman dreams of lemons, it portends good luck in relationships. On Dreams/Mary Summer Rain

Bitter oranges and lemons are found in portraits since the 15th century. Varied meanings are tied up with the fruits. Often a citrus fruit represented the social or moral status of the portrait subjects. But citrus fruits could also point to personal botanical preferences and to dream destinations in Southern climes. Often silver or porcelain lemons were also used as door and jar knobs. In addition, porcelain lemons decorated the tables of upper-class parties. Among the best-known Rococo figures are the reproductions of Paris street vendors, which, known as the Cris de Paris series, originate around 1744. Here, too, the lemon vendor or 'lemon monger' is to be found.



Eureka Lemon



Meyer Lemon

Description of Lemon Essential Oil:

Note: It is very important to purchase organic Lemon essential oil as pesticides are widely used on lemons.

Parts of plant used: peel. **Method of Extraction:** Oil is obtained by cold expression. **Color:** Pale yellow to greenish yellow. **Consistency:** Fluid. **Note:** Top. **Aroma:** Light, fresh, sweet distinctly lemon aroma. **Chemical constituents:** Lemon essential oil is mostly 70% *limonene* which is said to limit reproduction of tumor cells; and *citral*, which is responsible for what we recognize as the lemon note.

Blends well with: Bergamot, Clary Sage, Eucalyptus, Fennel, Frankincense, Geranium, Helichrysum, Lavender Lemongrass, Melissa, Neroli, Nutmeg, Orange, Rose, Sandalwood, and Ylang Ylang. **Lemon Essential Oil is a great modifier when making medicinal blends using Tea Tree and Eucalyptus.**

Properties of Lemon Essential Oil: Lemon (*Citrus limon*): Lemon has a multitude of properties, especially as an anti-viral. Others include antibacterial, anti-anemic, anti-coagulant, anti-infectious, anti-inflammatory, antimicrobial, antifungal, anti-rheumatic, anti-sclerotic, antispasmodic, antitoxic, antiviral, astringent, carminative, cictrisant, depurative, diaphoretic, digestive, diuretic (mild), febrifuge, hypotensive, insecticidal, lymphatic decongestant, stomachic, tonic, vermifuge.

Lemon Essential Oil Remedies:

- ❖ **Internal Use:** See many uses below.
- ❖ **Circulatory System:** Excellent tonic to reduce arterial plaques and reduce cholesterol. Tones varicose veins.
- ❖ **Dermatologic:** As an astringent used to counteract overproduction of sebum. **Remedy:** Add a drop to your shampoo, or massage several drops diluted in water into the scalp and hair follicles each time you shower. Tones aging skin. Use neat to treat warts.
- ❖ **Immune System:** Well documented antimicrobial properties are useful to treat colds, flu, and asthma. At a dilution of 2%, lemon oil kills diphtheria bacilli in 20 minutes.
- ❖ **Lymphatic System:** Stimulates effective detoxification of liver, pancreas and lymphatic system. Kurt Schnaubelt writes, "1 to 3 drops of Lemon e. o. in a glass of water provides sufficient quantity of essential oil to produce a balanced inhibition and induction of liver detoxification enzymes. Start with one drop to gage effects." **Remedy:** Lymphatic Cleansing: Massage into the body with a carrier oil, moving from your outer extremities toward the heart. Diffuse daily when detoxing is a priority. Lemon oil is a litholytic and can assist in dissolving kidney and gall bladder stones. **Remedy:** Eat, drink, or take a couple drops of lemon oil in capsules to help prevent kidney stones.
- ❖ **Gastro-Intestinal:** Relieves nausea and calms stomach. Balances the PH of the digestive system as it is alkalizing. **Remedy: Constipation:** Dilute 1 drop of lemon essential oil to 5-10 drops of coconut oil and massage in a gentle clockwise direction over the abdomen.
- ❖ **Nervous System (CNS):** Known to lift spirits and overcome mental fatigue. Studies show concentration is improved by diffusing. Clears the mind and aids in decision making but is not mentally stimulating. In fact, it can be calming to overwrought emotions. **Remedy:** For Anxiety: Place a drop in your hands to inhale, or diffuse through the room. **Remedy:** For depression: Add a drop to the pillow for the aromatic benefits. Use in massage blends or add a drop to water or tea.
- ❖ **Respiratory System:** **Remedy:** For allergies: Mix 2 drops of Lemon, 2 drops of Lavender and 2 drops of Peppermint with several ounces of water. Swish in mouth or gargle. **Remedy:** Flu: Massage into the reflex points of the feet and hands or over the abdomen. Diffuse in the room, add a drop to the pillow or on the clothes for aromatic properties and to help fight illness.
- ❖ **Effect on Tumor Cells:** Recently a range of influences of *limonene* on receptor-mediated processes has been documented showing it to be preventative and curative on breast cancer in rats." Kurt Schnaubelt, PhD., Medical Aromatherapy, 1999 Frog Ltd., Berkeley, CA.
- ❖ **Subtle Energy:** At a subtle level can be compared to Rose Essential Oil to open the heart by alleviating fears. "Lemon is like a breath of fresh air positively wonderful to have around, not too bothered by the struggles and strains of living, able to take everything quite calmly." The Fragrant Mind, Valerie Worwood, 1995.

Method of Application: May be used topically in massage, compress, bath, ointment and skin care. May be inhaled directly, in diffuser or steam inhalation. **Caution:** Do not use on skin prior to sun exposure. May be photo-toxic. When working with Lemon essential oil, as with all oils, avoid getting in eyes. Lemon peel oil may cause chronic contact dermatitis in those who handle, cut and squeeze lemons daily. People that suck lemons may suffer irritation and eruptions around the mouth. The wood of lemon trees and its saw-dust may induce skin reactions in sensitive woodworkers. Also, the thorns of the lemon tree inflict painful punctures and scratches.

Additional Uses of Lemon Essential Oil: The following are potential uses found in or on **Modern Essentials, Aromatic Science, PubMed.gov**, as well as through anecdotal experience and other resources. Use them to inspire your own ideas, experiment, and see what works for you.

Air Pollution: Diffuse after painting, during bouts of illness, or anytime air quality may be a concern.

Bites/Stings: Lemon oil promotes healing and decreases likelihood of infection when using a small dab on the site of the bite or sting. Use as frequently as every 30 minutes.

Blood Pressure Regulation: Add a drop to your water or herbal tea, or anytime you're cooking with lemon juice.

Carpet Deodorizer: Add a few drops to baking soda as a carpet deodorizer as you vacuum.

Disinfectant: Add to your homemade cleaning products, add a drop to dishwasher or 3 drops to bathwater, use in the washing machine and/or dryer.

Furniture Polish: Add several drops to a half cup of olive oil or beeswax.

Gout: Use topically with care, or soak the infected area in warm water with several drops of lemon essential oil. Take internally in water or a tsp of honey 2-5 times throughout the day.

Grief/Sorrow: Use this aromatically by diffusing throughout the home, or apply to the reflex points of the feet.

Gum/Grease/Sticker Removal: Apply several drops to gum stuck in hair or to clothing, furniture, etc. Apply over grease stains before washing. Use a drop or more over sticker residue to remove from walls or windows.

Purification: Diffuse or create sachets to place throughout the home. Great during cold and flu season to diffuse through the home. Add a drop to a small pan of warm (not boiling) water on the stove for aroma to fill the house.

Refrigerator Wipe: Add one drop to wet cloth. Deodorizes and prevents odors from penetrating foods.

Room Spray or Bathroom Surface Cleaner: In a spray bottle, add 2-6 drops to distilled water.

Water Purification: Where clean water (or just good tasting water) is a concern, add a drop of lemon essential oil to each glass of water, stir, and let sit for 5 minutes before drinking.

New Healing Essentials Product: Healthy Women's Breast Oil. Due to the phenomenal increase in women's breast cancer, I have created a women's breast massage oil that has properties that help prevent benign breast tumors or chronic breast mastitis. So far several clients using it have reported good effects. Please Note:

"I have suffered from Fibrocystic Breasts for the past 10 years, increasingly becoming excruciatingly painful over the past 8 months. After using Pat's Healthy Women's Breast Oil for 2 weeks the cysts dissolved dramatically and the pain diminished significantly. This product has changed my life. Thank you Pat!"

Melissa Warren

Monthly Special: Healthy Women's Breast Oil

Contains: Frankincense, Lemon, Lavender, Orange, MQV, Rose Geranium and others.

Original price: 30 ml. \$12.00

NOW \$10.00!

Healing Essential News: A reminder that my products are currently being sold at "Digs" a florist shop in Ojai located on the corner of Hwy 150 and 33 (150 is the road to Lake Casitas). Products are being sold separately or as an addition to flower arrangements and baskets. Bath sets and Relaxation Sets added to a floral basket make lovely Get Well gifts.

Dear Friends, I hope you are all sipping your fresh lemon water, adding a few drops of lemon essential oil to your pillow at night, and generally enjoying a wonderful relaxing summer.

Patricia Wing, RN, IAC, Clinical Aromatherapist

References:

1. [The Complete Guide to Aromatherapy](#), by Battaglia, S., P. 221-223.
2. Information on the history and images of Lemon are adapted from Wikipedia and various internet sites.
3. [Medical Aromatherapy](#) by Kurt Schnaubelt, Ph.D., p. 185-186.
4. [The Complete Illustrated Guide to Aromatherapy](#) by Julia Lawless.



Poem of the Day: Ode To The Lemon by Pablo Neruda

*Out of lemon flowers loosed
on the moonlight, love's
lashed and insatiable essences,
sodden with fragrance,
the lemon tree's yellow emerges,
the lemons move down
from the tree's planetarium*

*.....We open the halves of a miracle,
and a clotting of acids brims into the starry divisions:
creation's original juices,
irreducible, changeless, alive:
so the freshness lives on in a lemon,
in the sweet-smelling house of the rind,
the proportions, arcane and acerb.*

*Cutting the lemon the knife
leaves a little cathedral:
alcoves unguessed by the eye
that open acidulous glass to the light; topazes
riding the droplets, altars, aromatic facades.*

*So, while the hand
holds the cut of the lemon,
half a world on a trencher,
the gold of the universe wells
to your touch:
a cup yellow with miracles,
a breast and a nipple
perfuming the earth;
a flashing made fruitage,
the diminutive fire of a planet.*

Posted on November 5, 2014 by Chiara