

# HEALING ESSENTIALS AROMATHERAPY NEWSLETTER SEPTEMBER 2016



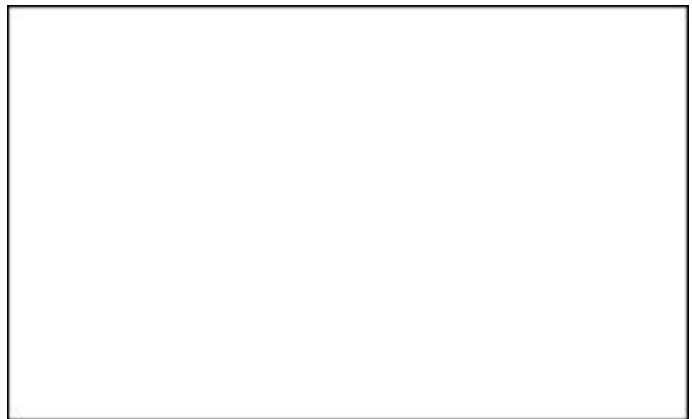
## Issue #25 Featuring Carrot Seed Essential Oil

Do you remember as a child picking Queen Anne's Lace and dyeing it different colors? I spent summers with my cousins in the hills of West Virginia and this was a pastime we loved to do. Yes... by adding food color to a jar of water the Queen Anne's Lace will take on the color. Our favorite shades were pink and blue. Carrot Seed essential oil comes from the seeds of the *Daucus carota* plant also known as Queen Anne's Lace, Wild Carrot, and Birds Nest.





**SEE MONTHLY SPECIAL BELOW**



**Carrot Seed (*Daucus carota*)**

**Properties of Carrot Seed Oil:** Carminative (settles stomach), cytophylactic (aids in regeneration of skin cells, depurative (purifies blood), diuretic (strengthens kidney function), hepatic (purifies liver).

**Uses for Carrot Seed Essential Oil:**

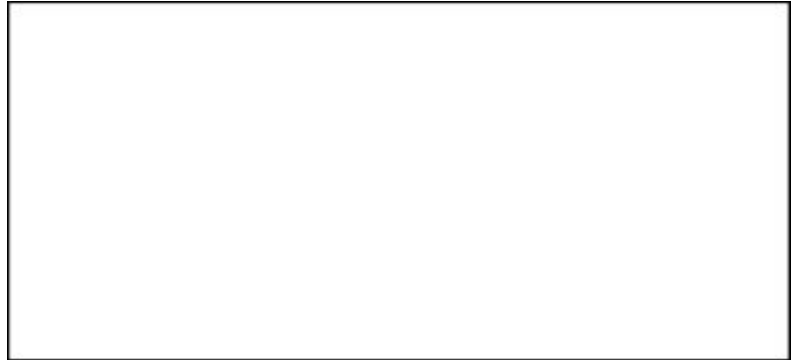
- ❖ **Circulatory:** Research suggests carrot seed has a vasodilatory effect.
- ❖ **Dermatological:** Known as a skin moisturizer and for regenerating skin cells. **Recipe:** For dandruff mix 6 drops Carrot Seed Oil with 2 TBSP. honey, 3 TBSP. oatmeal, and ½ ounce of Almond Oil. Massage into hair and scalp for 5 minutes then wash with shampoo.
- ❖ **Gastro-intestinal:** Has been demonstrated to show a relaxant quality to smooth muscle tissues in animals. Smooth muscle tissue is found in the lymph system, bladder, uterus, and gastro-intestinal system. **Recipe:** to relieve abdominal tension, blend a few drops of Carrot Seed oil, Peppermint, and Bergamot in 1 ounce of

Coconut oil and massage into abdomen. Also known for its purifying effect on the liver and is useful after an acute phase of hepatitis. **Remedy:** add 1-3 drops Carrot Seed Oil to tea for liver detoxification.

- ❖ **Musculo-skeletal:** Use as a massage oil to ease sore muscle.
- ❖ **Nervous System:** Can be used in a diffuser to relieve stress.

**Method of Administration:** Can be applied topically as a massage, in bath, or as skin lotion. May be inhaled directly or in a diffuser. Can be taken orally in small amounts.

**Caution:** Non-toxic, non-irritating. Do not use during pregnancy.



## New Product: Introducing Magnesium Oil Spray

There are four essential electrolytes that support cell metabolism: Sodium, Potassium, Magnesium, and Calcium. Sodium and Potassium regulate the flow of fluids across the cell membrane. Magnesium and Calcium help to maintain circulation, build bones and muscles and relax nerves. Magnesium is found in dark leafy greens, nuts, and seeds. Many Calcium supplements also include Magnesium. Those who do not absorb Magnesium well orally, or have a digestive disorder would benefit from Magnesium Spray. Based on the studies of the well-known neurologist and pain management expert, Dr. Sheehy, Magnesium Chloride is well absorbed by the skin. In Dr. Sheehy's research he has observed the following effects of Magnesium Chloride.

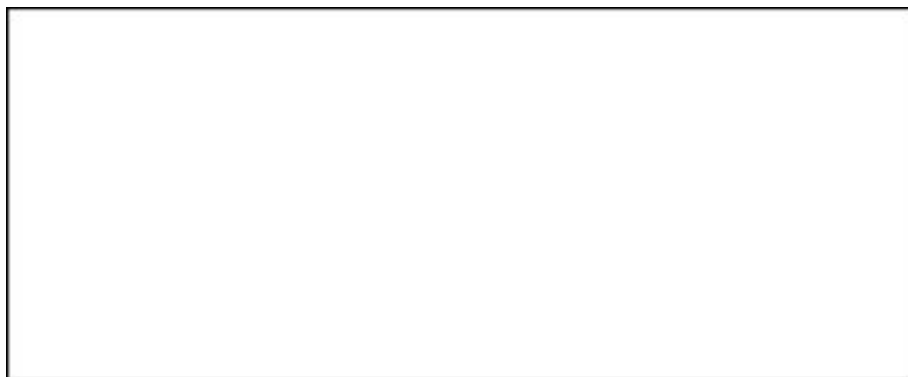
- Helps relieve pain from muscle spasms or soreness.
- Relieves symptoms of menopause and premenstrual syndrome (PMS)
- Can help keep blood pressure normal, bones strong, and the heart rhythm steady.
- Nourishing to skin.

Further comments from Dr. Sheehy: "Magnesium supplementation is actually crucial for everyone today but we have to pay special attention to the method of supplementation because this is critical in terms of effective body utilization. Magnesium is poorly absorbed orally, however when Magnesium Chloride is applied transdermally (applied to the skin), it is the ideal magnesium delivery system with unequalled medical benefits.

Coaches can now treat injuries, prevent them, and increase athletic performance all at the same time. Magnesium Spray enhances recovery from athletic activity or injuries. It reduces pain and inflammation while propagating quicker regeneration of tissues. Topical application of Magnesium Chloride increases flexibility, which helps avoid injury. It also increases strength and endurance.

Pain relief and muscle relaxation for people with arthritis and muscle cramping is an important and significant benefit of Magnesium. Applied directly to the skin, it alleviates chronic pain, muscle cramps, and in general makes our job of opening up and softening muscles and connective tissue much easier. Magnesium is a potent vasodilator, and smooth muscle relaxant."

**Ojai Healing Essentials Client Testimonials:** 1. "Since using Magnesium Oil, my husband has new hair growing in balding scalp areas." 2. "Magnesium Oil is restoring my dry skin."



### Patricia Wing, RN, IAC, Clinical Aromatherapist

1. [The Complete Guide to Aromatherapy](#), by Battaglia, S., P. 175-176.
2. [The Complete Illustrated Guide to Aromatherapy](#), by Julia Lawless, P.191.
3. [Aromatherapy Acology Today, Vol. 59](#). April 2014.
4. [The Healing Intelligence of Essential Oils](#), K.Schnaubelt, PhD. Pg.133.