Basil *(Ocimum basilicum)*

Has been found beneficial for alleviating mental fatigue, sharpening the senses, encouraging concentration and helping with memory loss by stimulating the nerves and the adrenal cortex. Also useful for some types of migraine headache. Use for aches and pains, physical sluggishness, anxiety, bronchitis, chronic colds, depression, weak nervous conditions, digestion, earache, fainting, fatigue, fever, gout, headaches, hiccups, insomnia, intestinal problems, chronic mucus, muscle spasms, prostate problems, routinizes, loss of smell, snake bites, vomiting, wasp stings and whooping cough. Has a particular affinity for the cardovascular system, and for muscles and bones.

Ingredient In: LeCrystal Clear, LeDandy, LeJourney, LeWarm Down, LeWeightless

Therapeutic Properties: Anti-spasmodic, restorative(stimulant for nerves and adrenal cortex), general stimulant, emmenagogue, digestive tonic, intestinal antiseptic, carminative, antibiotic

Application: Appropriate areas on feet; directly on areas of concern; diffused

Aromatic: Helps one maintain an open mind

Contra-indications: Avoid if pregnant or epileptic; use sparingly (2-3 drops) in baths; may irritate sensitive skin, especially if used undiluted

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