Birch *(Betula lenta)*

Has a cortisone-like action, making it useful for muscle and bone pain. Other uses: arthritis, rheumatism, tendonitis, inflammation, acne, bladder infection, cystitis, dropsy, cramps, eczema, edema reducing fever, gallstones, gout, infection, hypertension, reducing discomfort in joints, dissolving and reducing the pain of kidney stones, draining and cleansing the lymphatic system, obesity, osteoporosis, skin diseases, ulcers, and urinary tract disorders.

Ingredient In: [Le]Breezey, [Le]Deeper, [Le]Ez-Traveler, [Le]Magi, [Le]Paine

Therapeutic Properties: Anti-inflammatory, analgesic, antiseptic, antispasmodic, disinfectant

Application: Appropriate areas on feet, directly on areas of concern

Aromatic: Influences, elevates, opens and increases awareness in sensory system

Contra-indications: The International Federation of Aromatherapists recommends that Birch not be used under any circumstances. have used it and believe that it has a place if used prudently. Some people are very allergic to methyl salicylate which can make up as much as 99% of Birch oil. Always test a small area of skin first for allergies. As a single, Birch should be avoided during pregnancy or if epileptic.

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