## **Myrrh** *(Commiphora myrrha)*

A true gift, although it doesn't have a pleasing aroma! When we open our hearts and minds to receive the gifts of the spirit and of the material world, they will be given. Other Valuable Uses: Asthma, bronchitis, coughs, diarrhea, digestion, dyspepsia, (impaired digestion), flatulence, fungal infection, gingivitis, gum infections, hemorrhoids, hypo-thyroid problems, mouth ulcers, prostate gland decongest, ringworm, sore throats, skin conditions (athletes foot, chapped & cracked skin, eczema), stretch marks, vaginal thrush, viral hepatitis, wrinkles, wounds, chilliness

**Ingredient In:** LeBenediction, LeBountiful, LeDeeper, LeEz-Traveler, LeGrateful Heart, LeMagi, LeMeditation, LeWhispering Hope

**Therapeutic Properties:** Anti-inflammatory, pectoral, antiseptic, anti-spasmodic, cicatrisive, balsamic, expectorant, anti-fungal, astringent, vulnerary, soporific

**Application:** Apply to appropriate areas on the feet, or directly on areas of concern

**Aromatic:** Has been used in meditation for centuries, said to improve appetite, particularly after a long illness


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