Nutmeg *(Myristica fragrans)*

Supports the adrenal glands for increased energy and the ability to cope with stress. Other Valuable Uses: loss of appetite, arthritis, bacterial infection, bad breath, debility, chronic diarrhea, gallstones, indigestion or sluggish digestion, circulation, revival from fainting, flatulence, frigidity, gout, impotence, immune function, joints, muscles (also muscle aches and pains), menstruation (scanty periods and pain), nausea, nervous fatigue, rheumatism, neuralgia, supports the nervous system, vomiting. Strong cautions against undiluted or prolonged use. Dilute well, use a single drop or - best of all - use in a blend.

Ingredient In: [Le]Endo Relief, [Le]Energy, [Le]Focus

Therapeutic Properties: Antiseptic, anti-parasitic, general cerebral and circulatory stimulant

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

Aromatic: Not to be used singly in a diffuser

Contraindications: Must be used with extreme caution: if over-used or diffused over any length of time it has been known to cause confusion or delirium-even convulsions and over-stimulation of the heart and cardiovascular system; use extreme caution during pregnancy and never if epileptic; ALWAYS dilute well! In other words, really great when used in a blend!

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