Spruce *(Picea marianna)*

Creates the symbolic effect of the umbrella which protects the earth and brings energy in from the universe. At night the animals in the wild lie down under a tree for the protection, recharging, and rejuvenation the trees bring them. Spruce is grounding to the Solar Plexus and stimulating to the thymus, creating the feeling of balance necessary to receive and to give. It also helps one release emotional blocks. It may be beneficial for bone pain and aching joints. Valuable Uses: Arthritis, candida, glandular system, hyper-thyroidism, nervous system, prostate, respiratory system, rheumatism, sciatica pain, general tonic

Ingredient In: LcAspire, LcAssurance, LcBenediction, LcConnection, LcDeeper, LcDiscernment, LcDreams, LcEverlasting, Holiday Spirit, LcInner Peace, LcMagi, LcMeditation, LcMillenia,Lc Sanctuary, LcTrust, LcUnity, LcVision, LcWhispering Hope, LcWisdom

Therapeutic Properties: Anti-infectious, anti-inflammatory, anti-spasmodic, cortisone-like

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

Aromatic: Slightly sweeter and less pungent than pine, calming, encourages communication

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