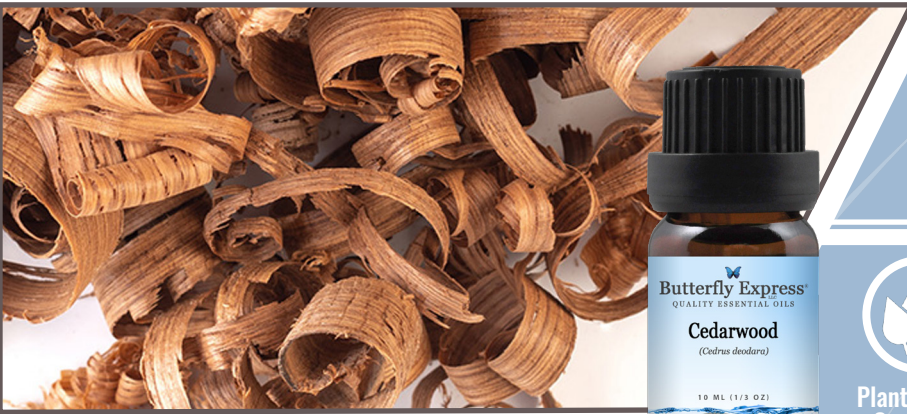


QUICK REFERENCE SHEET

CEDARWOOD

Nepeta cataria



Plant Family:
Coniferae



Extraction Method:
Steam Distilled



Part Utilized:
Bark



Region of
Origin:
India

AFFINITY FOR:

urinary tract, spleen, pancreas, skin and scalp, lymphatic system, central vessel meridian, kidney meridian, heart meridian, spleen meridian, chakras and subtle bodies

THERAPEUTIC PROPERTIES:

antiseptic, tonic, antifungal, antiseborrheic, regenerative, astringent, diuretic, expectorant, fungicidal, stimulant to circulatory system but sedative to nervous system—this is a rare and powerful combination

AROMATIC CONSIDERATIONS:

Cedarwood is an excellent oil for meditation and clarity of mind. It reduces tension and promotes restful sleep. The aroma of Cedarwood can help us realize when we are being self-righteous, rigid, or dogmatic in our opinions.

APPLICATION:

Dilute and apply to the feet or to the body.

CAUTIONS:

Cedarwood should be avoided by pregnant women.



INGREDIENT IN:

LeAngel, LeBeGone, LeConnection, LeExhilaration, LeGoodNite, LeIQ, LeKadence, LeMoonlight, LeRefreshMint, LeSanctuary

EMOTIONAL-SPIRITUAL-MENTAL ASPECTS:

Cedarwood was used traditionally by the Indian tribes of America to enhance spiritual communication. Like all conifer oils, Cedarwood enhances feelings of security and protection. It helps us to feel, and return, the love of heaven. The aroma of Cedarwood calms anger and relieves nervous tension. It quiets the mind that is going over and over the same details, analyzing and then analyzing again. Steadiness, integrity, and emotional stability are some of the great gifts of Cedarwood oil.

Cedarwood strengthens the energy of the kidney meridian. Strength in this meridian gives us the will to stand firm when we have made a decision, even against persistent opposition. Cedarwood can give us strength in times of crisis as we stand strong, refusing to lose confidence or faith. This is an excellent oil to bolster us when we are going into strange or unfamiliar situations. Cedarwood oil has been shown effective in the treatment of ADHD because it stabilizes beta/theta waves.

PHYSICAL ASPECTS:

Because it is mucolytic (dissolves mucous), Cedarwood is useful for chest infections, asthma, and coughs. It is also soothing and healing to the skin, and especially, to the scalp. Cedarwood is often used for dandruff, hair loss, and psoriasis.

Cedarwood encourages lymphatic drainage and stimulates the breakdown of fat in the tissues. Mildly diuretic, Cedarwood is used for cellulite and water retention. Decongestant, astringent, and anti-infective, Cedarwood is useful for respiratory and urinary tract infections. Cedarwood is of benefit in any physical complaint where the underlying condition is coldness and dampness, physically or energetically. Valued as an insect repellent to be used around spices and other food items.

GENERAL INFORMATION:

Cedarwood oil is very powerful at breaking up catarrh. This action of Cedarwood oil is a fine example of the connections between the physical body and the more subtle (or energy) aspects of our systems. Just as surely as Cedarwood will break up catarrh and phlegm in the physical body, it will remove the congestion and clutter that is clogging our minds and spirits.