

QUICK REFERENCE SHEET

CELERY SEED

Apium graveolens



Plant Family:
Umbelliferae



Extraction Method:
Steam Distilled



Part Utilized:
Seeds



**Region of
Origin:**
India

AFFINITY FOR:

digestive system, endocrine system, central nervous system, lymphatic drainage, central vessel meridian

THERAPEUTIC PROPERTIES:

antioxidant, antiseptic (urinary), antispasmodic, aperitif, digestive, diuretic, carminative, emmenagogue, galactagogue, hepatic, nervine, sedative, stomachic, hepatic, uterine stimulant, tonic

AROMATIC CONSIDERATIONS:

Celery Seed essential oil smells like celery but it has a surprisingly warm, earthy, and spicy aroma. Diffused, Celery Seed can help with headaches, insomnia, and mental fatigue. This essential oil can be helpful when stress and fear are holding us back from acting decisively. Celery Seed is very nice diffused with Frankincense or Sandalwood.

APPLICATION:

Celery Seed should always be diluted well before applying to the skin.

! CAUTIONS:

Celery Seed essential oil should probably be avoided during pregnancy or if you have high blood pressure.

INGREDIENT IN:

LeEmerge, LeLivN, LeTransition

EMOTIONAL-SPIRITUAL-MENTAL ASPECTS:

The aroma of Celery Seed, by bringing balance to our central vessel meridian, can bring us back to a sense of our own strength. Celery Seed brings us home to our own center, where our reality and our peace can be found.

Celery Seed acts on the central nervous system, whose core processing units are the brain and the spinal cord. Celery Seed, acting on this system, can stabilize mood swings and protect us from the negative energies of other people. Celery Seed can aid in analyzing facts and making appropriate decisions.

PHYSICAL ASPECTS:

Celery Seed increases the elimination of uric acid and is useful in bringing relief from arthritis, gout, neuralgia, water retention, and edema. Celery Seed helps to release toxins from the blood and aids in liver decongestion and jaundice.

Massaging Celery Seed oil onto the lower back and along the sciatic nerve (or using it in the tub) can reduce painful swelling.

Celery Seed's calming effect on the digestive system makes it useful for bloating and indigestion. Celery Seed is used in weight loss programs because it suppresses hunger cravings and calms anxiety.