

QUICK REFERENCE SHEET

CORIANDER

Coriandrum sativum



Plant Family:
Umbelliferae



Extraction Method:
Steam Distilled



Part Utilized:
Seeds



**Region of
Origin:**
Hungary

AFFINITY FOR:

circulation, digestive system, endocrine system, nerves, earth meridian, fire meridian, air meridian, water meridian

THERAPEUTIC PROPERTIES:

sedative, antibacterial, antispasmodic, carminative, antiseptic, deodorant, diuretic, lymphatic decongestant, prostate decongestant, vasoconstrictor, stimulant, tonic, regenerative

AROMATIC CONSIDERATIONS:

The aroma of Coriander is like taking a deep breath—breathing out the old ideas, breathing in a new perspective.

APPLICATION:

Coriander should be diluted well and applied as needed.

! CAUTIONS:

Coriander should be used in small quantities and for short periods of time. Overuse of this oil can result in a cloudy or stupefied feeling.

INGREDIENT IN:

^{Le}Ambition, ^{Le}Austyn, ^{Le}EndoRelief, ^{Le}Grateful Heart, ^{Le}IQ, ^{Le}ThermaCare, ^{Le}WithIn

EMOTIONAL-SPIRITUAL-MENTAL ASPECTS:

Coriander combines a warm, woody serenity with the peppery stimulation of a fire meridian remedy. This essential oil is especially appropriate for creative individuals who struggle when locked into situations of predictability and routine. While they need stability and emotional security, they seek these things through passionate involvement with people and causes and not through fear or self-protection. Coriander refreshes and revives our spirits. It can be helpful in overcoming fear of failure or fear of making decisions.

PHYSICAL ASPECTS:

Coriander is both a gentle stimulant when energy levels are at a low ebb and a sedative in times of stress. Coriander is particularly valuable during convalescence from illness, when energy levels are low and stress is often high. This oil is of benefit for physical, mental, and nervous exhaustion. In an odd combination of sensations, Coriander raises our energy levels and makes us feel less irritable and nervous. Coriander relieves muscle aches due to fatigue.

Coriander has a marked effect on various aspects of the endocrine system. One of the most important uses for this oil is in balancing glucose levels and supporting pancreatic function. Coriander is estrogenic. It is often beneficial in regulating menstrual cycles and relieving cramping.

Coriander is used for digestive problems such as flatulence, nausea, and stomach cramps. It has been used in treatment programs for anorexia.

GENERAL INFORMATION:

Coriander seeds have been used for centuries. Some Coriander seeds were found in King Tutankhamen's tomb. Coriander comes from the seeds of the plant we know as Cilantro.