

QUICK REFERENCE SHEET

GRAPEFRUIT WHITE

Citrus paradisi



Plant Family:
Rutaceae



Extraction Method:
Cold Pressed



Part Utilized:
Fruit



INGREDIENT IN:

^{Le}Ambition, ^{Le}HeartSong, ^{Le}Intention, ^{Le}LiteN, ^{Le}LivN, ^{Le}MyGraine, ^{Le}Purify, ^{Le}Sego Lily, ^{Le}Sunburst, ^{Le}WakeUp, ^{Le}Weightless

EMOTIONAL-SPIRITUAL-MENTAL ASPECTS:

Grapefruit is a very joyous and positive essential oil. It can be a ray of bright light guiding us out of darkness and depression. Grapefruit is equally good for mental exhaustion and mental tension. Grapefruit seems to address the emotional issues of self-worth and discontent with one's body that are so often a part of anorexia and other eating disorders.

The aroma of Grapefruit is particularly suited to people who, when tense or under pressure, eat as a means of relieving stress or finding comfort. Often, the driving emotion is frustration because their too high expectations have not been met in some way. If they reacted to their frustration with anger or blame of themselves or others, a layer of guilt is added to the frustration.

PHYSICAL ASPECTS:

Grapefruit is used in treatment programs for drug withdrawal and to cope with the after-effects of drinking too many alcoholic beverages. Grapefruit is an excellent detoxifier of the lymphatic system and aids the kidneys in maintaining proper fluid levels throughout the body. Grapefruit has a reputation for burning fat and cellulite.

Grapefruit essential oil contains a high percentage of limonene. Preliminary animal studies indicate the limonene protects against pancreatic, stomach, colon, skin, and liver cancers. A study done at Brigham Young University showed an 80% cancer cell growth inhibition. Purdue University reported that limonene helps 80% of carcinomas in breast cancer to regress—with little toxicity.

Grapefruit detoxifies the lymphatic system. This makes it a useful tonic for many body systems. It is specific for water retention and the dissolving of cellulite. Grapefruit aids with gallstones, water retention, and kidney and liver disorders. Grapefruit, diluted in water, can be used as an astringent face wash for acne. Grapefruit can relieve a migraine headache and return the energy system to normal after long jet flights. Grapefruit is one of the best oils for premenstrual water retention and headache.

GENERAL INFORMATION:

Grapefruit essential oil comes down to a preference of smell. Grapefruit Pink has a slightly sweeter aroma while Grapefruit White is more tart.



Region of
Origin:
Germany

AFFINITY FOR:

urinary tract, lymphatic system, triple warmer meridian, spleen meridian, heart chakra

THERAPEUTIC PROPERTIES:

tonic, digestive, antiseptic, anti-infective, restorative

AROMATIC CONSIDERATIONS:

Grapefruit is uplifting to the mind and spirit. It is hard to be negative or anxious in the presence of this oil, because it promotes feelings of joy, confidence, and spontaneity. Grapefruit should be diffused or inhaled for performance stress or to cope with jet lag.

APPLICATION:

Grapefruit should be diluted and applied to the feet or to areas of the body needing to release emotions, cellulite, or both.

! CAUTIONS:

Grapefruit is photo-toxic. It is recommended by some experts that you avoid exposing areas of skin to which Grapefruit has been applied to sunlight or UV rays for at least 12 hours.