QUICK REFERENCE SHEET

LEDUM

Ledum groenlandicum

Plant Family: Ericaceae

Extraction Method: Steam Distilled

Part Utilized: Leaves

Region of Origin:

Canada

AFFINITY FOR:

liver/kidney/bladder function, respiratory system, liver, mucous membranes, skin

THERAPEUTIC PROPERTIES:

hepatic (acts on the liver), cholagogue (encourage the flow of bile and the digestion of fats), diuretic, anti-inflammatory, anti-tumoral, antibacterial, decongestant, cytophylactic, depurative, immunostimulant

AROMATIC CONSIDERATIONS:

Ledum has a strong medicinal aroma, with an herbaceous twist.

APPLICATION:

Ledum essential oil should always be diluted well before applying it to the body.

CAUTIONS:

Should not be used if you are pregnant. Its use should be avoided with very young children.

INGREDIENT IN:

LeLivN, LeSafeguard

EMOTIONAL-SPIRITUAL-MENTAL ASPECTS:

Ledum has a high sesquiterpene count. Essential oils containing sesquiterpenes cross the blood/brain barrier carrying nutrients and oxygen to the brain. These oils are very calming. This effect is felt, not just by the nervous system, but throughout the body.

PHYSICAL ASPECTS:

Ledum acts as an enzyme to remedy liver dysfunction and aid in liver detoxification. Ledum's action on the liver sets off a chain reaction of improvement throughout the organs of the body. A stronger liver creates a balanced thyroid, a stronger immune system, better functioning kidneys, and clearer skin. Ledum has been used in programs for weight management, obesity, edema, and water retention. A review of recent literature indicates that Ledum may be even more anti-carcinogenic and anti-tumoral than Frankincense.

GENERAL INFORMATION:

The liver has a very long list of functions. One of these functions is the manufacture of carnitine which is essential if cells in the body are going to break down fat—rather than just store it away. If the liver becomes compromised, carnitine is not created and fat begins to accumulate in the cells. Fat accumulates first in the cells of the liver itself. The result is a fatty liver because the liver can store more fat cells than all of the other organs combined. A fatty liver used to be seen only in alcoholics. That is no longer true. Today's lifestyle is a recipe for disaster to the liver.

There is clinical evidence that Ledum essential oil digests the fat cells in the liver and their toxic load.

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