

## QUICK REFERENCE SHEET

# NUTMEG

*Myristica fragrans*



Plant Family:  
Myrtaceae



Extraction Method:  
Steam Distilled



Part Utilized:  
Seeds



**Region of  
Origin:**  
U.S.A.

### AFFINITY FOR:

digestion, adrenal glands, sacral chakra, joints, muscles, circulation, nervous system, immune system, hormones, liver meridian

### THERAPEUTIC PROPERTIES:

antiseptic, antiparasitic, general cerebral and circulatory stimulant

### AROMATIC CONSIDERATIONS:

Nutmeg essential oil is not appropriate for use by itself in a diffuser and care should be taken when inhaling the aroma into the nostrils.

### APPLICATION:

Nutmeg should always be diluted well before applying to the feet or to the body.

### ! CAUTIONS:

Nutmeg must be used with extreme caution. If overused or diffused for too long a period of time, Nutmeg has been known to cause confusion, delirium, or even convulsions. It can overstimulate the heart and cardiovascular system if used too frequently or too long. It should be used with extreme caution, or not at all, during pregnancy and never if epileptic. ALWAYS dilute well! In other words, Nutmeg is a really great oil when used in a blend!

### INGREDIENT IN:

<sup>Le</sup>EndoRelief, <sup>Le</sup>Energy, <sup>Le</sup>Focus

### EMOTIONAL-SPIRITUAL-MENTAL ASPECTS:

Emotional stability is one of the characteristics of Nutmeg essential oil. Nutmeg rekindles the fire within our souls and helps us to regain our lost passion for life. It seems to lift the weight of the world off our shoulders, letting us rise above situations and challenges. Nutmeg oil, added to a blend, can be an essential ingredient for relieving nervous fatigue. Nutmeg oil seems to accentuate our ability to comfort, heal, and understand other people's emotional traumas and struggles.

### PHYSICAL ASPECTS:

Nutmeg supports the adrenal glands, giving one increased vitality and ability to cope with stress. Nutmeg's affinity for the digestive system makes it useful for bacterial infections, chronic diarrhea, gallstones, sluggish digestion, poor assimilation of nutrients, nausea, vomiting, loss of appetite, and bad breath. Nutmeg is also effective for gout.

Nutmeg supports and strengthens the immune function. The improvement in circulation that Nutmeg can bring about is often helpful for vertigo and fainting spells. This increased circulation can improve the function of joints and muscles and improve concentration and mental alertness. Nutmeg supports the nervous system. Blends which contain Nutmeg are excellent choices for people with chronic illnesses.