QUICK REFERENCE SHEET

THYME

Thymus zygis

Plant Family: Labiatae

Extraction Method: Steam Distilled

Part Utilized: Leaves, Stems, Flowers

Region of Origin:

India

AFFINITY FOR:

digestive system, immune system, lymphatic system, circulatory system, muscles, bones, base chakra, water element, metal element, heart meridian

THERAPEUTIC PROPERTIES:

antibacterial, antiparasitic, antifungal, anti-infective, antiseptic, antiviral, antibiotic, pectoral, analgesic, expectorant, balsamic, stimulant, tonic, rubefacient, diuretic, emmenagogue, vermifuge, antivenomous, antiputrescent, immune stimulant

AROMATIC CONSIDERATIONS:

Thyme should be diffused, either by itself, or as part of a synergistic blend, to purify the air of your home or office during the cold and flu season. (A blend would probably have a better aroma.)

APPLICATION:

Dilute well to apply to the feet or body.

CAUTIONS:

When not part of a blend, should be used with great caution or avoided altogether.

INGREDIENT IN:

LeBountiful, LeDelicate, LeDeliverance, LeDeliverance Plus, LeEnergy, LeEternity, LeInsideOut, LeLife Force, LeMariah, LeSimplicity, LeTendaCare

EMOTIONAL-SPIRITUAL-MENTAL ASPECTS:

Thyme is revitalizing and nourishing to the nerves and emotions. It can help us overcome mental and emotional exhaustion, inability to concentrate, apathy, and uneasy feelings that have no cause. Thyme can aid us in finding a fresh view of a situation or a new way of doing something. It is specific for physical exhaustion, especially when there seems to be a lack of direction and motivation more than overwork. Thyme can give us strength, self-confidence, and will power. It can help us think positively, allowing us to give ourselves credit for every little bit of will power we possess, instead of berating ourselves when we display less of it than we think we should have.

PHYSICAL ASPECTS:

As a general tonic for the stomach, Thyme's carminative properties alleviate gas and bloating. Gas is an indication of poorly digested food. It can interfere with sleep, raise your blood pressure, become a threat to your cardiovascular system, cause severe stomach aches, cramps, and vomiting, as well as headaches and nausea. Thyme has a beneficial effect on heart valves. It relaxes the veins and arteries, reducing blood pressure, and as a result, reducing stress on the heart. It should be mentioned that, like nearly all natural remedies, Thyme balances blood pressure, bringing it back to normal whether it is high or low.

The antiseptic and antiviral properties of Thyme are strong enough to handle most situations. Thyme is even recommended, applied along the spine, for such ailments as spinal meningitis. Thyme, along with killing the invading microbes, aids lymphatic drainage and urine output, and strengthens the immune system. Thyme should be tried for lingering coughs.

GENERAL INFORMATION:

Be sure to use Thymus zygis or Thymus vulgaris as they are milder; stronger types should never be used on children or those with high blood pressure. Red Thyme is a Thymus zygis but the method of extraction creates concentrations of thymol that are excessive for frequent use or for use with children.

©2020 Butterfly Expressions LLC