Fir

Fir is excellent during the recovery stage of serious illness, whether the illness is of the body, the mind, or the spirit. Like all conifer oils, fir is an immune and endocrine stimulant. It is often used to treat urinary infections and remove deposits from the lymphatic system. Fir, in any form, has been well regarded for many years and in many cultures for treatment of respiratory complaints and fevers. Fir essential oil is excellent for muscle pain relief and to loosen muscles before strenuous exercise.

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