

# ASPIRIN

## Trees that Contain Salicin

Salicin concentrates in the inner bark of trees and shrubs related to willows which include:

- Populus tremuloides: Quaking, Trembling or American Aspen (northern & western North America)
- Populus grandidentata: Bigtooth Aspen (eastern North America, south of P. tremuloides)
- white willow/European willow ( Salix alba )
- black willow/pussy willow ( Salix nigra )
- crack willow ( Salix fragilis )
- purple willow ( Salix purpurea )
- weeping willow ( Salix babylonica )

## How to Make Bark Aspirin

In the picture you can see me sitting on rock massaging my sprained ankle. And right in front of me is the best natural medicine for pain and swelling you can find in the wilderness: the inner bark of a poplar tree.

The poplar trees growing in this recently logged over area are less than a year old. Poplars are a pioneer species of trees. In disturbed areas they are often the first and fastest trees to grow and can rise to a height of ten feet or more in one season. In the picture you can see me standing next to one of these young trees. Note the very large leaves that grow directly from the main stem of the plant. As the tree increases in size this stem will form a multiplicity of branches on which the leaves will be much smaller.

The salicin you are looking for is contained in the inner bark of the tree, also known as the cambium layer. The inner bark is the actual living tissue of the plant and is located between the rough outer bark and the hard wood.

During the spring and early summer it is an easy matter to peel the bark from trees, as we did in the Survival Topic on [edible pine bark](#), and either chew it directly or steep it in hot water to make a tea. Simply cut into the bark and strip it off; since the interface between the bark of the tree and its woody portion is very slippery, you can peel the bark off in long continuous strips.

At other times of the year you cannot peel the bark from trees so easily. In this case it is a simple matter to scrape off both the inner and outer bark using the sharp edge of a knife. In the picture I am using my survival knife to scrape the bark off onto a tree stump.

The smell and taste of poplar bark is very aspirin like and I rather enjoy its bitter taste though some people may find it a bit too much. You can chew a mouthful of bark and swallow the liquid if you are in a hurry and don't mind the taste.

An alternative is to simmer about 2 teaspoons of the inner bark in cup of water for ten minutes and let cool before straining and drinking. Three or four cups of this bark aspirin tea can be consumed daily.

I have found the young trees like those shown here to be especially potent. As with anything you harvest from nature, take only what you need and leave the rest. Do not deface a large tree by removing bark directly from its main trunk. Instead remove small branches so as to limit damage.

## Plant Medicine

### a. Tannin.

(1) Medical uses. Burns, diarrhea, dysentery, skin problems, and parasites. Tannin solution prevents infection and aids healing.

(2) Sources. Found in the outer bark of all trees, acorns, banana plants, common plantain, strawberry leaves, and blackberry stems.

(3) Preparation.

(a) Place crushed outer bark, acorns, or leaves in water.

(b) Leach out the tannin by soaking or boiling.

- Increase tannin content by longer soaking time.
- Replace depleted material with fresh bark/plants.

(4) Treatments.

(a) Burns.

- Moisten bandage with cooled tannin tea.
- Apply compress to burned area.
- Pour cooled tea on burned areas to ease pain.

(b) Diarrhea, dysentery, and worms. Drink strong tea solution (may promote voiding of worms).

(c) Skin problems (dry rashes and fungal infections).

Apply cool compresses or soak affected part to relieve itching and promote healing.

(d) Lice and insect bites. Wash affected areas with tea to ease itching.

### b. Salicin/salicylic acid.

(1) Medical uses. Aches, colds, fever, inflammation, pain, sprains, and sore throat (aspirin-like qualities).

(2) Sources. Willow and aspen trees

(3) Preparation.

(a) Gather twigs, buds, or cambium layer (soft, moist layer between the outer bark and the wood) of willow or aspen.

(b) Prepare tea as described in paragraph **3a(3)**.

(c) Make poultice.

- Crush the plant or stems.
- Make a pulpy mass.

(4) Treatments.

(a) Chew on twigs, buds, or cambium for symptom relief.

(b) Drink tea for colds and sore throat.

(c) Use warm, moist poultice for aches and sprains.

- Apply pulpy mass over injury.
- Hold in place with a dressing.

### c. Common plantain.

(1) Medical uses. Itching, wounds, abrasions, stings, diarrhea, and dysentery.

(2) Source. There are over 200 plantain species with similar medicinal properties. The common plantain is shown in.

(3) Preparation.

- (a) Brew tea from seeds.
- (b) Brew tea from leaves.
- (c) Make poultice of leaves.

(4) Treatments.

- (a) Drink tea made from seeds for diarrhea or dysentery.
- (b) Drink tea made from leaves for vitamin and minerals.
- (c) Use poultice to treat cuts, sores, burns, and stings.

d. Papain.

(1) Medical uses. Digestive aid, meat tenderizer, and a food source.

(2) Source. Fruit of the papaya tree.

(3) Preparation.

- (a) Make cuts in **unripe** fruit.
- (b) Gather milky white sap for its papain content.
- (c) Avoid getting sap in eyes or wounds.

(4) Treatments.

- (a) Use sap to tenderize tough meat.
- (b) Eat **ripe** fruit for food, vitamins, and minerals.

e. Common Cattail.

(1) Medical uses. Wounds, sores, boils, inflammations, burns, and an excellent food source.

(2) Source. Cattail plant found in marshes

(3) Preparation.

- (a) Pound roots into a pulpy mass for a poultice.
- (b) Cook and eat green bloom spikes.
- (c) Collect yellow pollen for flour substitute.
- (d) Peel and eat tender shoots (raw or cooked).

(4) Treatments.

- (a) Apply poultice to affected area.
- (b) Use plant for food, vitamins, and minerals.

**A. Typical Willow leaf**

**B. Typical Aspen leaf**

**C. Cattail**

*ground level*

**D. Plantain E. Papaya**

*6-16 inches tall edible pollen*

*edible rootstalk*

*edible young*

*leaf shoot*

## **ASH SOAP**

Ashes from hardwood trees are better for making wood ash “soap” than ashes derived from softwoods. In general, softwood trees have needles as leaves and do not shed them in winter. Hardwoods have broad flat leaves and in cooler climates often shed their leaves before winter sets in.

Add a few drops of oil or grease to a cup of ash per pan to be cleaned. Mix with water and wash the pan. Rinse with clean water.

## **How to Identify Balsam Fir Trees**



### **Balsam Fir Pitch**

A broken blister on the bark of a balsam fir tree.

Note the drop of pure balsam fir pitch running down the blade of the tomahawk

The range of balsam fir extends through most of central and eastern Canada and southward to Minnesota, Maine and the

Appalachian Mountains to West Virginia. In this area balsam firs are the most commonly used species for Christmas trees and wreaths.

Identifying characteristics of Balsam Fir trees include:

- Flattened needles that are about 3/4 inch (2cm) long and blunt or notched at the end. The balsam fir needles are dark green on top and silver-blue on the undersides.
- The green resinous cones stand vertically and are two or three inches (5cm to 8cm long).
- The bark is grayish-brown and smooth with raised blisters containing a sticky resin or pitch.
- Height of up to 80-ft (24-meters) with a very narrow crown.
- Prefers well drained acidic soils and cold climates.

## About Balsam Fir Pitch

A distinguishing characteristic of the balsam fir tree is its raised bark blisters that dot its otherwise smooth bark. These blisters contain a clear, sticky pitch or resin that protects the tree in a variety of ways:

- Entrapping insects should they pierce the bark.
- Closing wounds should the bark be broken.
- Fighting microorganisms, fungi, etc that might try to invade the tree through the wound.

These properties of balsam fir pitch can be used by the human wilderness survivor in much the same way as the tree itself. This repurposing of nature's materials for our own use is a distinguishing characteristic of the best survival experts; they observe and adapt the survival strategies and materials used by the local plants and animals to their own needs.

While other coniferous trees such as pines and spruces exude pitch from wounds that is also useful for wilderness survival, pitch from balsam firs has some advantages:

- Thousands of years before modern packaging, balsam firs have pitch contained in easy to access blister packs.
- No need to find a wounded tree in order to obtain pitch; nearly every balsam fir tree has accessible pitch. Simply open a blister.
- The outer covering of the bark blisters keeps the pitch pure by protecting it from insects and foreign matter.
- The blister packs of balsam fir pitch stay resinous and runny while awaiting your use - even in cold weather that renders other pitches hard and brittle.

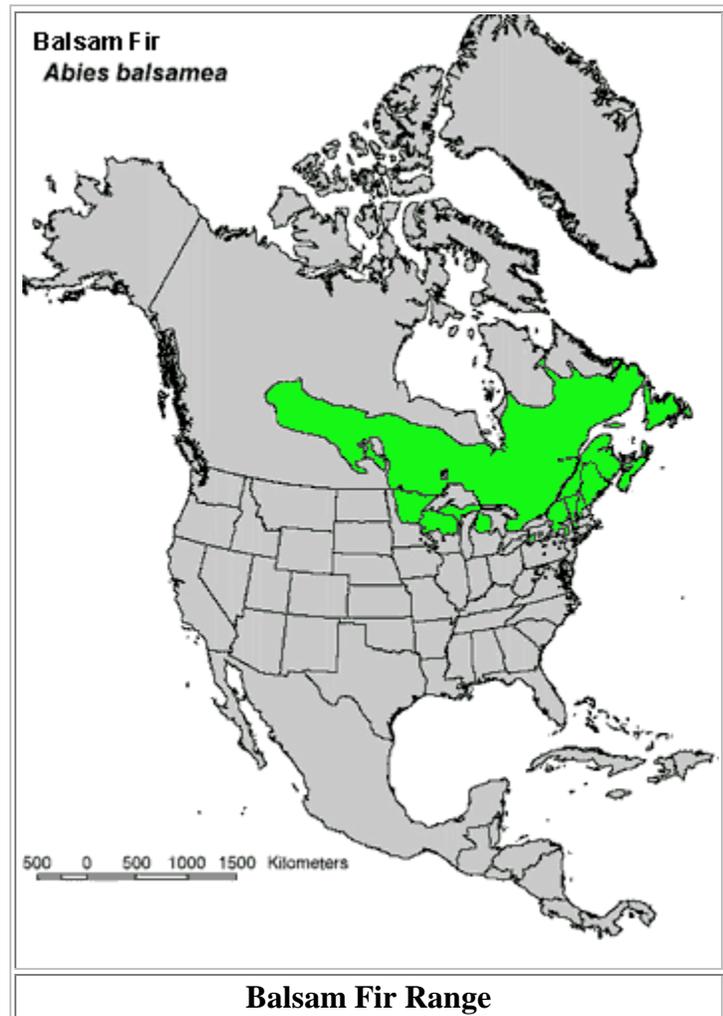
## Harvesting Balsam Fir Pitch

To harvest balsam fir pitch from the tree, simply open the blisters using a sharp stick or knife. Be careful not to pop the blister since putting its contents under pressure may cause the pitch to suddenly shoot out and enter an eye or get all over your clothing and gear.

Balsam fir pitch is clear, runny, and very sticky with a pleasant balsam smell that reminds me of Christmas. At very low temperatures the pitch remains unfrozen but becomes cloudy and takes on a gell-like consistency.

In the picture you can see I have opened a balsam fir pitch blister using a corner of my tomahawk. The clear pitch is flowing down the blade and can be collected into a container or used on the spot.

I like to carry a couple of small closeable containers to hold harvests of opportunity. As I travel in the wilderness I make sure to replenish my stock of balsam fir pitch for use at home as it has a variety of excellent applications as outlined below.



## Medicinal Uses of Balsam Fir Pitch

Of special importance to wilderness survival and [wilderness medicine](#) in particular are the great antiseptic and healing properties of balsam fir pitch. Special substances in the pitch that protect the tree from infection and aid in the healing process will do the same for you.

An easy way to take advantage of the medicinal benefits of balsam fir pitch is to simply dab it on cuts, abrasions, sores, and wounds as a salve. The pitch will form a protective cover that aids in healing and destroys organisms that would otherwise find the area a hospitable place to grow and multiply.

Because the balsam fir pitch is so sticky, it can be used to glue cuts together so that the healing process is accelerated and debris cannot enter.

In the winter when chapped lips are a concern, I often stop at a nearby balsam fir for pitch. When smeared on lips it creates a protective barrier that keeps body moisture in and helps prevent chapping. On already chapped lips the balsam fir pitch will also aid in the healing process.

Medicinal uses of pitch from balsam firs used by Native Americans and early settlers to the region include:

- Topical applications
  - Painkiller or analgesic
  - Antiseptic
  - Salve for the healing of wounds such as cuts, abrasions, burns, sores, and chapped areas.
  - Prevention of chapped lips.
- As a warm tea mixed with water or eating directly
  - Bronchitis, cough, consumption, and sore throats.
  - Cancer
  - Inflammation of mucus membranes.
  - Colds and flu
  - Dysentery
  - Earache
  - Urogenital ailments such as gonorrhea and vaginal infections
  - Heart ailments
  - Rheumatism or inflammation and pain in muscles and joints
  - [Scurvy](#)
  - Ulcers
  - As an inhalant for headaches

# AROMATHERAPY - NATURAL ESSENTIAL OILS

**Frankincense Essential Oil** is distilled from the resin called "Liquid pearls from the tree of life." This pure, fine therapeutic grade oil has a fresh top note with a deep, warm, rich balsamic undertone. The 'CO2' supercritical distillation means the resin was never boiled at high temperatures to extract the oil - it simply was immersed in liquid carbon dioxide which then simply evaporates when the process is complete.

This extracts the most pure oil, closest to the original plant state as possible; **Some highly-regarded aromatherapists consider the therapeutic effects of the CO2 distilled oils to be better than the steam distilled varieties.** The CO2 process draws larger molecules into the oil from the resin that the steam distillation process does not. Frankincense has been noted as a potent immunostimulant and anti-cancer agent in a variety of [scientific studies](#). The essential oil has been shown to stimulate lymphocyte transformation (a measure of its immune system stimulating action, as immune cells are created which fight off specific invaders in the body). It has also been shown to be tumoricidal, which means it destroys the tumors formed by cancerous cells.

**The Frankincense tree, or *Olibanum*,** upon first glance, may seem rather unremarkable. It appears as a giant shrub, with many knurled branches topped with abundant slender leaves and occasionally, small white flowers. A native to northern Africa, it *looks* like it belongs in the desert, growing in some of the world's harshest conditions. But it is not the tree itself, but rather its sap that has such profound lore surrounding it. When the tree's bark is pierced with a knife (known traditionally as a 'Mingaf'), a milky-white oleoresin is exuded - though the tree is not harmed ([Myrrh](#) is also harvested this way). The resin forms droplets known as 'tears' or 'pearls', which harden into the orange-brown gum known itself as [Frankincense](#). The English name of this natural incense is derived from the medieval French 'franc', meaning 'pure' or 'free', and from the Latin 'incensium', meaning 'to smoke'.

**Well-made Frankincense has a lovely aroma, blending well with many other essential oils.** It goes particularly well with many other 'wood' oils such as [Cedar](#), [Fir](#), [Spruce](#) and [Sandalwoods](#), and adds a lovely note to florals such as [Rose](#) and [Ylang Ylang](#).

**The spirit of the sacred and of meditation** has surrounded Frankincense essential oil for ages; its special mindset is "vertical", like smoke rise to the heavens. Resins and their oils have always been associated with fumigation and purification. Frankincense oil has the power to uplift human awareness to that "other" level by freeing the nerves from excessive tension, allowing us to focus on the underlying transcendental unity of our inner Self.

Frankincense oil is linked to the psyche, which in Greek also means "breathing". **It deepens and revitalizes the breath** and adds to these effects its excellent immune-stimulant properties. In skin care,

frankincense oil reveals its balsamic nature through its miraculous wound healing properties. Astringent and anti-inflammatory, it is traditionally used to treat scar tissue and skin ulcers, and nourishes dry and prematurely aging skin. Its anti-depressant, euphoric qualities are used in psycho-aromatherapy to treat anxiety & nervous tension.

**Ylang Ylang essential oil** is distilled from a small tree which grows in Indonesia, the Philippines, Madagascar and Reunion Islands. It means 'flowers of flowers' and you can find pink, mauve and yellow flowered varieties. The best oil comes from the yellow flowers, which are picked very early in the day, in early summer. The fragrant, pale yellow petals are often strewn across the marriage bed as a symbol of love. The oil is produced by steam distillation. The flowers may be distilled several times, and the oil varies in quality, depending on the distillation. This oil is from the first distillation, hence the 'Number 1' term in the name.

In traditional aromatherapeutic use, a very important property of Ylang Ylang is its ability to slow down rapid breathing and rapid heart rate - hence it may be especially useful in shock and trauma situations.

Ylang Ylang Oil is good for any skin as it balances the natural oil production. Its sweet, heavy, distinctive fragrance is used widely in perfumes and cosmetics. Ylang Ylang Oil's softer floral scent is often used in men's fragrances as an alternative to the sweeter and more feminine rose.

**Like the three major aphrodisiac oils** - [Rose Oil](#), [Neroli Oil](#) and [Jasmine Oil](#) - Ylang Ylang is beautifully uplifting emotionally and relaxing. The calming effect of this oil may be the reason it is considered an aphrodisiac as using it would lessen tensions or anxieties. Ylang Ylang can help balance male and female energies, reducing internal conflict between these seeming opposites. In this manner, the aroma of the oil may positively influence sexual relationships, and help restore confidence.

**Eucalyptus essential oil distilled from the Blue Gum Eucalyptus tree is the most well known of the Eucalyptus varieties.** When one here's the term 'Eucalyptus oil' without a species being mentioned, this is the one.

It is extracted from a beautiful, fragrant, tall evergreen tree native to Australia, and particularly Tasmania. Of the 500 types of Eucalyptus tree species which yield an essential oil, ***Eucalyptus Globulus* is the most common for medicinal purposes due to it's high cineol (or eucalyptol) content.**

The oil is a colorless liquid with a camphoraceous odor and a woody-sweet undertone. We also have the slightly sweeter [Eucalyptus Radiata](#) (Narrow Leaf) variety available, as well as [Eucalyptus Blue Mallee](#), Eucalyptus Dives (peppermint Eucalyptus) and Eucalyptus Citradora (Lemon Eucalyptus - coming soon) in our summary listings.

**A traditional household remedy in Australia**, the primary use of Eucalyptus essential oil is in support of respiration. It opens the bronchials and encourages oxygen uptake. Eucalyptus oil, when diffused, can kill much of the staphylococcus bacteria in a room, assisting in bacterial-mediated bronchial illness.

**[Eucalyptus oil was the subject of a recent study which revealed its stimulating effect on the immune system.](#)** Eucalyptus oil actually enhanced the ability of white blood cells to do their job. This demonstrated one of the unique ways essential oils support human health ~ it was not through direct action as an antibacterial or antiviral (though this oil does demonstrate these effects) ~ rather it 'dramatically stimulated the phagocytic response' of macrophage cells; meaning it enhanced their activity of devouring foreign invaders in the bloodstream.

**The oil of Eucalyptus can help expel mucus, and may be a supportive remedy for sinusitis, coughs, colds, sore throat, and all bronchial conditions.** This essential oil has traditionally been used to treat infectious conditions accompanied by fever, including cholera, malaria, and typhoid. For fever reduction, a cold compress of Eucalyptus Oil and cold water are applied to the legs - this should not be used in cases where the patient feels chilled, however.

Beyond the respiratory system, Eucalyptus oil may be helpful with sore joints, rheumatism, sore muscles and sprains. Topical application or addition to baths is indicated for these conditions.

**Patchouli oil is obtained from the steam distillation of the leaves of the odoriferous plant, native to India.** This is a scent people tend to either love or hate; it is earthy, with an aroma that improves with age. This particular Patchouli is dark, warm, well-aged, and has been loved by folks that never before have appreciated this wonderful plant. It has a fantastic, deep aroma not often found in other oils that may a little younger.

**A customer recently had this to say about this oil:** "...for a long time, many years ago, i was a 'hippie'. The smell of choice was patchouli oil. over the last 35 years or so, i have bought many bottles, since it is still one of my favorites. **I rate this in the top three of all times.**" - *J.B., North Carolina*. We had another customer that had driven all over Colorado, and was about to leave to California on his Patchouli search, before finding us and acquiring several ounces for his personal 'stash'.

**Patchouli oil is used as a base note and fixative** in perfumery, being a component in many famous perfumes. As a fixative, it slows the evaporation of other, more volatile oils so that their aroma may be released over a longer period of time. A little can be used in natural perfume blends, adding that special deep and earthy aroma. It mixes well with many essential oils, with almost all common oils being mentioned across a variety of sources – these include [Vetiver](#), [Rosemary](#), [Sandalwood](#), [Frankincense](#), [Bergamot](#), [Cedarwood](#), [Myrrh](#), [Jasmine](#), [Rose](#), [Citrus oils](#), [Clary Sage](#), [Lemongrass](#), [Geranium](#) and [Ginger](#).

**As a crop, the leaves of the plant are hand picked** two or three times a year, with the best oil-producing plant being harvested in the wet season. Leaves are dried for three days and partially fermented before distillation of the oil. The oil has been used in India for years for medicinal purposes, but chiefly as an aphrodisiac and to perfume cloth. The aroma of Patchouli in homepun cloth was so pervasive that garment makers importing their wares were obliged to scent their imitations for the local marketplace.

Energetically, this oil is considered warm in nature. It may help ground and stabilize the the overanxious mind, bringing one back to one's body. Long considered an aphrodisiac, it may work through this relaxing, re-establishing connection to one's sensuality. The aroma may also uplift and work as an antidepressant for some, and has been considered to bring about a sense of spiritual nourishment.

**As if this were not enough, Patchouli is thought to be a bringer of prosperity and abundance.** Perhaps by allowing one to open to these possibilities energetically, the oil is used in ceremonies and prayers by those in need of financial or other type of infusion in their lives. One may simply close their eyes, imagine the abundance they need, and inhale the oil's aroma for a few seconds.

Patchouli oil is thought to be antiseptic, antibiotic, and anti-fungal, but its primary traditional medicinal usage is for skin conditions such as oily skin and stimulating the growth of healthy hair. It has been described as 'very beneficial for the skin and may help prevent wrinkles or chapped skin.' Also indicated as a vein tonic, and may be a digester of toxic material in the body.

**For a few simple blends, try:**

3 parts Patchouli and 1 part [Rosemary Cineol](#). This is a wonderfully uplifting blend combining the deep earthiness of Patchouli oil with the invigorating aroma of Rosemary. This can certainly be worn as a perfume, or used in a diffuser.

When the going gets tedious, try brightening with 3 parts Coriander, 2 parts Patchouli and 1 part [Bergamot](#). This may uplift the spirits and remind one of the joy to be found in life.

For the sensually insecure, try 1 part [Geranium](#), 1 part Patchouli and 1 part [Bergamot](#). A beautiful yet simple blend for getting comfortable in one's own skin.

## PINE OIL:

**Pine Needle essential oil** was investigated by Hippocrates, considered the father of Western medicine, for its beneficial effects on the respiratory system. The oil has been noted for its anti-septic properties - Native Americans stuffed bedding with pine needles to repel lice and fleas.

Pine oil has been used for sore joints and muscles, and shares many of the same properties of [Eucalyptus Globulus](#); blending these oils together is said to enhance the effectiveness of both.

This pure pine essential oil has a wonderful earthy and forest-like aroma. The influence is thought to ease mental stress and anxiety, remove unwanted odors, and revitalize the mind and body. This species of pine is noted by Dr. Kurt Schnaubelt as an important addition to blends for rejuvenating the adrenal glands. See our [essential oil blends](#) page for a combination with Black Spruce and Cedarwood oils for this purpose.

**Suggested Uses:** Diffuse or apply topically properly diluted. Try placing two drops in the palms of your hands, place over nose and mouth and inhale. Add 2 - 4 drops to a drawn bath. **Possible Actions:** Has been traditionally been used as an antiseptic and hypertensive (stimulant). **Possible Indications:** Can be supportive for conditions of asthma, bronchitis and arthritis. Also noted for diabetic support. **Cautions:** Always test a small amount of essential oil first for sensitivity or allergic reaction. If pregnant or under a doctor's care, consult a physician. **Blends and Recipes:** Pine Essential Oil blends well with [Cedarwood Oil](#), [Eucalyptus Oil](#), [Juniper Oil](#), [Lavender Oil](#), [Lemon Oil](#) and [Rosemary Oil](#).

**Jasmine Oil is from the *sambac* variety**, produced from jasmine blossoms; 1000 pounds of blossoms (about 3.6 million fresh blossoms) produce one pound of Jasmine oil. The blossoms are collected before sunrise, and handled with care to preserve their delicate scent. **A recent customer had this to say upon receiving this oil from us:** "We could not be happier with your product, service, packaging and overall vibe. We are quite versed in the variety of oils and are always on the lookout for a great sambac. We love this one and will order up some more this weekend. Thanks again for a great offering."

**An absolute is extracted from Jasmine flowers, as they are considered too delicate to process through steam distillation.** The advantage of the absolute is that the complete aroma of this wonderful flower is preserved in the resultant oil. There is no true Jasmine essential oil, as the flowers cannot be processed this way.

There are many species of Jasmine, up to 42 species have been recorded in India alone. **We carry both the *sambac* - a lighter, more floral oil - and the [Grandiflorum Jasmine Oil](#) - a deeper scent.** This Jasmine oil is a light orange-brown, somewhat-viscous liquid with a rich, warm, floral scent, with honey and 'tea-like' undertones.

**It is an oil that brings a lightness and happy feeling to those who use it.** This is potent oil - it should be

diluted before using; a little will go a long way. It is best diluted in [jojoba oil](#) or used in a blend of other oils. As a minor component it mixes well with most other oils.

Jasmine has been nicknamed '**Queen of the Night**' and 'Moonlight of the Grove'; for centuries, women have treasured it for its seductive, beautiful fragrance. Jasmine oil is uplifting and stimulating for times of hopelessness and nervous exhaustion. It helps reduce anxiety and apathy, and can increase excitability when worn as a perfume.

**It is most highly valued in aromatherapy for its euphoric, sensual qualities.** Long considered aphrodisiac oil, Jasmine is indicated fear, vulnerability, or anxiety could be preventing an open heart and mind. A SMALL amount of Jasmine could be worn as a perfume (because of its strength, too much may be overpowering to some individuals - usually one drop on each pulse point is sufficient) - the oil could also be warmed in an oil lamp, added to a bath, or simply dropped in a few spots throughout a room (the lazy way to aromatherapy!)

#### HAZELNUT OIL - Carrier Oil :

Considered the most gentle of the carrier oils, Hazelnut is suitable for all skin types Hazelnut oil is known for its astringent qualities and because of this, it is best used for those who have oily skin but do want to abstain from using oils. This makes a lovely carrier oil for those of us who want to add its benefits to our essential oil experience.

#### ORGANIC HEMP OIL –Carrier Oil:

Hemp oil is fantastic oil in many rights. It supplies what some consider a perfect fatty acid profile, with all the necessary fatty acids, including ALA and GLA. The fatty acids make it possibly one of the most nourishing oils available. Hemp oil has improved dermatitis symptoms when used as a supplement in scientific studies, and has improved blood fatty acid profiles as well. Try 100%, or dilute with another carrier oil for your massage oil creations. It has a slightly green nutty flavor, and can be taken internally. This is a rich, cold-pressed oil that is sensitive to light and heat, and should refrigerated.

#### **General dilutions for essential oil in carrier are as follows:**

##### **Essential Oil**

1 drop to 1/4 tsp 2-5 drops to 1 tsp 4-10 drops to 2 tsp

##### **Carrier Oil**

6-15 drops to 1 tbs 8-20 drops to 4 tsp 10-25 drops to 5 tsp 12-30 drops to 2 tbs

(End Aromatherapy)

