

Natural Healing Express Weekly

Column Volume 140 Lavender

This week we will discuss one of my favorite things in life: Lavender ! It is wonderful simply dried, distilled into an essential oil, drank as a tea, blended into a massage oil or used as a spritzer.

According to its history, lavender has been utilized since the beginning of time, starting out as a perfume. Biblical and folk lore has become intertwined. It is widely believed that the Virgin Mary laid baby Jesus' clothes on a lavender bush to dry. Traditionally, a cross made from lavender and hung over a door is said to protect the home from evil.

Adding more credibility to lavenders' "warding off of evil" reputation is the fact that lavender was widely utilized during the Great Plaque of London creating a barrier against the deadly infection. It is also known that Grave Robbers who plundered items from victims of the plaque's graves anointed themselves with Four Thieves vinegar, which did contain lavender.

Although its history has many interesting turns, today regarding is regarding in the Natural Health world as a universal "almost fixes everything". Here are a myriad of its wonderful uses:

Lavender can be used in the bath as it is a mild antiseptic helping to heal bites, scratches and swellings. It can be utilized as oil blended with base oil for massage. To clear a stuffy nose, or help clear skin blemishes and acne, it can be utilized with steam as an inhalant.

Lavender can also be used as a first aid because lavender oil is an antiseptic. It helps to heal cuts and scrapes along with inflammation from burns, boils, acne, dermatitis, eczema, sunstroke, insect and animal bites.

Here are the more specific remedies.

For acne, blend two drops of pure lavender oil, into your normal moisturizer.

For burns, add a drop of lavender oil direct on superficial burns and scalds to help relieve pain and quicken recovery.

For colds, add a few drops to a warm, relaxing bath to help eliminate toxins. When you get out of the bath, rub a dab of lavender under each nostril.

For congestion, put a few drops of lavender oil on your handkerchief to inhale during the day and add a few drops to your pillow at night.

For headaches, add a drop of lavender oil on each temple to relieve migraines and other headaches.

For insect bites, take out the sting but adding one drop of lavender oil directly on the bite.

For sleeplessness, make a lavender sachet/pillow and sleep on or near it.

For sunburns, add 10 drops of lavender oil to mineral oil and spritz it on to sore skin.

By next week, we will have our summer supply of this wonderful oil in stock. When you come in and purchase a bottle, we will give you our most awesome insect repellent recipe. Hope you are having a wonderful start to summer.

Enjoy! Hope to see you soon and as always, please contact us via one of the following methods. Natural Healing Express: Phone 815 990 8732, email: skscham@aol.com 204 W Main St, Lena, IL 61048.

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