



Helichrysum Essential Oil: Uses, Studies, Benefits, Applications & Recipes (Wellness Research Series Book 9)

George Shepherd

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Helichrysum, or Helichrysum italicum, has been traditionally used as a detoxifying agent, because of its anti-coagulant and anti-catarhal properties. The oil can help detox the liver, lymph, gallbladder, and blood. It also helps with circulation of blood and regeneration of skin, making it an ideal support for skin issues, bruising or swelling.

Beyond those applications previously mentioned, additional uses for helichrysum essential oil include supporting the body's natural defenses against acne, burns, dermatitis, wounds, abscesses, boils, cuts, eczema, and other skin irritations. It also helps support the body's defenses against atherosclerosis, blood clots, arteriosclerosis, hypertension, phlebitis, muscle pain, hematoma, hearing, cholesterol regulation, liver disorders, bladder infection and muscle and bone inflammation. When it comes to mood and emotion, the scent of helichrysum promotes security and peace of mind.

Benefits of Helichrysum Essential Oil, Cultivation of Helichrysum, A History of Helichrysum, Chemical Components

Main Properties of Helichrysum Essential Oil; Antioxidant, Antiseptic, Anticoagulant, Anti-inflammatory, Antibacterial, Antifungal, Antiviral, Antispasmodic, Anti-allergenic, Anti-catarhal, Astringent, Nervine, Diuretic, Expectorant, Mucolytic, Cicatrisant, Hepatic

Common Medicinal Uses: Detoxifying Agent, Skin Care, Respiratory Issues, Cardiovascular Health, Digestion, Relieving Allergies, Safety Precautions & Common Applications, Safety

Blends & Recipes for Helichrysum Essential Oil: Pure Applications, Abscess Tooth, Agitation, Aneurysm, Anxiety, Bleeding, Bone Bruising or Pain, Broken Blood Vessel, Bruising, Catarrh, Cholesterol Levels, Colitis, Cramps, Cuts, Depression, Detox, Earache, Gallbladder Infection, Hematoma, Hemorrhaging, Herpes Simplex, Hernia, Hopelessness, Joint Pain, Ligament Pain or Injury, Liver Support, Lymphatic System Cleanse, Heavy Metal Detox, Muscle Aches, Nosebleed, Pain, Pancreas Support, Perseverance, Phlebitis, Psoriasis, Scar Tissue, Sciatica, Shock/Trauma, Sinus Infection, Skin (Dry, Sensitive, Eczema, Fibroids, Dermatitis, etc), Staph Infection, Strength, Stress, Stroke, Swollen Eyes, Tendonitis, Tennis Elbow, Tinnitus, Tissue Pain & Repair, Varicose Veins, Vertigo, Viral Infections, Wounds

Blends Include: Arthritic Massage Oil, Brain Stimulant, Facial Salve, Gum Inflammation, Headaches, Hemorrhoids, Hot Flashes, Muscle Ache & Pain, Pain Relief, Pregnancy & Delivery, Seasonal Allergy Blend, Scar Salve, Scar Salve II, Stretch Mark Salve, Sunscreen, Sunscreen II, Tennis Elbow, Varicose Veins, Wound Healing

Helichrysum Essential Oil Studies Included:

Study 1 – Antioxidant Properties

Study 2 – Anticancer Properties

Study 3 – Fatigue/Burnout

Study 4 – Antimicrobial Properties

Study 5 – Antifungal Activity

Study 6 – Insecticidal Properties

Learn exactly how to use Helichrysum Essential Oil safely and effectively.

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