

## Basil, Organically Grown: India (*Ocimum basilicum*)

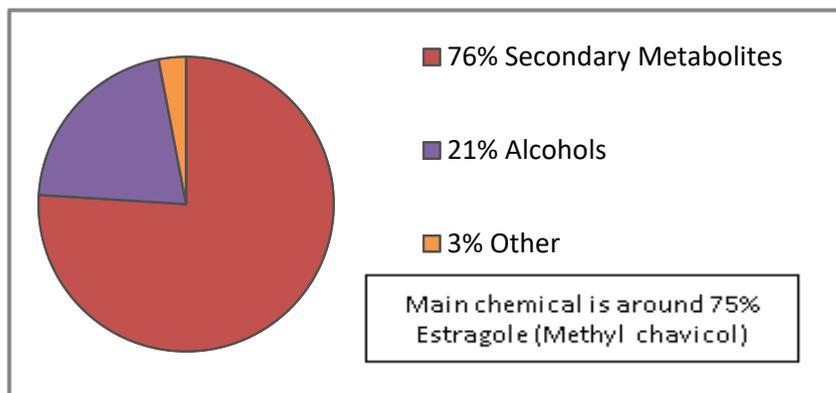
As with all essential oils there can be a wide variation on chemical structure based on growing conditions. Basil is one essential oil that shows an extreme range of different chemical structures depending on the growing conditions and the country of origin. With the Basil grown on the organic farm in India, about 97% of the plant's chemistry is taken up by the Estragole, also known as Methyl Chavicol, and Linalool chemicals.

Basil oil is high in antioxidants and the plant is a household remedy in traditional Asian Indian medicine. Its name was derived from the Greek name for king and was used to strengthen the body and mind. With its wonderful healing properties and low cost, this oil is a must have for any Healer.

**Primary Usages:** It is known to be beneficial inflammation, intestinal problems, respiratory ailments (asthma, emphysema, bronchitis, chronic nasal catarrh, fevers, flu, colds, whooping cough, and sinusitis), repairing connective tissue, gout, rheumatism, muscular aches and pains, poor memory, mental fatigue, headaches, and loss of concentration.

**Secondary Usages:** It is an insect repellent (beneficial for insect and snake bites and highly effective against wasp stings). It is antiseptic and restorative as a stimulant for nerves and the adrenal cortex. It is beneficial for infections, increasing resistance against diseases, as a heart tonic, stimulates blood flow, decongests veins and pulmonary arteries and promotes milk flow in nursing mothers.

**Has Been Reported:** Used for digestive complaints (cramps, constipation, gas, nausea, and spasms), fainting, earaches, scanty periods, loss of smell, and prostate problems. It assists with hair growth and adds luster to dull hair.



**Descriptor:** Antispasmodic, Antiviral, Decongestant, Expectorant, Antioxidant, Anti-infectious, Anti-inflammatory, Antibacterial, Sedative

**Application:** Massage on sore muscle areas, on chest, or for nerves smell or diffuse.

**Caution:** Use sparingly during pregnancy.

**Found In:** Alignment, Breathe Free, Intention, Pain Free

**Influences:** It is an excellent aromatic nerve tonic, calming, clears the head, sharpens awareness, relieves intellectual fatigue, gives the mind strength, clarity and eases "cold" feelings.

**Medicine Wheel:** Primary East with Secondary North and West. Increases the Guardian Qi.

**Recipes:** When using in cooking it takes only one or two drops because the flavor is so powerful. Put a drop or less on a spoon and stir it in so you can make sure you do not accidentally over spice your food.

We love to add five drops of Basil and two drops of Lavender into our bath water to relax muscles and calm the mind.