

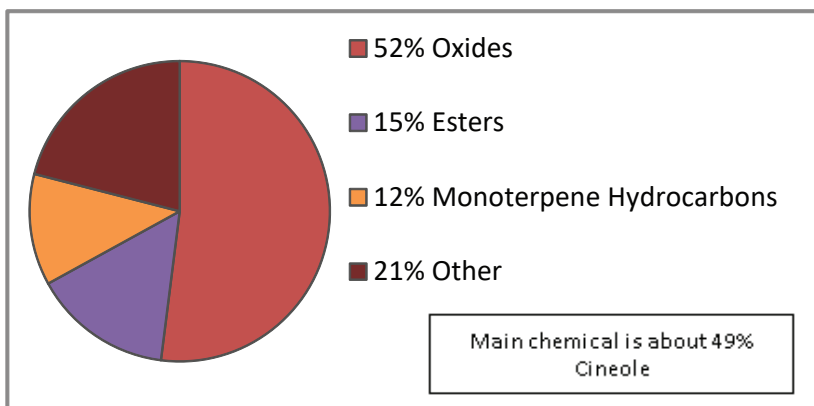
Bay Leaf, Wild: Turkey (*Laurus nobilis*)

This large evergreen is native to the Mediterranean with Turkey being one of the largest exporters of this oil. Anciently the Greeks and Romans used Bay Leaves to crown the winners of their games. It was a plant that was regarded to promote good luck. Bay Leaves have a long historic use to cure and prevent disease and are now a common flavoring in Western culture. The essential oil, although approved as a flavoring and generally regarded as safe, contains high amounts of Cineole that can be toxic in extreme amounts.

Primary Usages: Settles the digestive system (excess gas, dyspepsia, loss of appetite, diarrhea) and also acts as a tonic on the liver, kidneys, and reproductive system. Bay Leaf oil is beneficial for the general health of the hair (scalp conditions, growth, loss).

Secondary Usages: Can be used for colds, flu, in the treatment of neuralgia, circulation problems, lowering blood pressure, and for general aches and pains like headaches, rheumatism, arthritis, muscular pain, sprains, sprains, bruises, and toothaches. It is known to be beneficial for infections (ear, sinus, dental, viral, skin).

Has Been Reported: Useful as an astringent and beneficial in clearing up rashes caused by poison ivy. Add to salves to be used on open wounds. Noted to speed up the delivery in childbirth.



Descriptor: Digestive, Diuretic, Antibiotic, Antiseptic, Antispasmodic, Expectorant, Antifungal

Application: Apply on location, bottom of the feet, and diffuse for 20 minutes a day.

Caution: Moderate use is recommended and caution or minimal use during pregnancy.

Influences: Can act like a sedative and have a calming effect on the emotions of anxiety, fears, and morbid states. Warming to the emotions. Use to express and manifest possibilities and passion in one's life. Gives confidence, awareness, and courage and acts as an anti-depressant.

Medicine Wheel: Primary East and Secondary North and West. Strengthens the Lung Qi and rids wind and dries damp in the lungs.

Combines Well With: Clary Sage, Cypress, Juniper Berry, Lavender, Lemon, Lime, Nutmeg, Orange, Pine, and Rosemary

Recipes: Great to add a drop to your cooking and wonderful to use in stuffing and basting a turkey. For a salad dressing add one drop Bay Leaf oil, two cloves of garlic, one half cup lemon juice, two table spoons of nutritional yeast, two cups of olive oil, and salt to taste.

For hair loss combined thirty drops each of Bay Leaf and Peppermint in one ounce of olive oil. At night rub a few drops onto area of concern and wash out in the morning. It will take six weeks for new hair follicles to form and grow so be patient and keep applying the blend.