

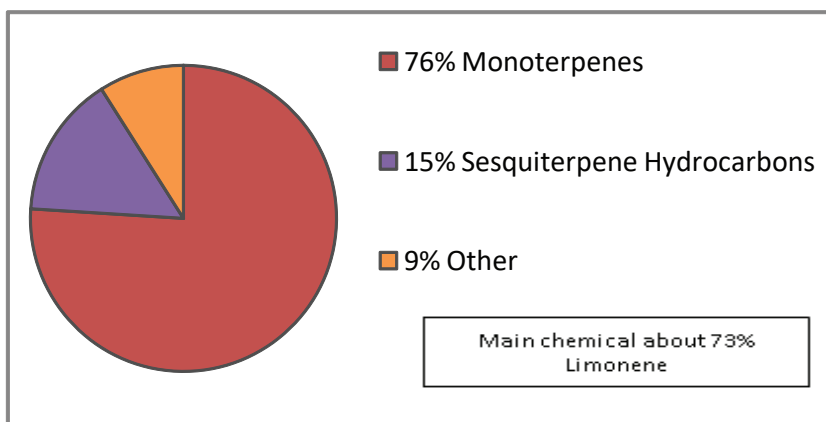
## Celery Seed, Organically Grown: India (*Apium graveolens*)

This herb is a very close relative to the regular celery you purchase at the grocery store and eat. Historically the seeds were eaten or a tonic was prepared to assist arthritis, high blood pressure, urinary conditions, and also to regulate the menstrual cycle. This oil is generally regarded as safe by the FDA.

**Primary Usages:** Used as a tonic to restore balance to the body. It is beneficial for dissolving accumulated uric acid in joints (gout, arthritis, rheumatism), and decreases toxin accumulation. Assists and protects the liver (congestion, discharge of bile, detoxification, jaundice, hepatitis), kidneys (diuretic, antiseptic, fluid retention, cystitis), and lymphatic drainage (detoxification, swollen glands). This oil has positive results with the digestive system (bad breath, aid digestion, flatulence, cramping including menstrual, bloating, indigestion).

**Secondary Usages:** Assists respiratory conditions (bronchitis, congestion) and is a sedative and tonic to the Central Nervous System (reduces anxiety, relaxing to the nerves, hysteria, sleeping disorders).

**Has Been Reported:** Assist skin conditions (decreasing puffy, red, water-logged skin, skin stains, spots) and nerve pain (sciatica). May assist in lowering blood pressure, sexual problems, hemorrhoids, lactation, and menstruation.



**Descriptor:** Stimulates Liver, Digestion, General Tonic, Detoxification, Relaxant, Antispasmodic, Antiseptic

**Application:** Take a drop or two in water. Rub on location or desired area.

**Caution:** Use sparing during pregnancy.

**Found In:** Fit

**Blends Well With:** Black Pepper, Cinnamon Bark, Coriander, Ginger, Lavender

**Influences:** Calming and relaxing. Assists to release emotions of anger, hurt, and being not enough. Instills the emotions of tenderness.

**Medicine Wheel:** Primary West and Secondary East. Assists to fortify the stomach, spleen, liver, and kidneys.

**Recipes:** For a restful sleep add 1 drop each of Vanilla and Lemon, three drops each of Basil and Sandalwood, and five drops of Celery seed into a carrier oil. Before going to sleep, massage the formula into the upper chest, back of the neck, shoulders, and along the back. Do not drive or do anything that requires full attention after applying this formula.

**Cellulite Reduction:** combine two drops of Thyme, three drops each of Pine and Cinnamon Bark, four drops each of Rosemary and Cypress, and six drops of Celery Seed into a Tablespoon of a carrier oil of your choice. Massage cellulite areas working deeply to smooth dimpled skin.

Add a drop to your food to bring out the other flavors in your cooking.