

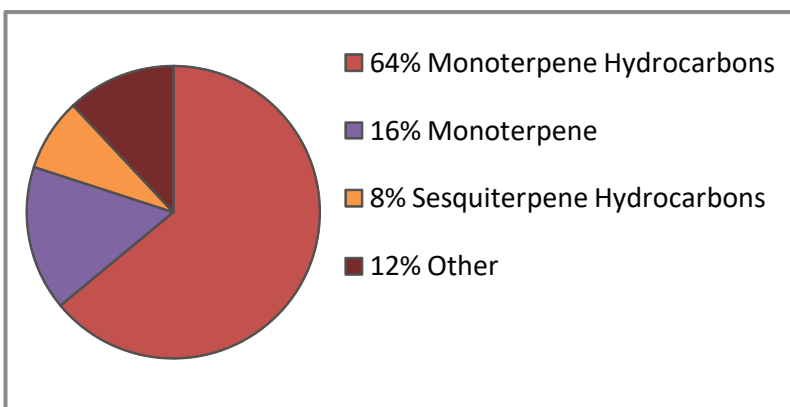
## Fir Needle, Wild: Siberia (*Abies alba*)

Fir Needle is a large evergreen coniferous tree and the Native American Indians have a long history of using every part of the tree for different remedies. The bark was used for chest pains, an antiseptic, and astringent. The twigs are an expectorant, working as a bronchial sedative, diuretic, and as a laxative. The needles were used for padding the pillows for peaceful sleep, made into a tea, or burnt for the fumes to relieve congestion. The resin was often used on open wounds and burns. This tree is a powerhouse for health! Throughout the European continent, Fir Needles is used traditionally for fevers, arthritis, rheumatism, muscular pain, and respiratory problems. Harvesting and distillation can take place all year around.

**Primary Usage:** It assists the respiratory system (bronchitis, chills, colds, coughs, sinusitis, fevers, inflammation), stimulates the immune system, benefits the nervous system, is good for loss of strength or energy, and is used to fight germs and bacteria.

**Secondary Usage:** Is beneficial for muscular aches and pains (arthritis, rheumatism, sports injuries), wound healing, assists overall digestion (laxative, settling), and has diuretic effects. Works well as a base for perfumes, colognes, and deodorants.

**Has been reported:** Assists reducing cellulite.



**Descriptor:** Analgesic, Antimicrobial, Astringent, Expectorant, General Tonic

**Application:** Massage a few drops on location, diffuses, add a couple drops to water and drink as a daily tonic.

**Caution:** Has been reported for asthmatic conditions.

Main chemical about 45%  
Limonene.

**Influences:** Assists in fighting airborne germs and viruses. Is grounding and assist to relieve stress and tension. It acts as a sedative yet is elevating to the mind.

**Medicine Wheel:** Primary North. Assists to balance the Qi.

**Blends Well With:** Cedarwood, Cinnamon Bark, Fir, Frankincense, Grapefruit, Juniper Berry, Lemon, Myrrh, Orange, Patchouli, Peppermint, Pine, Rosemary, Spruce, and Ylang Ylang.

**Recipes:** For a room deodorizer: mix together eight drops Fir, four drops Cypress, four drops Juniper Berry, four drops Cedarwood and diffuse or add to an eight ounce spray bottle of water to spritz around the house.

For cuts and scrapes: mix together four drops Fir, four drops Helichrysum italicum, four drops German Chamomile, two drops Cedarwood oil, two drops Rosemary, and add to one ounce carrier oil. Apply where it is needed and several times a day.