

Helichrysum: Organically Grown: Croatia (*Helichrysum italicum*)

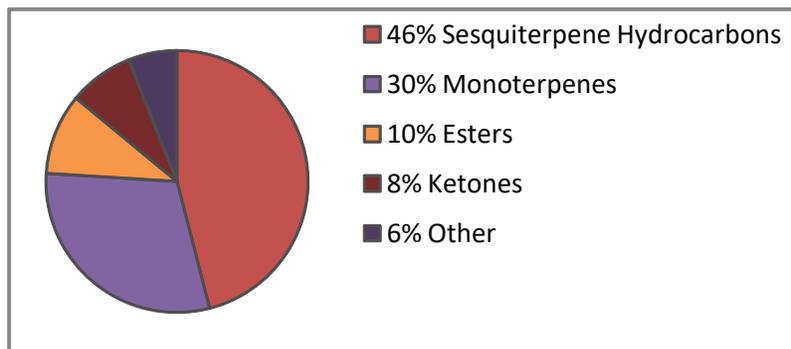
Helichrysum italicum is our favorite plant for first aid. Personally, over the last decade, this oil has saved our families over ten thousand dollars in medical bills. This powerful healing oil is amazing. Sadly, because the demand for this oil has grown over the last decade, the price has rapidly increased. When inquiring about our ever-steady increase in price, our farmer said, "I get eight hundred times the oil request than what I can actually make. I only get 5 to 8 kgs of oil per acre depending on the weather."

Many *Helichrysum italicum* plants are commonly grown around the world with vast differences in chemistry. Personally, we have found the oils outside of Europe to be ineffective or very low therapeutic quality. Also, many companies try to sell *Helichrysum angustifolium*, which is really *Helichrysum gymnocephalum* or some other species, as pure *Helichrysum italicum*. It is vital to purchase from a trusted source and remember the true therapeutic oil will rapidly assist to heal open wounds. It is amazing to see a week or two worth of healing overnight. The other *Helichrysum* species do not do this.

Primary Usages: First Aid (wounds, burns, bruising, assists the rapid regeneration of new cells), nerve problems (nerve regenerative, hearing problems, sciatica), pain reliever (muscular aches and pains, bruises, sprains, rheumatism, headaches, inflammation), and assists to inhibit infections.

Secondary Usages: Skin issues (best oil for skin cancer, dermatitis, eczema, psoriasis, acne, scarring, sunburns, broken veins, stretch marks, spots, moisturizes), repairs connective tissue, assists detoxifying (blood cleansing, stomach cramps, phlebitis, hypo-cholesterol, stimulates the liver cell function, viral colitis, gallbladder infection, spleen and pancreas stimulant, lymph drainage).

Has Been Reported: Eases respiratory conditions (sinus infections, asthma, whooping cough, nerves, spleen, pulmonary spasms, allergies), assists activating the right side of the brain, helpful for stress (depression, visualization, personal growth, courage, and compassion), and a powerful anticoagulant that may assist to reduce heart attacks.



Descriptor: Pain Reliever, Wound Healer (Cicatrisant), Antimicrobial, Regenerative

Application: Apply directly to the wounded area. Rub on location.

Caution: Although considered one of the safest oils, use caution on sensitive skin.

Main chemical about 25%
alpha-Pinene

Found In: Circulate, DNA Release, First Aid,

Influences: Enhances the subconscious and heals emotional wounds.

Medicine Wheel: Primary South and Secondary North.

Blends Well With: Chamomile, Cypress, Frankincense, Geranium, Lavender, Peppermint, Rose, Rosemary, Sage, Sandalwood, Spruce, Tea Tree, Ylang Ylang