

## Ho Leaf, Organically Grown: India(*Cinnamomum camphora*)

Ho Leaf, also called Ravintsara, is a tall evergreen tree that was native to Asia but is now grown in many other countries. The essential oil was first distilled in the 1800's from the leaves, twigs, or the wood of trees that were at least 20 years old. It has a very camphor-eucalyptus scent and was commonly used in flavorings, household products, soaps, and pharmaceuticals.

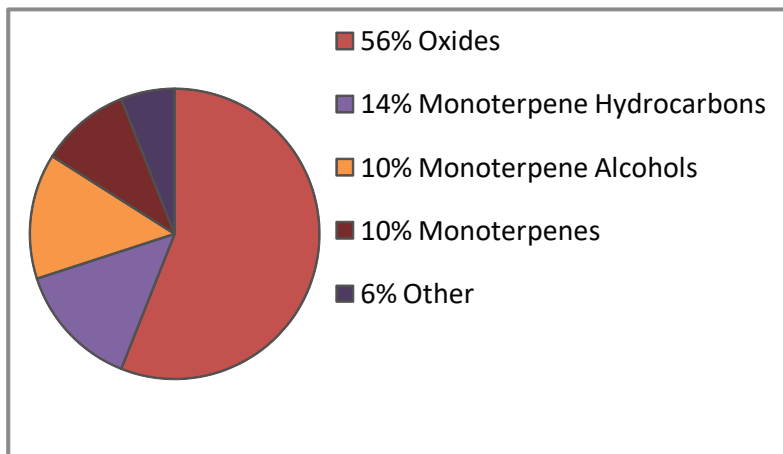
Up to WWII, the production of Ho Leaf for commercial use was a major industry for the Japanese government. It monopolized this prized tree to produce medicines and as additives to make different industrial products like smokeless gunpowder, plastics, and so forth.

In Ayurvedi medicine, Ho Leaf was used to increase the life force or energy that opens the senses, calms the nerves, and dispels negative energies. It was also used for protection and purification ceremonies. This oil has often been referred to as the “oil that heals”.

**Primary Usages:** Assists with respiratory issues (colds, bronchitis, congestion, fevers, pneumonia, sinusitis, sore throats, coughs, the flu, lung infections, allergies, eases breathing), viral infections (hepatitis, herpes, cold sores, cholera, mononucleosis), aids with wound healing (antiseptic, cuts, burns, bruises, sprains, Shingles, chicken pox,), and bacterial skin infections (athlete's foot, ring worm).

**Secondary Usage:** Aids with nerves (insomnia, stress, fatigue), helpful with rheumatic conditions (inflammation, joints, muscle pain, circulation), assists with emotional issues (anxiety, stress, depression, fear, self-confidence), and is use as an effective insect repellent.

**Has Been Reported:** Used to assist the liver.



**Descriptor:** Decongestant, Expectorant, Antiseptic, Antimicrobial, Immune Stimulant, Antispasmodic, Nerve Tonic

**Application:** Inhale, diffuse or apply topically.

**Caution:** Avoid take ~~any internally and~~ application near infant spasm of glottis, due respiratory system.

Main chemical about 56%  
1,8-Cineole

**Found In:** Breathe Ease, Fortify, Hair Support

**Influences:** Assists to release grief from the heart, eases anxiety, and promote feelings of hope. Affects the solar plexus and the heart chakras.

**Medicine Wheel:** A Primary North.

**Blends Well With:** Basil, Bergamot, Black Pepper, Black Pine, Cardamom, Cedarwood, Cinnamon Bark, Clary Sage, Clove Bud, Eucalyptus, Fir Needle, Grapefruit, Helichrysum italicum, Lavender, Lemon, Mandarin, Marjoram, Orange, Oregano, Palmarosa, Peppermint, Pine Needles, Rosemary, Sandalwood, Tangerine, Tea Tree, Thyme