

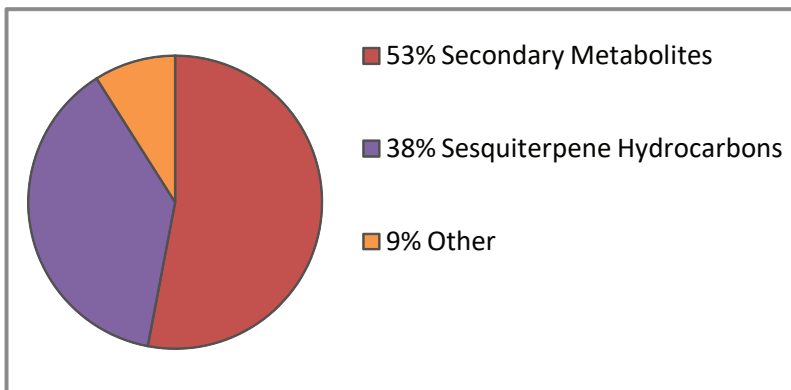
Holy Basil, Organic: India (*Ocimum sanctum*)

Holy Basil is not the same as the regular common Basil plant. Although the chemistry of the plant is contains over fifty percent of the same predominant chemical, Methyl Chavicol, the rest of the oil chemistry varies greatly. In India, where Holy Basil originates, it is also known as the Tulis and is regarded as highly sacred and therapeutic. Holy Basil is commonly planted by families and used in their regular religious ceremonies. For thousands of years Holy Basil has been used to balance joy and virtue within the body. Every day it is being used by many millions of people in many different forms: as a spice for cooking, tea, a tonic, and so forth to promote longevity and assist with preventing and curing many common health conditions. The pant and dried leaves are commonly used to repel insects and to stop the spread of disease.

Primary Usage: Assists with rejuvenating the inner systems of the body by enhancing the metabolic and immune system functions (colds, fevers, measles, mumps, malaria, infections), benefits the respiratory system (sore throats, inflammation, coughs, congestion, asthma, bronchitis, tuberculosis), speeds wound healing, and assists stomach disorders (indigestion, constipation, nausea, parasites, poisoning, cholera, dysentery). Assists with heart disease, hair loss, and diabetes.

Secondary Usage: Reduces stress (ulcers, insomnia, tension, mental exhaustion, nervous fatigue, headaches), repels insects, purifies the air, and assists with labor pains. Research shows it may inhibit the growth of carcinogenic cells and may also assist in lowering cholesterol.

Has been reported: Protects against radiation poisoning, purifies the blood, used in the treatment of ringworm and other skin disorders, used as a deodorant, and said to counteract spider, scorpion, and snake poison.



Descriptor: General Tonic, Sedative, Digestive Aid, Antidepressant, Antiseptic, Expectorant, Aphrodisiac, Antispasmodic

Application: Rub on location, take a drop or two as a general tonic, diffuse.

Caution: Medications that clotting may interact with moderation while pregnant.

Main chemical about 53%
Methyl Chavicol

Found In: Focusing, Fortify, Hair Support

Influences: Relaxing, comforting, awakening and assists in opening the mind, body, and spirit connection.

Medicine Wheel: A Primary East and Secondary North and West.

Blends Well With: Basil, Bergamot, Black Cumin, Cedarwood, Citronella, Clove Bud, Frankincense, Geranium, Ginger, Jasmine, Juniper Berry, Helichrysum italicum, Ho-Leaf, Hyssop, Lemon, Myrtle, Oregano, Peppermint, Rosemary, Sage, Tangerine, Vetiver, Ylang Ylang

Recipes: For a relaxing blend mix two drops each of Holy Basil and Frankincense with one drop of Cedarwood and rub where desired. Some people find a low cost and very effective remedy for pain is to add equal parts of Holy Basil, Rosemary, and Peppermint and rubbing on location.