

## Hyssop, Organically Grown: India (*Hyssopus officinalis*)

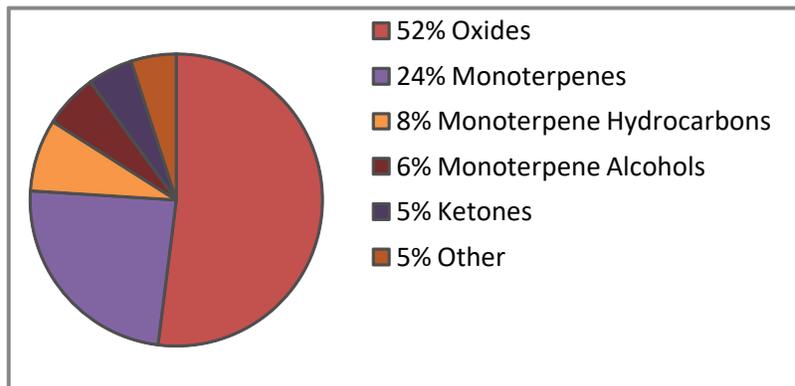
Evergreen from the mint family, Hyssop is native to the Middle East and Europe and was considered the “Herb of Protection” and used for cleansing sacred areas of worship and protection from sickness. It was also used for repelling insects and numerous other health conditions throughout the ages.

Hyssop is mentioned twelve times in the bible and in Hebrew the name originates from “ezob” meaning “Holy Herb”. Both Mark and Matthew referenced a Hyssop branch being offered with a sponge soaked in vinegar to Jesus of Nazareth while on the cross. Due to simplification during translation the general references to Hyssop were typically translated into reed in those passages.

**Primary Usage:** Assists respiratory conditions (lungs, asthma, colic, colds, flu, sinusitis, bronchitis, pleurisy, sore throats, pulmonary inflammation, infections, congestion), stimulates the liver, and treats hepatitis, nervous tension, and cystitis. It is also helpful with circulation and digestion (appetite loss, abdominal bloating, slow digestion, toxins, intestinal parasites).

**Secondary Usage:** Used for skin and as an astringent (tightens the gums, sagging skin, wrinkles, dermatitis, eczema). Regulates blood pressure, a pain reliever (arthritis, bruises, rheumatism, gout), and can reprogram the DNA from negative emotions.

**Has been reported:** Invigorates the nervous system and mind (poor concentration, negative emotions, mental fatigue, depression, anxiety, nervous tension).



**Descriptor:** Expectorant, Antiseptic, Antispasmodic, Astringent, Nervine, Circulatory Support, Diuretic, Aids Digestion, Anti-Inflammatory

**Caution:** Use extreme caution and in small amounts especially with children and while pregnant. May cause irritation. This oil contains Cineole in a small percentage.

Main chemical about 52%  
1,8-Cineole

**Application:** Apply topically or diffuse.

**Found In:** Circulate

**Influence:** Balancing to the emotions and is spiritual cleansing and enhancing. Assists in letting go of unworking old belief systems and negative mental chatter.

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

**Blends Well With:** Angelica Root, Bergamot, Cedarwood, Cinnamon, Cypress, Elemi, Eucalyptus, Frankincense, Geranium, German Chamomile, Grapefruit, Helichrysum italicum, Lavender, Lemon, Melissa, Myrrh, Orange, Palmarosa, Rose, Rosemary, Rosewood, Sandalwood, Sage, Spruce, Tangerine, Ylang Ylang

**Recipes:** For the respiratory system take five drops each of Hyssop, Eucalyptus, and Rosemary and diffuse or put into one ounce of a carrier oil for a chest and back massage. Adding the addition of Lavender makes it even more enjoyable for diffusing.