

Thyme For Me/December

Aroma Therapies Spa/814-443-1217

Kathy's Blog

CORN SILK should be taken when the corn will shed its pollen. The active principle is maizenic acid. It is very potent, yet a safe choice when you are in need of treating an inflammation of the kidney, bladder, urethra.

Scanty or offensive urine in the sick and elderly can be relieved by giving corn silk. It will assist in the removal of cystic irritation due to phosphate and uric acid build up.

Corn Silk tea has been used to help children overcome wetting the bed. Many children that bed wet, have uncontrolled, often swollen bladder tissue, that is healed with corn silk.

A good formula for advanced urinary complaints is:

- 4 ozs. of corn silk
- 4 ozs. of dandelion root
- 1 oz. of goldenseal

Powder or chop, blend and add on tsp. per cup of boiling water. Take every four hours as needed. Sweeten with a little honey.

DANDELION ROOT also called wild endive or lion's tooth is an exceptional healing herb. Dandelions botanical name means, 'The official remedy of disorders'. All parts of the dandelion are edible and considered useful for healing. The root of the dandelion is generally the part that is used for serious healing work. The leaves are used as food, similar to how you would use lettuce. The roots are used to build the blood as well as a good healer for the liver diseases and blockages.

There are many ways to make a 'Coffee Substitute'. Just plain roasted dandelion root to the more exotic blending of herbs can be used. You can try roasting your dandelion root and adding roasted chicory, roasted rye, or roasted barley. All these combinations are splendid.

Here is an exotic 'Coffee Substitute' recipe.

- 5 parts dandelion root or 1/2 & 1/2 chicory
- 2 parts holy thistle
- 1 part sarsaparilla root
- 1 part irish moss
- 1 part of-ti or ginseng
- 1/2 part dried orange peel
- 1/2 part licorice

Grind all ingredients to the consistency of coffee, or powder. This beverage looks like coffee and has similar effects without being addicting.

Spotlight On Spikenard

If your interested in either of these essential oil classes/workshops, let me know and I will give you more details on dates, times, prices and projects we'll be making using these oils.



Does winter have you chilled to the bone? Do you hurt?

Cinnamon Massage Oil will come to your rescue. Cinnamon oil is a 'warming oil'; so it will make your muscles feel good. It works well for sore backs, arms and feet. Just apply before bedtime and notice a huge difference when you awake in the morning.

Another product using cinnamon is Cinnamon Bath Salts. Just apply a spoonful to your bath water and soak for 10-15 minutes for a quick warmup or you can use this product aromatically; just pour into any container, set in any room you desire and enjoy the fragrance.



Add to a Warm Bath & Relax

Petitgrain is most known for its ability to help with depression and for supporting the nervous system. It is a good alternative to use in place of bergamot essential oil when needed over a long period of time or when the photosensitive nature of bergamot is a problem (petitgrain essential oil is not a photosensitizer). Try adding petitgrain essential oil to your baths!

I have bath salts at the spa that has a blend of petitgrain, lavender, fennel & wild orange in it. Try it and alleviate the stress in your life.

You might also want to try Petitgrain Roll-On Blend. It will help you get a good nights sleep. Along with petitgrain the blend includes roman chamomile and lavender. Apply to your wrist before bedtime and drift off for restful sleep.