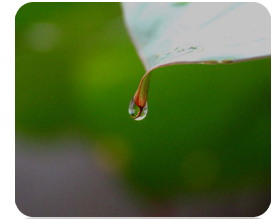


# Essential Oils Then & Now Newsletter

- By Joanna Barrett, RN, CNHP



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## CEDARWOOD - Oil of strength in times of crisis

Mer and I are studying for future seminars THE CHEMISTRY OF ESSENTIAL OILS MADE SIMPLE by David Stewart, Ph.D. In the first chapter he recommended: "For maximum retention and ease of comprehension as you read this book, try inhaling or diffusing peppermint, lemon, or cedarwood." Actually, I anointed myself with cedarwood and added peppermint to my lemon water. I need all the help I can get!! It's become one of my favorite oils.

It was a favorite oil of the Ancients as well. Sumerians, Egyptians, Babylonians, and Chinese used steam distillation as far back as 3500 B.C. Cedarwood was one of the earliest oils extracted by the Sumerians and Egyptians. Egyptian Pharaohs used the timber for temples and dwellings, for musical instruments, coffins and boats and the oil for incense, perfumes, medicine, insect repellent, mummification (along with frankincense and myrrh), for clear thinking and the spiritual awareness needed for effective prayer and meditation. In Moses' time it was used in a blend for treating leprosy, mildew, and mold. King Solomon, the wisest man that ever lived, had the temple and his palace built of Cedarwood and planted thousands of Cedar trees throughout Jerusalem. It is mentioned on a Babylonian tablet "dated" 1800 B.C. Cedarwood oil is still used as temple incense and medicine in Tibet. Medically, the French use it to calm anger.

All essential oils work holistically. Cedarwood is the oil highest in Sesquiterpenes. Sesquiterpenes deliver oxygen to all cells of the body and helps deprogram misinformation in the DNA of the cells, including brain cells. The brain needs Sesquiterpenes/oxygen for mental clarity, concentration, and wise judgments. It's been clinically tested as successful for ADD and ADHD in children. Psychologically, Cedarwood gives us the *will to hold firm* even against persistent external forces and provides immovable strength in times of crisis and stress. It steadies the conscious mind and helps us resist the sudden events and powerful emotions that threaten to undermine our confidence and morale. Spiritually, it bolsters *the transforming power of the will* that helps us take a negative or threatening situation and transform it into an experience from which we can derive strength and wisdom. It gives fortitude to counteract the negative emotions of selfishness, thoughtlessness, anxiety, obsessions, irrationality, touchiness, gloomy thoughts, worry, fear, and paranoia. Cedarwood is an oil of gladness and it's worth noting that cheerfulness strengthens the immune system, helping protect us from many illnesses. French physicians use this oil for arteriosclerosis, bronchitis, cellulite, hair loss, nervous tension, tuberculosis, cystitis and as a diuretic. Cedarwood is holistically purifying, anti-fungal, anti-infectious, antiseptic (urinary and respiratory), astringent, and sedative. Use for acne, arthritis, congestion, coughs, dandruff, insomnia, sinusitis, skin diseases, and vertigo. It's an insect repellent.

My Grandmother had a wall hanging in the kitchen that said, "A merry heart doeth good like medicine." (Proverbs 17:22) She lived for 97 years.

Use Cedarwood, chose health, and live joyfully

Love,

*Joanna*