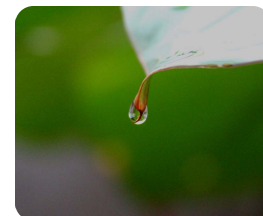


Essential Oils Then & Now Newsletter

- By Joanna Barrett, RN, CNHP



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ELEMI - POOR MAN'S FRANKINCENSE

Elemi is steam distilled from the extracted resin of a tropical tree that grows up to 100 feet tall. Native to the Philippines and its neighboring islands, it is of the same botanical family as Frankincense and Myrrh. It smells like Frankincense with lemon, and perhaps a little fennel and pepper mixed in. Frankincense, the Egyptians said, was good for everything from a broken head to gout, which was their way of saying from head to toe. Elemi has many of the same properties. It is one of the gentlest oils in aromatherapy, non-toxic, non-irritant, and thus suitable for use on children and the elderly. It is significantly less expensive than Frankincense.

Elemi has been used for hundreds of years in European salves and healing ointments for skin, especially mature skin. The Egyptians used it as part of the embalming process. The 17th century physician, J.J. Wecker, used it on the battle wounds of soldiers.

Elemi is highly regarded for soothing sore muscles, protecting skin, and stimulating the nerves. It's antiseptic, antimicrobial, immune-stimulating properties speeds relief for all chest infections especially where there is a lot of phlegm such as in chronic bronchitis. Steam inhalations of Elemi brings relief from catarrh and sinusitis. It is helpful during pregnancy and childbirth, and for inflamed breast and uterus. Stimulates sluggish glands. Decreases scarring. Settles upset stomachs. Fights amoebic dysentery. Reduces wrinkles, and is soothing and healing for allergic rashes and sore chapped skin. Make a compress for infected cuts, wounds, ulcers, and abscesses. It's lovely during a massage or in a bath. As a tonic, it is rejuvenating and stimulating.

The name Elemi, derived from an Arabic phrase meaning "as above, so below" points to it's emotional and spiritual aspects. It's a harmonizing oil, bringing mind, body, and spirit in alignment with each other. It creates a spirit of hopefulness and is said to relieve depression. It is clarifying, cleansing and fortifying with energizing, yet calming properties. It stimulates mental ability and relieves stress and nervous exhaustion.

The history of the study of plants, their extracts and essential oils, dates back to very ancient times. They have been used medicinally to kill bacteria, fungi, and viruses. They provide exquisite fragrances to balance mood, lift spirits, dispel negative emotions, and create a romantic atmosphere. They can stimulate the regeneration of tissue or stimulate nerves. They can act to oxygenate and carry nutrients into the cells. I use the essential oils every day and prefer Young Living Oils for their quality, pureness and therapeutic effects. I also appreciate Young Living's method of distilling in such a way as to retain most of the oils natural constituents. However I can only write for educational purposes, as the Food and Drug Administration have not evaluated most essential oils and they are certainly not profitable to pharmaceutical companies. I am perhaps a purest as I agree with the 16th century physician, Paracelsus, who wrote, "The remedies for every human illness are concealed within Nature."

Keep well Scentered!

Joanna