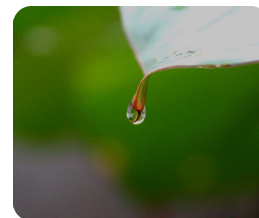


Essential Oils Then & Now Newsletter

- By Joanna Barrett, RN, CNHP, FCCI



June 2007

DILL

Memorial Day is past and gardens are planted. Did you include Dill? I like dill weed very much and I like dill pickles. The large molecules of the plant are as important as the small molecules of the extracted oil; however the fresh plant, the spice seeds and the dried herb leaves have less of the healing megahertz than the oil.

Dill is mentioned in the Egyptian *Papyrus of Ebers* and twigs of dill were found in the tomb of Amenhotep II. The earliest archeological evidence for its cultivation comes from the Neolithic lakeshore settlements in Switzerland. Early Egyptians, Greeks and Romans considered it a sign of wealth. Dill was precious enough that the *Talmud* required the Jews to pay tithes of its seeds, leaves and stems. Jesus in Matthew 23:23 rebuked the Scribes and Pharisees for tithing mint, anise and cumin but neglecting the weightier matters of the law: justice, mercy and faith. The Greek name for dill is *Anethon*, and was erroneously rendered *Anise* by English translators of the *Bible* from Wickliffe (1380) on. Early Greeks and Romans hung bunches of dill in their homes to freshen stale air and burned the seeds as incense. Roman gladiators rubbed their skin with dill before each match and ancient soldiers applied burnt dill seeds to their wounds. Known by Pliny and referred to in his encyclopedia of *Natural History* where he wrote 6 volumes of drugs from garden plants, flowers, herbs, forest trees, the vine and walnut, and wild plants. Dill was listed Dioscorides' *De Materia Medica* (AD 78) Europe's first authoritative guide to medicines and the standard reference work for over 1,700 years. Dill was included in *Hildegard's Medicine*, a compilation of early German medicines by the highly regarded Benedictine Herbalist Hildegard of Bingen (1098 - 1179). Tenth century philosopher and physician Avicenna who wrote the *Canon of Medicine*, text used by medical schools for 500 years cites several essential oils including dill. Joseph Miller's *Herbal* (1722) taught about various essences and infused oils including dill. America's early colonists called it "meetin' seed" because it was chewed for refreshment during long church meetings.

Constituents of the oil protects against free radicals, reprograms the DNA with corrected information, and neutralizes particular causes of cancer such as benzopyrenes found in cigarette smoke, charcoal grill smoked foods, automobile exhaust (especially diesel) and wood smoke. It's a good source of calcium, fiber, manganese, iron and magnesium. Anti-diabetic, as a pancreatic stimulant and insulin/blood sugar regulator. Dill oil is used in the preparation of Dill water, or Gripe Water, soothing remedy for colic, flatulence, and other stomach disorders. Russians used to dole it out to relieve the discomfort of over-eating. Dill oil is recommended for liver deficiencies, hiccups, constipation, and skin wounds. Tea made from the seed was used to induce sleep.

Fragrantly dill oil combats the feeling of being overwhelmed and helps calm in times of crisis.

A bottle of dill oil in your medicine cabinet or kitchen - not be a bad idea

Joanna