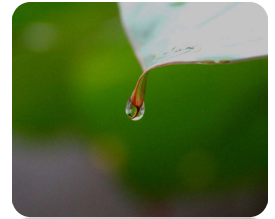


Essential Oils Then & Now Newsletter

- By Joanna Barrett, RN, CNHP



July 2007

ANGELICA ARCHANGELICA

I originally planned to write about Angelica 2 months ago since it normally flowers on the 8th of May, which is St. Michael the Archangel's Day. (Being Protestant I wondered if an angel could actually be a saint.) But, be that as it may, it's for this reason Angelica is often planted in monasteries and referred to as "Angel Grass." Parkinson, in his *Paradise in Sole*, puts Angelica in the forefront of all medicinal plants. In Asia, Angelica's reputation is second only to ginseng. For centuries Europeans referred to Angelica as "Holy Ghost root." Germans called it "the oil of angels" perhaps because of its ability to calm anxiety, restore happy memories, and bring peaceful sleep. According to one legend a monk said an angel told him in his dreams that Angelica would cure the Black Plague that swept through Europe. Appropriately, Angelica became an ingredient in the official remedy published by the College of Physicians in London called "The King's Majesty's Excellent Recipe for the Plague." Gerard (who ever he is?) among its many virtues he extols says, "It cureth the bitings of mad dogs and all other venomous beasts." From ancient times it was used as an antidote for "poisons, agues, and all infectious maladies" Angelica's healing powers are so strong that it was believed to be of divine origin.

Angelica is invigorating and strengthening to the body and can be used as a tonic to improve vitality and mental well-being. It is useful in cases of poor appetite, arthritis, asthma, backaches, lowers blood pressure, bronchial/lung problems, colds, colic, coughs, digestive problems, deafness, epilepsy, exhaustion, fever, flu, gout, headaches, heart strengthening, heartburn, hemorrhoids, inflammation, menstrual/PMS and prostate problems, spleen, stomach troubles, toothaches, vomiting and for increasing urination.

Emotionally, Angelica is restorative, stimulating in small doses, sedating in larger doses, warming, comforting, aphrodisiac, purifying, and grounding. Angelica assists in the release of pent-up negative feelings and restores memories to the point of origin so the heavy baggage that weighs us down can be disposed of, never to trouble us again. Essential oils work where the need is greatest first and like an onion peeled away, in layers. Sometimes physically, sometimes emotionally. I don't particularly like the smell of Angelica - which is an indication that it is bringing to the surface something I need to deal with. Later, after my first dose of Angelica earlier in the day, I had a gradual emotional awareness of something I understood about my Dad, but at this point, I actually felt his hurt and sorrow. Dad is a part of who I am and much of who he was is engraved in my DNA. I still love my Dad, though deceased, therefore I felt divided in my desire to hang on to his stuff and my need to let go. My heart will continue to commemorate my Dad. Emotionally I have some work to do. When I like the aroma of Angelica

My work will be done,

Joanna