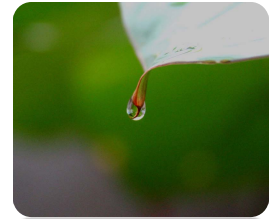


Essential Oils

Then & Now Newsletter

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ACHILLES HEEL

The story behind the botanical genus name of Yarrow (*Achillea*) is rooted in Greek mythology. The centaur Chiron, famed for his medical knowledge, conveyed herbal secrets to his human students. He taught Achilles to use leaves of Yarrow on his soldiers bleeding spear and arrow wounds during the Trojan War. Perhaps he used it to bind his "Achilles heel." It was a good choice since Yarrow is anti-bacterial, antiseptic, stops bleeding and brings down the swelling and heat of wounds. Roman soldiers used Yarrow to stanch blood and sterilize wounds. In England it was associated with witchcraft, used for love charms and good luck. It was brought to weddings to ensure the newlyweds at least 7 years of love. Medieval castles and monasteries grew Yarrow in their herb gardens. Leaves were still used to press on wounds; teas to control melancholy; and leaves chewed for toothaches. The Highland Scots thought it helped control baldness. During the time the British were colonizing a large part of the world, they were exposed to tropical diseases and fevers. Quinine then was the drug of choice. For lesser ailments Yarrow was used and was called Englishman's Quinine. In China it is said that Yarrow grows over the grave of Confucius. The Shakers used Yarrow for a variety of complaints from hemorrhages to flatulence. The Piute called Yarrow "Wound medicine" and the Navajos considered Yarrow to be "life medicine." It was used to treat soldier's wounds during the Civil war.

It's not surprising that many if not all of the herb's traditional actions are the same for the oil. Herbs have larger molecules, lower megahertz, and the protein one might be allergic to but the tiny molecules of essential oils are able to enter the cells and DNA for healing. The flowers contain oil that saturates the bloodstream and chemically helps rid uric acid impurities preventing some types of kidney stones, soothing urinary problems and eliminating gout. It's a gentle tonic and blood cleanser valuable for heart and kidney circulatory problems including arterial sclerosis, hypertension, varicose veins, and thrombosis. Clean blood makes the liver work more effectively to produce bile and Yarrow's effect on the production of secretions along the alimentary canal with its antispasmodic properties curbs gallbladder and digestive problems including indigestion, colic, gastritis, irritable bowel, and diarrhea. It's hormone-like, a powerful prostate decongestant and beneficial for the female reproduction system - irregular and scanty menstruation, painful and heavy periods, and prolapsed uterus. Its analgesic effects help break up the pain of sprains, rheumatism, and neurosis. Effective for fevers, headaches, colds, flu and insomnia.

Psychologically, Yarrow balances our highs and lows, both internal and external. Supports our intuitive energies and helps reduce confusion and ambivalence. It helps release stagnant energy and blocked emotions. Yarrow is relevant for easily offended depressed individuals with deeply repressed bitterness and hidden rage due to the pain of past wounds. Encourage Yarrow for feelings of peace, harmony, and equilibrium.

For health and peace,

Joanna