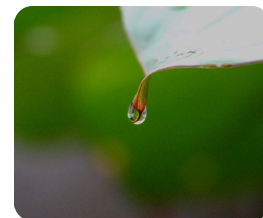


Essential Oils Than & Now Newsletter

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CORIANDER - THE SECRET OF HAPPINESS

All parts of the herb Coriander (also known as cilantro) are edible and used in foods for flavoring and aroma. Coriander powder is used for garnishing. Fresh leaves are a main ingredient in Vietnamese food, and Asian chutney. The fresh leaves give off an extremely unpleasant scent that the Greeks found reminiscent of a squashed bedbug; hence, the plants name is derived from Koris, Greek for bug. The roots are used in Thai cuisine. The seeds are a component in pickle spices, seasonings, curry powder, sausages, baked goods and certain alcoholic beverages. The leaves and seeds are widely used in Ayurvedic medicine and is a featured herb used in Chinese medicine as a tonic for the stomach and heart. The Ancient Chinese used Coriander to ease pain, and promote longevity. It was considered as an herb of protection.

Coriander seeds were found in the tombs of both Tutankhamen and Remises II. Ancient Egyptians combined the seeds with fresh garlic in wine to be drunk as an aphrodisiac and believed that Coriander was the Secret of Happiness. After the Ancient Hebrew's departure from Egypt God provided bread from Heaven (Manna) for them to gather, cook and eat. It was described as resembling Coriander. Coriander is mentioned in all the medieval texts, by Hippocrates and other Greek physicians, and by early Sanskrit writers.

Herbs broken down yield large molecules the body needs. Therapeutic grade essential oil molecules are tiny enough to enter the cells and DNA and to cross the blood brain barrier therefore able to minister to the microscopic level. British Coriander oil has the finest flavor but Russian and German Coriander is the richest in oil and it's from Russia that Young Living obtains their oil. Coriander is a gentle warming oil, an analgesic comforting to those with osteoarthritis, neuralgia, rheumatism, and muscle aches and pains. It's the Chinese remedy for measles, of value in diabetes (Hypoglycemic), gastroenteritis, and for certain parasitic flukes for which there is no non-toxic drug. Coriander is an excellent digestive antispasmodic useful for poor appetite, nausea, indigestion, colic and flatulence. It is often helpful to those with respiratory infections, gout, migraines, poor circulation, stiffness and insomnia. It's anti-bacterial, anti-fungal, antioxidant, anti-inflammatory, sedative, and has revitalizing properties for the cardiac, circulatory, nervous, and glandular systems. Coriander has the ability to absorb and rid the body of heavy metals.

Emotionally, Coriander's slightly spicy and musky scent has been described as euphoric, giving a sense of serene joy and creativity. It invigorates the intellect fortifying those with general debility, mental fatigue and nervous exhaustion. It is calming and uplifting therefore indicated for those with nervous depression accompanied by worry and anxious over-thinking. Uniquely, Coriander imbibes a feeling of security, peace and earthy permanence coupled with a feeling of spontaneity and passion to achieve stability without denying joy. It is ideally suited for complex creative zealously involved individuals who find it difficult to cope with predictability and routine.

Distinctively aromatic,

Joanna