Oil	Properties		Uses
考案 Anise	- anti-rheumatic - antiseptic - antispasmodic - decongestant	- digestive - expectorant - sedative	Constipation, indigestion, flatulence, sleep disorders, stress, amoety, hyper tension, menstrual issues, oral health, arthritis, joint and muscle pain.
Basil	- antiseptic - antispasmodic - antibacterial	- anti-inflammatory - anti-enflammatory - anti-depressant	Cold, cough, hay fever, sinusitis, arthritis, muscle fatigue, lack of focus, stress, depression, nervous tension, headache
Bergamot	- antiseptic - antispasmodic - sedative	- analgesic - antidepressant - digestive	Stress, depression, anxiety, lack of focus and confi- dence, constipation, immune health, chest congestion, psoriasis, acne, eczema, premature skin aging, sallow complexion, muscle fatigue and pain.
Birch	- analgesic - anti-inflammatory - anti-rheumatic	- antiseptic - antispasmodic	Arthritis, rheumatism, muscle fatigue, headache, migraine, edema, eczema, ringworm, headache, migraine.
Black pepper	- anti-inflammatory - expectorant	- analgesic - good for blood circulation	Cough, sore and itchy throat, chest congestion, arthritis, muscle pain, diabetic neuropathy, edema, swollen extremities.
Camphor	- anti-inflammatory - antispasmodic - antiseptic	- decongestant - anaesthetic - sedative	Cold, flu, cough, chest congestion, muscle and joint pain, fibromyalgia, arthritis, sciatica, rheumatism, sleep disorders including insomnia.
Carrot seed	- antiseptic - anti-oxidant - stimulant - tonic		Premature skin aging, dull complexion, open pores, wrinkles and fine lines, menstrual irregularities, joint pain, gout, psoriasis, rash.
Cedarwood	- antisaptic - antispasmodic - tonic	- astringent - expectorant - sedative	Cough, chest and nasal congestion, arthritis, insomnia, muscle and joint pain, arthritis, acne, eczema, psoriasis, minor wounds.
Cinnamon	- antibacterial - antifungal - antimicrobial	- astringent - stimulant	Exhaustion, mental sluggishness, muscle and joint pain, stress, ectoparasites, including scables mites and lice.
Citronella	- antibacterial - antidepressant - antiseptic - antispasmodic	 anti-inflammatory a very effective insect repellent 	Muscle soreness, menstrual cramps, abdominal pain due to gas, respiratory congestion and cough, neural- gia, insect repellant, insect bites, viral and fungal skin infections, fatigue and depression.

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Richard Clarke Cabot

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