

Bay Laurel

Laurus nobilis

Bay Laurel is a powerful stimulant to the immune and lymphatic systems. It is of tremendous value in dealing with a wide range of viral and respiratory conditions including colds, flu, tonsillitis, and allergies; especially when congestion and infection are involved.

Research into Bay Laurel's potential antiviral ability was promising in its action against SARS coronavirus. Dr. Kurt Schnaubelt has written: "Bay Laurel's positive effects on the lymphatic system are undeniable. Rubbing a few drops on swollen lymph nodes will produce an immediately noticeable relieving effect."

Bay Laurel acts on the lymphatic system by reducing swollen lymph nodes, promoting lymphatic drainage, and stimulating the formation of lymphocytes (the white blood cells) which play a critical role in the body's ability to fight disease by attacking bacteria, viruses, toxins, and tumors. This remarkable oil is also stimulating to the liver and spleen, and is therefore an excellent aid to the digestive system. It has been used historically to ease indigestion, gas, and diarrhea; to promote the flow of digestive juices, and to stimulate appetite. It is also a good kidney tonic.

Bay Laurel is also very helpful for hair and scalp; it is often used in tonics to fight hair loss and dandruff and promote the overall health of the scalp.

Bay Laurel uses include tonsillitis, colds, flu, loss of appetite, and amenorrhea. [Julia Lawless, *The Illustrated Encyclopedia of Essential Oils* (Rockport, MA: Element Books, 1995), 63-66.]

suggested usage

BATH

- Add 8-10 drops to ½ cup Clay Vitality or Vitality Bath Salts and mix into warm bath water to help counter rheumatic aches and pains.
- Add several drops to shampoo and/or conditioner for a powerful hair tonic.

INHALATION

- Put 1-2 drops on a tissue, cotton ball, or your hands and inhale deeply as needed to encourage confidence, inspiration, and creativity.
- Diffuse in 5 minute intervals throughout the day to enhance mood and support the immune system.

INTERNAL

- Used to flavor Bay Rum, this Essential Oil can be used in small quantities (1-2 drops) to create a similar flavoring in soups and stews.

TOPICAL

- Add to carrier or massage oil to create a soothing blend for relieving muscular aches, strains, and pains; especially useful after exercise to prevent soreness and lactic acid buildup.
- Bay Laurel can be of tremendous benefit to a congested lymph system; patch-test prior to topical application. Especially effective when combined with Lavender, Eucalyptus, or Lemongrass.

responsible cautions

- Not recommended for use during pregnancy or while breastfeeding.
- Not recommended for use with children.
- Not recommended for use by those taking anticoagulants (blood thinners).
- Keep out of reach of children and pets.
- Use as directed, and adhere to Responsible Cautions at www.godesana.com/cautions.asp.
- Store away from sunlight, at room temperature, with lid securely tightened.

pregnancy & children

- Avoid during pregnancy, labor, and while breastfeeding.
- Not recommended for use in children.

attributes

Wildcrafted

GRAS Certified

Producing Organ: *Leaves, branches, berries*

Extraction: *Steam Distillation*

Country of Origin: *Hungary*

Therapeutic Properties: *Antibacterial, anticonvulsant, anti-infectious, antimicrobial, antiseptic, digestive, expectorant, immunostimulant, lymphatic cleanser and decongestant, and tonifying (hair and scalp)*

Main Chemical Constituents: *1,8-Cineole, α-Pinene, α-Terpinyl acetate, Linalool, and B-Pinene*

topical dilution guidelines

Ages 10 & Over: Topical dilution for healthy individuals is 10% (60 drops per 1 ounce of carrier oil). A topical dilution of 25% (150 drops per 1 ounce of carrier oil) may be warranted in cases of severe pain, bad bruising, or serious muscle cramping.

Others: Topical dilution for children under age 10, pregnant women, the elderly, those with sensitive skin, those with compromised immune systems, or those with other serious health issues is 1% (6 drops per 1 ounce of carrier oil). **Bay Laurel is not recommended for use during pregnancy, while breastfeeding, by those taking anticoagulants (blood thinners), or with children.**

Remember that blends, because of the smaller percentage of the stronger oils, are usually safer than single oils; especially during pregnancy, while nursing, and when using with children or the elderly.

availability

10ml Bottle



QUALITY ASSURANCE

All oils from goDésana Organics are 100% pure and therapeutic, meaning they are sourced and approved by Alexandria Brighton to the highest standards possible. Our Essential Oils are chosen for their integrity (all chemical constituents important for use are intact), ecological 'soundness' (all are organic or wildcrafted), and the specific chemical constituent percentages that Alexandria Brighton insists upon for efficacy and safety.

DISCLAIMER

goDésana Organics products have not been evaluated by the FDA and are not intended to treat, diagnose, cure, or prevent any disease. They are not intended as a substitute for the advice or medical care of a qualified health care professional. Seek the advice of your health care professional before undertaking any dietary or lifestyle changes.

©2011 Green Organics International, LLC • ©2013 goDésana, LLC