

Coriander Seed

Coriandrum sativum

Therapeutic Properties: *Analgesic, aperitif, aphrodisiac, anti-oxidant, anti-rheumatic, antispasmodic, bactericidal, depurative, digestive, carminative, cytotoxic, fungicidal, larvicidal, lipolytic, revitalizing, stimulant (cardiac, circulatory, nervous system), stomachic.*

For thousands of years, Coriander Seed has been used to stimulate the appetite and impart an enticing flavor to food. An invigorating aroma makes this a valuable aid for low physical energy and fatigue. Those recuperating from illness or childbirth will find Coriander Seed especially helpful in their recovery. Coriander's energizing ability helps to stimulate the mind, enhance creativity and memory, promote confidence, and encourage self-expression. It is also an excellent aphrodisiac.

Coriander Seed is highly supportive to the endocrine and digestive systems, has been known to be supportive in balancing the blood sugar of diabetics, and aids in the treatment of arthritis. Its calming, soothing, and balancing abilities can be particularly helpful with digestive and intestinal disorders such as colic, diarrhea, indigestion, flatulence, nausea, gastrointestinal spasms, and hemorrhoids.

It has been used therapeutically, mainly in the form of an infusion for children's diarrhea, digestive upsets, griping pains, anorexia, and flatulence. [Julia Lawless, *The Illustrated Encyclopedia of Essential Oils* (Rockport, MA: Element books, 1995), 127.]

aromatherapy & home uses

Circulation, Muscles, and Joints: Accumulation of fluids and toxins, arthritis, gout, muscular aches and pains, poor circulation, rheumatism, stiffness.

Digestive System: Anorexia, colic, diarrhea, dyspepsia, flatulence, nausea, piles, spasm.

Immune System: Colds, flu, infections (general), measles.

Nervous System: Debility, migraine, neuralgia, nervous exhaustion.

suggested usage (10 years & up)

BATH:

- Add 20 drops to ½ cup Clay Vitality or Vitality Bath Salts and mix into warm bath water to assist and help support your body with toxins and fluids, aid poor circulation, arthritis, gout, rheumatism and muscular aches and pains.

INHALATION

- Diffuse 10-12 drops in a cool mist Essential Oil diffuser.
- Place 1-2 drops on a tissue, cotton ball, or in the palms of the hands and inhale to stimulate the appetite.

INTERNAL

- 2 to 3 drops in a capsule with olive oil or in honey as tea taken 3 to 4 times a day is helpful in assisting the body with arthritic pains, gout, muscular aches and pains, poor circulation, and also encourages the excretion of toxins and excess fluids. Mix 1 to 3 drops in a teaspoon of honey in warm water as tea to help the body to soothe colic, diarrhea, dyspepsia, flatulence, nausea, hemorrhoids, and spasms in children over the age of 3.

MISTING

- Mix 20 drops with 4 ounces of distilled water in a cobalt blue glass or PET plastic bottle, shake well, and mist into the environment as desired.

TOPICAL

- To assist the body with balancing balance blood sugar metabolism, use 2 drops each of Coriander Seed, Dill Weed, and Sweet Fennel with 1 teaspoon carrier oil rubbed on the feet morning and night.

responsible cautions

- Non-toxic, non-irritant, non-sensitizing.
- Used in high doses it can have a narcotic effect and must, therefore, be used in moderation.
- Keep out of reach of children and pets.
- Use as directed, and adhere to Responsible Cautions at www.goDesanaOrganics.com/cautions.asp.
- Store away from sunlight, at room temperature, with the lid securely tightened.

attributes

Producing Organ: *Seed*

Extraction: *Steam Distillation*

Country of Origin: *Bulgaria*

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.

pregnancy & children

Topical

- Infant to 3 months - *not recommended*
- 3 months to 3 years - *not recommended*
- 3 to 5 years - *3 drops in 10 ml carrier oil*
- 5 to 10 years - *6 drops in 10 ml carrier oil*
- Pregnancy - *safe when used as directed starting in the 2nd trimester*

Bath

- Infant to 3 months - *not recommended*
- 3 months to 3 years - *not recommended*
- 3 to 5 years - *3 drops in ¼ cup Pink Himalayan Salt*
- 5 to 10 years - *6 drops in ¼ cup Pink Himalayan Salt or Clay Vitality*
- Pregnancy - *safe when used as directed starting in the 2nd trimester*

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 goDesana 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

goDesana 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.