

Coriander Seed

coriandrum sativum 10ml

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.*

uses

aromatic

- **Diffusion:** Diffuse 10 to 15 drops in a cool mist essential oil diffuser.*
- **Inhalation:** Place 1 to 2 drops on a tissue, cotton ball, or in the palms of the hands and inhale to stimulate the appetite.*
- **Misting:** Mix 20 drops with 4 ounces of distilled water in an amber glass or PET plastic bottle, shake well, and mist into the environment as desired.*

bath

- **Bath:** Add 20 drops to ½ cup Pink Himalayan or Dead Sea salts and mix into warm bath water to assist and help support with removing toxins and fluids, aiding poor circulation, and relieving symptoms associated with arthritis, gout, rheumatism, and muscular aches and pains.*

internal

- **Capsules:** Add 2 to 3 drops in a veggie capsule with olive oil and take 3 to 4 times a day to assist the body with arthritic pains, gout, muscular aches and pains, poor circulation, and to encourage the excretion of toxins and excess fluids.*
- **Tea:** Mix 1 to 3 drops in a teaspoon of honey in warm water as a tea to help the body soothe colic, diarrhea, dyspepsia, flatulence, nausea, hemorrhoids, and spasms in children over the age of 3.*

topical

- **Feet:** Use 2 drops each of Coriander Seed, Dill Weed, and Sweet Fennel mixed with 1 teaspoon of carrier oil and rubbed on the feet morning and night to support healthy blood sugar levels.*

topical dilution guidelines

- Topical dilution for healthy individuals ages 10 and over is 10% (60 drops per 1 ounce of carrier oil).*
- **Children 3 to 5 years:** Dilute 3 drops in 10 ml of carrier oil.*
- **Children 5 to 10 years:** Dilute 6 drops in 10 ml of carrier oil.*
- **Pregnancy:** Safe when used as directed starting in the 2nd trimester at 3% dilution (15 drops/1 ounce).*

goDesana

Product Information Page



application methods

Aromatic • Bath • Internal • Topical

safety group: 2

Generally regarded as safe when properly diluted and used as directed with children over the age of 3 years, and while pregnant starting in the 2nd trimester.

properties

Wildcrafted

Producing Organ: Seeds

Extraction: Steam Distillation

Country of Origin: Bulgaria

Main Chemical Constituents: Linalol, decylaldehyde, borneol

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

responsible cautions

- Non-toxic, non-irritant, non-sensitizing.
- Can have a narcotic effect used in high doses, and must, therefore, be used in moderation.
- Keep out of reach of children and pets.
- If you are pregnant, nursing, or under a doctor's care, consult your healthcare provider prior to use.
- Store away from sunlight, at room temperature, with the lid securely tightened.

**The information in this document has not been evaluated by the FDA and is not intended to treat, diagnose, cure, or prevent any disease. This information is not intended as a substitute for the advice or medical care of a qualified healthcare professional and you should seek the advice of your healthcare professional before undertaking any dietary or lifestyle changes. This information is provided for educational purposes only.*