

White Fir

Abies Alba

White Fir Trees are often thought of the traditional Christmas tree with its beautiful green pyramid shape and whitish bark. It produces a clear essential oil that is steam distilled from the needles. The scent is fresh, softly balsamic and very invigorating .

Anti-aging, anti-bacterial, anti-cancer, anti-fungal, anti-arthritic, anti-catarrrhal, anti-microbial, anti-oxidant, anti-infectious, anti-inflammatory, anti-tumor, anti-septic, astringent.

White Fir has many beneficial constituents some of which are the terpene levels. Known as hydrocarbons, the terpenes reduce bacterial infections, inflammation and intestinal gas. Laboratory studies in Greece studied the ant proliferative and ant carcinogenic effects of White Fir on tumor-bearing rats. The studies concluded that the animal's lives were prolonged, and there was significant reduction in the tumors.

Published research establishes that doTERRA White Fir can be effective with Cervical Cancer Cell Destruction - Check out the material from Nicole Stevens Cancer Research.

White Fir soothes muscles (even cold and flu pain) and rheumatic pain and increases poor circulation when used in a massage oil, liniment or bath. It also helps prevent bladder and kidney infections and reduces coughing from lung congestion, Bronchitis or Asthma (when used in an aromatherapy diffuser or a chest rub). Energizing when tired or fatigued. Great for relief of Sinusitis and UTI. Rebuilds cartilage and connective tissue rapidly when applied on a consistent basis. Excellent with Osteoarthritis repair of the cartilage and with Rheumatoid Arthritis in relieving the swelling and inflammation of the synovial membrane (lining of the joint).

Emotional Aspects: White Fir diffused can create amazing mental clarity. In the air, it demonstrates an amazing anti-bacterial agent for air borne pathogens. In application, White Fir creates a feeling of grounding,

anchoring and empowerment. It can stimulate the mind while allowing the body to relax. Said to have a "Balancing Action" = Adaptogenic in nature. (can pep you, calm you down, and teach your body to "adapt" well in different physical surroundings and emotional circumstances).

When individuals reach plateaus in weight loss, or feel "stuck" at a level, using White Fir with affirmations of clear intent will activate feelings of success and will be able to move forward with goal achievement. Addiction Recovery can be enhanced with White Fir rubbed on the back of the neck with Geranium often during the day.

Depression Recovery from long term pain and inactivity can be assisted by a combination of White Fir, Frankincense, Wild Orange, and Sandalwood rubbed into the back of the neck several times a day with White Fir being diffused.

Topical Application: Use in compresses and baths when trying to sooth stiff joints, arthritis, and rheumatoid arthritis. Use diffusion or other methods of inhalation when treating colds, flu and as a mind clearer. White Fir is GRAS (Generally Regarded As Safe which a standard set by the America Food and Drug Association) and can be taken internally. White Fir has had positive effects being applied neat or with a carrier oil to the neck, back, joints and bottom of the feet.

Suggested Protocols:

Sinusitis Relief: Coconut Oil 1 teaspoon, White Fir 2 drops, Lavender 2 drops; gently blend and apply to "T" of forehead and down the bridge of the nose.

Bladder Support: Coconut Oil 1 teaspoon, White Fir 2 drops, Cypress 3 drops; gently blend and apply to lower abdomen and vital flex points on feet and hands 2-3 times a day for "tuning up" the Bladder and circulation.

Kidney Support: Coconut Oil 1 teaspoon, White Fir 3 drops, Balance 2 drops, Lemon 2 drops, Cypress 2 drops; gently blend and apply to low back 2-3 times a day to optimize functions after a bladder or kidney infection or heavy viral infection somewhere else in the body for 5 days.

Spine Injuries and Pain: Coconut Oil 1 teaspoon, White Fir 3 drops, Basil 3 drops, Cypress 3 drops; Gently blend and apply to entire spine up from the sciatic nerves thru bottom of skull-seal nicely with Deep Blue Rub - cover with cotton shirt and keep warm.

Neck Pain and Stiffness: Coconut Oil 1 teaspoon, White Fir 3 drops, Marjoram 2 drops, Lemongrass 2 drops; Gently blend and apply up the sternum in the front of chest and on the shoulders and back of the neck.

Support Repair of Fractured and Broken Bones: Coconut Oil 4 drops, White Fir 4 drops, Frankincense 4 drops, Peppermint 2 drops; gently mix in spritzer bottle or regular glass bottle and apply directly over fracture area (as long as no skin is broken or a cast on) apply directly over Reciprocal area of other limbs or vital flex points in feet and hands every 2 hours for rapid repair.

Muscle Spasms: Coconut oil 1 teaspoon, White Fir 4 drops, Lemongrass 3 drops, Basil 2 drops; gently blend and apply to area of spasms

Burns: White Fir 3, Lavender 4 drops; apply blend to area repeatedly to reduce pain, chance of infection and rapid healing of area.

Sore Feet: White Fir 3 drops, Patchouli 2 drops; gently blend and apply from heels up to the toes and the tops of the feet - put on cotton socks

Meeting Room Prep: Diffuse-- White Fir 5, Wild Orange 4 drops; put into lotus diffuser for 15 minutes prior to meeting to facilitate clarity and motivate creative thought.

To Shift Feelings of Remorse and Harsh Self Judgment: Coconut Oil 1 teaspoon, White Fir 5 drops, Cypress 4 drops, Marjoram 4 drops; gently blend and apply to back of neck and front of chest while Expressing appreciation...

To Aid in Sleep after a Loss: Coconut Oil 1 teaspoon, White Fir 4 drops, Vetiver 3 drops, Cypress 3 drops, Melissa 2 drops; gently blend and apply on back of the neck, on the bottoms of the feet and put on cotton socks.

To Pep Up for a Long Drive: White Fir 4 drops, Frankincense 3 drops, and Peppermint 2 drops; gently blend and put in auto diffuser, or on hands and rub hands together and inhale.

Fibromyalgia: White Fir 12 drops, Wintergreen 8 drops, Marjoram 6 drops, Geranium 4 drops - 2 x day-apply to areas of pain directly and keep warm several times a day.

Arthritis: White Fir 5 drops, Vetiver 3 drops, Oregano 1drop in 1 teaspoon coconut oil - 3 x a day

Resources we use on a regular basis:

Modern Essentials, Abundant Health, LLC, 2009

Healing Oils of The Bible, David Stewart, 200

Aromatherapy in Medicine, Jacque du Preneau, 1908.

Aromatherapy, Essential Oils for Vibrant Health and Beauty, Roberta Wilson, 2002

Clinical Aromatherapy, Essential Oils in Practice, by Jane Buckle ,RN,PhD.,2003

Aromatherapy Handbook for Beauty, Hair and Skin Care, by Erich Keller, 1992

Aromatherapy For Healing The Spirit, by Gabriel ojay, 1997

The Art of Aromatherapy, Robert Tisserand, 1995

{www.Aromatools.com} for: Spritzers, Books, Bags, Tools etc.

NOTE: The advice shared in this document has not been evaluated by the FDA. The products and methods recommended are not intended to diagnose, treat, cure or prevent any illness or disease, nor is it intended to replace proper medical help. Kindly understand that essential oils work to help to bring the body into balance - thus helping the body's natural defenses to restore homeostasis. Essential oils are not used to "treat" medical problems. This document was researched and prepared as a beginning for new people to doTerra's CPTG Essential Oils by Dr. Susan Lawton. If you have questions about our next oil presentation you may send questions to: slawton1@optonline.net . That way we will cover the answers during the presentation - there will be NO individual responses. Thank you for your sharing with others. Next week we will cover Clear Skin Roll On Blend on June 13, 2012.