

Cilantro (Coriander)

Coriandrum Sativum

Soothing, Detoxifying, Clarity of veins and arteries...Little Works Great

The bright-green, feathery leaves are delicately lobed. After the tiny, lacy white or pale-pink flowers bloom, they turn into green seeds that eventually become brown or brownish gray. At maturity, the plant reaches a height of two to three feet. Distilled from the leaves of plant. (We use the seeds of the Cilantro plant for Coriander Oil).

The leaves of the Cilantro Plant, when crushed, give off an extremely unpleasant odor which the ancient Greeks found reminiscent of a squashed bedbug, hence, the name in Greek is "Bug." The Greeks still used in teas and used the oil in compresses for "Yellow Liver Disorder."

Cilantro has properties of being: Analgesic, Anti-bacterial, Anti-oxidant, Antispasmodic, Anti-rheumatic, Detoxifying, Digestive aid, Fungicidal, Laxative, Revitalizing, Stimulant and Calms Stomach Upset.

Benefits; arthritis, colds, colic, diarrhea, exhaustion, intestinal gas, flu symptoms, infections, migraine headaches, muscle aches and pains, nausea, poor circulation, rheumatism, stiffness, and sluggish liver.

Blends well with Bergamot, Cinnamon, Clary Sage, Cypress, Frankincense, Ginger, Marjoram, Patchouli, Rosemary, Sandalwood, White Fir and Wild Orange.

All suggestions and ideas are effective with doTERRACPTG Oils and products only!

Cilantro in the diffuser can lift spirits, warm hearts and ignite a great party atmosphere; add a few drops of Frankincense and watch the mind clear and accept that anything is possible.

Cilantro oil is amazing for circulation, "clearing the pipes" so to speak, but works best with lots of water to assist floating away the debris that your body has cast off. Mix Cilantro 2 drops, Cypress 3 drops, Ginger 1 drop, with 2 tablespoons of coconut oil and rub on arthritic knees or wrists for easing motion and reducing pain.

Some uses beyond recipes:

Upset stomach: Cilantro 1 drop, Rosemary 1 drop, in ½ glass of warm water stir and sip.

Circulation: 1/2 ounce coconut oil, Cilantro 2 drops, Cypress 4 drops, Wild Orange 2 drops, Rosemary 2 drops, blend gently and apply from ankles upward.

Fatigue: Cilantro 2 drops, Clary Sage 2 drops, Ginger 1 drop, Sandalwood 2 drops, Frankincense 3 drops, Blend and apply on the back of the neck and forearms and inhale after rubbing hands together.

Headache: Cilantro 1 drop, Bergamot 2 drops, Sandalwood 2 drops, Marjoram 2 drops, blend and massage into muscles at the base of the neck often – like every 20 minutes until headache subsides.

Happy Liver Tonic: Cilantro 3 drops, Bergamot 2 drops, Frankincense 3 drops, Cypress 4 drops, Marjoram 2 drops, Patchouli 2 drops. Blend and rub on the bottoms of feet and on the liver (right side under the rib cage) each evening for 2 weeks also peps up the pancreas and the gall bladder.

Thigh Lymphatic Rub: Coconut Oil 3 tablespoons, Cilantro 3 drops, Patchouli 2 drops, Cypress 4 drops, Lime 3 drops, White Fir 3 drops, Rosemary 2 drops; gently rub from the knee up to beyond the waist line on the outside of the legs – up the center of the thigh on the outside of the leg. Do this for three days and nights to relieve edema or swelling of legs or feet during hot humid weather.

Cilantro Oil is very effective as a Chelating Agent -- heavy Metals from brain and tissues of organs – Reported to be helpful with coronary heart disease – most effective with a full life style change.

If you are on medication of any kind please review this process with you physician to be sure that when you start ingesting oils and using mother nature on the bottoms of feet you are prepared for your medication to be more effective because doTERRA products provide an environment in which rapid healing takes place and medication can suddenly be more effective.

When approaching a major lifestyle change like eliminating heavy metals from your system, it is important to move gradually into oils and nutrition because you will evoke a change in your whole body systems.. Remember that in many people's lives 80% of your body's energy is used for digestion and processing of nutrients and creating new healthy cells...so providing excellent nutritional support consistently during the process gives you a solid longevity program. Eliminate first white flour and then a week later really focus on eliminating white sugar from diet while using the Vitality Pack Daily with the Zendocrine, Tetrazyme, PB Assist, Trim Shake at least once a day, Water as major beverage and ingesting Cilantro oil (2 drops with Digest Zen 2 drops and Lavender 2 drops twice a day) and applying to back of neck and on the bottoms of feet a blend of: Cilantro oil 2 drops, Helichrysum 3 drops, Frankincense 4 drops, Rosemary 4 drops, Lavender 5 drops-must exercise daily – a minimum of 25 minutes a day quick paced walk –no stop to visit with Charlie or Linda along the way, deep breathing and consistent pace, this can be most effective if honored consistently for 3-4 months... The physical, emotional and spiritual changes are Amazing. Upon rising, sometimes a funny taste in the mouth is

experienced – use even more water daily to facilitate the removal of the unwanted material from the whole body. Adding “Slim and Sassy” Oil Blend to morning water of at least 8 ounces of water with 5 drops of Slim and Sassy will pep you up and then you will have a great taste in your mouth.

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 is on Aroma Touch Blend.