

Cilantro

CORIANDRUM SATIVUM

One of the most popular essential oils is cilantro essential oil, also known as Coriandrum sativum. Cilantro oil is said to have many benefits, including the ability to improve digestion, relieve anxiety, and boost the immune system. This herb is a member of the Apiaceae family, including carrots, celery, and fennel. The cilantro plant is native to the Mediterranean region and has been used for centuries in culinary and medicinal applications.

COUNTRY OF ORIGIN	Europe
EXTRACTION METHOD	Steam Distillation
PLANT PART	Wood
BOTANICAL FAMILY	Cupressaceae
CHEMICAL FAMILY	Aldehydes, Alcohols, Phenols
AROMA	Earthy, warm, woody
NOTE	Top/Middle

SAFETY

- No known cautions

THERAPEUTIC PROPERTIES

Cilantro is a popular culinary herb known for its therapeutic properties. It has antioxidant, anti-inflammatory, and antimicrobial effects. Cilantro also has detoxifying properties and can help to remove heavy metals from the body. The essential oils in cilantro have been shown to boost cognitive function and memory.

ANTIBACTERIAL	ANTIFUNGAL	ANTI-ANXIETY
DETOXIFYING	ANTIOXIDANT	SEDATIVE

BODY SYSTEMS

CIRCULATION

HEART HEALTH

DIGESTIVE

INDIGESTION, BLOATING, FOOD POISONING, STOMACH CRAMPS

ENDOCRINE

ENDOCRINE GLAND FUNCTION, ANXIETY, EMOTIONAL BALANCE, AIDS SLEEP

INTEGUMENTARY

FUNGAL INFECTIONS, BODY ODOR

LYMPHATIC

HEAVY METAL DETOX



BODY SYSTEMS (CONT.)

URINARY

PREVENTS URINARY TRACT INFECTION

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3. THE ESSENTIAL LIFE, A SIMPLE GUIDE TO LIVING THE WELLNESS LIFESTYLE, 2015, TOTAL WELLNESS PUBLISHING, LLC
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