



Wintergreen

GAULTHERIA PROCUMBENS

This potent essential oil requires just a few drops to provide instant relief to sore, achy muscles and joints.

COUNTRY OF ORIGIN

United States

EXTRACTION METHOD

Steam Distillation

PLANT PART

Leaves

BOTANICAL FAMILY

Ericaceae

CHEMICAL FAMILY

Phenols

AROMA

Slightly Minty, Sweet, Woody, Sharp

NOTE

Middle

SAFETY

Avoid use during pregnancy or lactation. May cause congenital abnormalities and fetal malformations. Avoid use with children under the age of 12. It is known to cause toxicity after 2.5mL has been consumed. More than 4mL may be fatal in children. As little as 5mL in adults could result in methyl salicylate poisoning and more than 5mL can be fatal. Avoid use for people with epilepsy. Some people are very allergic to Methyl Salicylate. Test a small area of skin first for allergies. In GERD, oral use of methyl salicylate-rich should be avoided. Salicylates are contraindicated in children due to the risk of developing Reye's syndrome. (Essential Oil Safety - Robert Tisserand & Rodney Young)

THERAPEUTIC PROPERTIES

Wintergreen has a strong, penetrating odor. It was used by the American Indians and English settlers as a flavoring for tea. Medicinal uses include rheumatism, muscle aches and pain, cramps, arthritis, tendonitis, hypertension, and inflammation.

ANTISEPTIC	DIURETIC	STIMULANT
EMMENAGOQUE	ANTI-RHEUMATIC	ANALGESIC
ANTI-INFLAMMATORY	ANTI-ARTHRITIC	ANTI-SPASMODIC
ASTRINGENT	DEODORANT	DISINFECTANT
STIMULANT (BONE)	WARMING	

BODY SYSTEMS

CIRCULATION

HELPS LOWER BLOOD PRESSURE AND POOR CIRCULATION WITH ITS HIGH CONTENT OF METHYL SALICYLATE.

MUSCULAR

RELIEVES MUSCLE ACHES AND PAIN.

SKELETAL

REDUCES DISCOMFORT IN JOINTS, OSTEOPOROSIS ALLEVIATES BONE PAIN WITH CORTISONE-LIKE ACTION, RHEUMATISM, ARTHRITIS, TENDONITIS, AND BONE SPURS.

URINARY

HELPS WITH KIDNEY STONES, URINARY TRACT INFECTION, CYSTITIS, BLADDER INFECTION, GOUT

INGRUMENTARY

BENEFICIAL FOR ACNE. ECZEMA, ULCERS, AND OTHER SKIN DISEASES.



BODY SYSTEMS (CONT.)

LYMPHATIC

REDUCES FEVER, DRAINS AND CLEANSSES THE LYMPHATIC SYSTEM, OBESITY, EDEMA.

DIGESTIVE

HELPS WITH GALLSTONES, GOUT.

REFERENCES:

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