

Essential Oil of Lemongrass

Young Living Therapeutic Grade Essential Oil



Promotes psychic awareness and purification.

Historical Data

Lemongrass is used for purification and digestion. Historically it was used for hypertension, inflammation, as a sedative, and for treatment of fevers and digestion. In a 2008 study, 91 single essential oils were tested against MRSA and lemongrass. The study found that "Remarkably, lemongrass essential oil completely inhibited all MRSA growth on the plate" (Chao S, et al., 2008).

Medical Properties

Antifungal, antibacterial, antiparasitic, anti-inflammatory, regenerates connective tissues and ligaments, dilates blood vessels, improves circulation, promotes lymph flow, anticancerous. Several research articles document strong antifungal and antibacterial properties of lemongrass.

Use

Bladder infection, respiratory/sinus infection, digestive problems, parasites, torn ligament/muscles, fluid retention, varicose veins, Salmonella, *Candida albicans*.

Application

Dilute 1 part essential oil with 4 parts V-6 Vegetable Oil Complex (YL) or other pure vegetable oil (1) Apply 1-2 drops on location, (2) Apply on chakras and/or Vita Flex points, (3) Inhale directly, (4) diffuse, or (5) Take as a dietary supplement. 1 drop of EO Lemongrass per 8 oz of ice water.

Found In

DiGize, Inner Child, and Purification Essential Oil Blends.

Additional Information:

<https://www.organicfacts.net/health-benefits/herbs-and-spices/health-benefits-of-lemongrass.html>