

# Fir, balsam

## *Abies balsamea*

**Therapeutic Properties:** antiseptic (genitor-urinary, pulmonary), antitussive, astringent, cicatrizant, diuretic, expectorant, purgative, regulatory, sedative (nerve), tonic, vulnerary

Canadian Balsam Fir has the Latin name *Abies balsamea*; the meaning of the genus name "Abies" is "living for a long time" or "great longevity". *Abies balsamea* is only found in North America; there are fir species in Europe, but not the *Abies balsamea*. It is unique because of the oleoresin called balsam that oozes from the bark. Balsam resin has two primary uses. First it is a wound healing substance, used first by the Native Americans. Second, it is used in the optical industry because its refraction index is very near that of glass, minimizing image distortion.

Balsam Fir has a powerful psychological influence; it helps release many of the emotional issues behind illness. It helps to open and free the mind and heart. Believed by Dr. Pénœl to protect the health care worker from picking up negative energy released by their clients and patients. Balsam Fir gives exceptional mental clarity, assisting us to let go of old mental patterns that are detrimental.

## aromatherapy & home uses

**Genitourinary System:** cystitis, genitourinary infections

**Respiratory System:** asthma, bronchitis, catarrh, chronic coughs, sore throat

**Nervous System:** depression, nervous tension, stress-related conditions – described as 'appeasing, sedative, elevating, grounding, opening', 'In large doses it is purgative and may cause nausea'

**Skin Care:** burns, cuts, hemorrhoids, wounds

## suggested usage

### BATH:

- Add 8-10 drops to ½ cup Clay Vitality or Vitality Bath Salts and mix into warm bath water.

### INHALATION

- Diffuse 10-12 drops in a cool mist Essential Oil diffuser.
- Place 1-2 drops on a tissue, cotton ball, or in the palms of the hands and inhale.
- Can be mixed with Eucalyptus Radiata, Tea Tree, or Lavender for added benefits.

### MISTING

- Mix 20 drops with 4 ounces distilled water in a cobalt blue glass or PET plastic bottle, shake well and mist into environment as desired.

### TOPICAL

- Apply 1 drop on the 3<sup>rd</sup> Eye, Crown, and Heart Chakras.
- To assist the body with sinus infections, apply diluted Balsam Fir on each forefinger and, beginning at the outside end of the eyebrow, massaging very gently just under the eyebrow towards the top of the nose. You must be extremely careful not to get any into the eyes. Another point for sinus application is the 64<sup>th</sup> point of the bladder meridian. The point is about ½ inch in from the base of the little toe, at the joint of the connecting metatarsal bone. Apply a half drop (just touching edge of orifice reducer) on each foot at these points. Chinese medicine specifies several indications connected to this point, including one called "chronic nasal catarrh". Catarrh is an inflammation of mucous membranes. The connection to sinusitis is not coincidental.
- Because of its gentleness it can be applied neat over small areas like joints.
- For massage, add to goDésana Organics' Age Delay Hydrating Hand & Body Lotion or the carrier oil of your choice, adhering to the dilution guidelines on the right of this document.

## responsible cautions

- Generally non-toxic, non-irritant, non-sensitizing
- Keep out of reach of children and pets.
- Use as directed, and adhere to Responsible Cautions at [www.godesana.com/cautions.asp](http://www.godesana.com/cautions.asp).
- Store away from sunlight, at room temperature, with lid securely tightened.

## attributes

### Organic

**Producing Organ:** Needles, young twigs, and cones

**Extraction:** Steam Distillation

**Country of Origin:** Canada

## topical dilution guidelines

**Ages 10 & Over:** Topical dilution for healthy individuals is 10% (60 drops per 1 ounce of carrier oil). A topical dilution of 25% (150 drops per 1 ounce of carrier oil) may be warranted in cases of severe pain, bad bruising, or serious muscle cramping.

## pregnancy & children

### Topical

- Infant to 3 months - *not recommended*
- 3 months to 3 years - *not recommended*
- 3 to 5 years - 3 drops in 10 ml carrier oil
- 5 to 10 years - 6 drops in 10 ml carrier oil
- Pregnancy - *not recommended*

### Bath

- Infant to 3 months - *not recommended*
- 3 months to 3 years - *not recommended*
- 3 to 5 years - 3 drops in ¼ cup Pink Himalayan salt
- 5 to 10 years - 6 drops in ¼ cup Pink Himalayan salt or Clay Vitality
- Pregnancy - *not recommended*

Remember that blends, because of the smaller percentage of the stronger oils, are usually safer than single oils; especially during pregnancy, while nursing, and when using with children or the elderly.

## availability

### 10ml Bottle



### QUALITY ASSURANCE

All oils from goDésana Organics are 100% pure and therapeutic, meaning they are sourced and approved by Alexandria Brighton to the highest standards possible. Our Essential Oils are chosen for their integrity (all chemical constituents important for use are intact), ecological "soundness" (all are organic or wildcrafted), and the specific chemical constituent percentages that Alexandria Brighton insists upon for efficacy and safety.

### DISCLAIMER

goDésana Organics products have not been evaluated by the FDA and are not intended to treat, diagnose, cure, or prevent any disease. They are not intended as a substitute for the advice or medical care of a qualified health care professional. Seek the advice of your health care professional before undertaking any dietary or lifestyle changes.