

Wild Orange Essential Oil: Uses, Studies, Benefits, Applications & Recipes (Wellness Research Series Book 8)

By George Shepherd

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Wild Orange, or Citrus sinensis, has been used for centuries in Chinese medicine. Orange was used primarily for digestive purposes, to stimulate the digestive tract and to reduce spasms. Wild orange does more than that, however; its antibacterial, antifungal, and antidepressant properties make it an exceptional disinfectant, while its sweet scent uplifts, energizes and restores peace. Wild orange can be used to kill pathogens, fungus, and even support the body's defenses against cancer. Cultivated in the Dominican Republic, wild orange is composed of 85-95% limonene, which means it has powerful antioxidant properties, alongside other citrus fruits, like lemon, grapefruit, and tangerine.

Beyond those applications previously mentioned, additional uses for Wild Orange essential oil include strengthening the body's defenses against colds, flu, flatulence, constipation, acid reflux, heartburn, stomachache, indigestion, muscle pain, digestion, gums, mouth, and dull skin. When it comes to the mind, the oil can be mentally uplifting, and so can serve as an anti-depressant. It both calms and re-energizes, restoring peace.

Main Properties of Wild Orange Essential Oil: Antioxidant, Antibacterial, Antifungal, Anti-inflammatory, Anticarcinogenic, Antidepressant, Antiseptic, Antispasmodic, Carminative, Digestive, Sedative, Tonic, Choleretic, Hypotensive, Stimulant

Common Medicinal Uses Include: Immune System Booster, Skin Care, Anxiety Disorders, Digestive Issues, Detoxifying Agent, Muscular and Nervous Spasms

Recipes for Wild Orange Essential Oil Included: Pure Applications, Anxiety, Calming, Courage, Constipation, Cooking, Diarrhea, Digestive Aid, Emotional Balance, Fear, Heartburn, Heart Palpitations, Immune Stimulant, Insomnia, Jaundice, Menopause, Mouth Ulcers, Nervousness, Skin (Dry, Sensitive, Eczema, Dermatitis, etc), Uplifting, Withdrawal

Special Blends: Aphrodisiac Massage Blend, Aphrodisiac Scent, Bedside Pillow

Spray, Calming Bath Blend, Calming Massage, Cheery Citrus Diffusion Blend, Cheery Citrus Spray, Cheery Diffusion Blend, Chills & Colds Warming Bath Blend, Circulation Stimulant, De-stress Massage, Energy Booster, Flea & Tick Repellant, Harmonious Diffusion Blend, Jetlag Fix, Joyful Mist, Libido Diffusion Blend, Pick-me-up Diffusion Blend, Stress Relief, Uplifting Scent

Wild Orange Essential Oil Studies Included:
Study 1 – Acne
Study 2 – Antimicrobial Activity
Study 3 – Anxiety Disorders
Study 4 – Colon Cancer
Study 5 – Antibacterial Activity
Study 6 – Insecticidal Activity

Essential oils are ultra-potent oils, extracted from plants and flowers that have been utilized in medicine for centuries. Presently, they're most commonly used to supplement pharmaceutical medication, but they can also be an effective alternative to pharmaceuticals in the event that you don't have access to them. Before you dismiss essential oils as a means to support the body's natural defenses against injuries and illness, take a look at the historical evidence of the oils' medicinal competence in practice.

Learn exactly how to use Wild Orange Essential Oil safely and effectively. Special bonus included for kindle customers!

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Shirley Eagle:

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