Selected Research:


Yarrow (*Achillea millefolium*)

**Botanical Family:** Asteraceae or Compositae (daisy)

**Plant Origin:** Communoro, USA, Europe, Asia

**Extraction Method:** Steam distilled from flowers, leaves, and stems

**Key Constituents:**
- Chamazulene (12-19%)
- Trans-Beta-Caryophyllene (4-8%)
- Germacrene D (4-8%)
- Camphor (4-9%)
- Sabinene (3-7%)
- Beta-Pinene (3-7%)
- 1,8-Cineole (Eucalyptol) (2-6%)

**ORAC:** 55,900 μTE/100g

**Historical Data:** The Greek Achilles, hero of the Trojan War, was said to have used the yarrow herb to help cure the injury to his Achilles tendon. Yarrow was considered sacred by the Chinese, who recognized the harmony of the Yin and Yang energies within it. It has been said that the fragrance of yarrow makes possible the meeting of heaven and earth. Yarrow was used by Germanic tribes for the treatment of battle wounds.

**Medical Properties:** Anti-inflammatory, hormone-like, combats scarring, prostate support
USES: Prostate problems, menstrual problems/ PMS, varicose veins

Fragrant Influence: Balancing highs and lows, both external and internal, yarrow simultaneously inspires and grounds us. Useful during meditation and supportive to intuitive energies. Reduces confusion and ambivalence.

Application: Dietary Supplement: Put 2 drops in a capsule, take three times daily or as needed; (1) apply 2-4 drops on location, dilution not required except for the most sensitive skin, (2) apply on chakras and/or Vita Flex points, (3) inhale directly, or (4) diffuse up to 1 hour three times daily.

Found In: Dragon Time, Dragon Time Massage Oil, Mister, Prenolone Plus Body Cream

Ylang Ylang (Cananga odorata)

Botanical Family: Annonaceae (custard-apple)

Plant Origin: Madagascar, Ecuador

Extraction Method: Steam distilled from flowers. Flowers are picked early in the morning to maximize oil yield. The highest quality oil is drawn from the first distillation and is known as ylang ylang complete. The last distillation, known as the tail, is of inferior quality and is called “cananga.”

Key Constituents:
- Germacrene D (15-20%)
- Alpha Farnesene (8-12%)
- Benzyl Acetate (9-15%)
- Benzyl Benzoate (3-6%)
- Linalol (6-10%)
- Methyl Paracresol (5-9%)
- Isoeugenol (3-5%)
- Cinnamyl acetate (3-5%)

ORAC: 130,000 µTE/100g

Historical Data: Ylang ylang means “flower of flowers.” The flowers have been used to cover the beds of newlywed couples on their wedding night. Traditionally used in hair formulas to promote thick, shiny, lustrous hair.

Medical Properties: Antispasmodic, vasodilating, antidiabetic, anti-inflammatory, antiparasitic, regulates heartbeat

USES: Cardiac arrhythmia, cardiac problems, anxiety, hypertension, depression, hair loss, intestinal problems

Fragrant Influence: Balances male-female energies, enhances spiritual attunement, combats anger, combats low self-esteem, increases focus of thoughts, filters out negative energy, restores confidence and peace

Application: Dilute 1 part essential oil with 1 part V-6 Vegetable Oil Complex or other pure vegetable oil; (1) apply 2-4 drops on location, (2) apply on chakras and/or Vita Flex points, (3) inhale directly, (4) diffuse, or (5) take as dietary supplement.

Caution: Use sparingly if you have low blood pressure.