

## Lift Your Mood, Flavor Your Food And Coffee With Orange Oil

Anyone who cooks knows the power of orange oil well. Like other citrus fruits, orange oil can be used to liven up the flavor of any dish, and the acid can even kill germs. Orange Therapeutic-Grade Essential Oil is also powerful for cleaning, improving moods and supporting several systems of the body. The first thing you'll notice when working with Therapeutic-Grade Essential Orange Oil is its smell. It smells exactly like oranges, a clear, clean, crisp, bright, fruity scent. The smell alone can lift your spirits and improve your mood, and simply smelling this oil is a wonderful use for it.

Therapeutic-Grade Essential Oil of Orange is said to alleviate insomnia, depression and anxiety and is also thought to aid in lowering high blood pressure and calming heart palpitations. It has been used to treat stress and nervous conditions, and may also be helpful for anorexia. Orange oil is reported to be very helpful for the digestive system, helping to alleviate symptoms of ulcers, constipation and spasms. It is also said to be helpful in treating obesity and water retention. Therapeutic-Grade Orange Essential Oil is stimulating to the nervous system and a tonic to the circulatory and cardiovascular systems. It can be helpful for treating colds and the flu. Orange oil contains a powerful antioxidant that is said to be useful for maintaining proper regeneration of cells. Orange oil is also thought to be good for the skin. It helps bring clarity to the skin and has been noted for its astringent properties. Orange oil is a wonderful addition to a body scrub, bath salts, or massage oil blend for reducing stress, calming the spirit and invigorating the mind. Diluted in water, it is a good choice for a beverage after a heavy meal, as it can aid in digestion. Orange oil can be used internally when diluted. One drop can be mixed in four ounces of rice or soy milk. It should also be diluted when used externally as some people can be sensitive to the oil, (avoid direct sunlight for 72 hours) especially in areas of sensitive skin such as the face and neck. It shouldn't be used on infants or very small children, and women who are pregnant or those under a doctor's care should consult a medical professional before using orange oil.

**RECOMMENDATIONS:** As with all therapeutic-grade essential oils, avoid contact with your eyes and always wash and rinse your hands thoroughly before and after using the oil. Keep therapeutic-grade essential oils out of children's reach.---This entire article is available for reprint electronically or in print, for free, as long as it is done in its entirety, and the bylines are included. A courtesy copy of your publication would be appreciated.

### About the Author

This herb is used to aid digestion, relieve stress and stimulate the appetite. Is used to aid in digestion and to combat.

Source: <http://www.productsherbal.com>