Helichrysum (*Helichrysum italicum*)

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

**Plant Origin:** Yugoslavia, Corsica

**Extraction Method:** Steam distilled from flower.

**Key Constituents:**
- Neryl Acetate (25-35%)
- Gamma Curcuneme (9-15%)
- Limonene (8-13%)
- Neryl Propionate (3-7%)
- Alpha Pinene (3-8%)
- Beta-Caryophyllene (1-5%)
- Linalol (1-4%)
- Nerol (2-5%)

**ORAC:** 1,700 µTE/100g

**Medical Properties:** Anticoagulant, anesthetic, anticoagulant, antispasmodic, antiviral, liver protectant / detoxifier / stimulant, chelates chemicals and toxins. regenerates nerves.

**USES:** Herpes virus, Arteriosclerosis, atherosclerosis, hypertension, blood clots, liver disorders, circulatory disorders, skin conditions (eczema, psoriasis scar tissue, varicose veins)

**Fragrant Influence:** Uplifting to the subconscious.

**Application:** (1) Apply 2-4 drops on location, temple, forehead, back of neck, or outside of ear (2) chakras/vitaflex points, (3) directly inhale, (4) diffuse, or (5) take as dietary supplement (see Appendices E and T).

**Found In:** JuvaCleanse

**Selected Research:**


Schinella GR, et al., Antioxidant activity of anti-inflammatory plant