

## Patagonia Agate

### METAPHYSICAL PROPERTIES, LORE, USES:

Banded Agate is a healing stone for body, mind and spirit. It can increase concentration, honesty and memory. Banded Agate also protects the wearer from psychic attack, thereby preventing negative energy from harming you. Banded Agate increases stamina, helps with digestive conditions. It is a variety of Chalcedony. Agate is a grounding stone as well as a spiritual stone, allowing for one to bring their spiritual experiences into their everyday reality. Agate is believed to improve mental functions and can help where issues of clarity and stability are concerned. Agate is also helpful in overcoming negative emotions by bringing love.

**Lemongrass** is a tropical, grassy plant used in cooking and herbal medicine. Extracted from the leaves and stalks of the lemongrass plant, lemongrass oil has a powerful, citrus scent. It's often found in soaps and other personal care products.

Lemongrass oil can be extracted, and it's been used by healthcare providers to treat digestive problems and high blood pressure. It has many other potential health benefits, too.

In fact, lemongrass essential oil is a popular tool in aromatherapy to help relieve stress, anxiety, and depression. Keep reading to learn more about how you can use lemongrass essential oil to improve your well-being.

1. It has antibacterial properties

Lemongrass is used as a natural remedy to heal wounds and help prevent infection. Research from 2010 found that lemongrass essential oil was effective against a variety of drug-resistant bacteria, including those that cause:

- skin infections
- pneumonia
- blood infections
- serious intestinal infections

2. It has antifungal properties

Fungi are organisms like yeast and mold. According to a study from 1996, lemongrass oil was an effective deterrent against four types of fungi. One type causes athlete's foot, ringworm, and jock itch.

Researchers found that at least 2.5 percent of the solution must be lemongrass oil to be effective.

### 3. It has anti-inflammatory properties

Chronic inflammation is thought to cause many health problems, including arthritis, cardiovascular disease, and even cancer. Lemongrass contains citral, an anti-inflammatory compound.

According to a 2014 study on animals<sup>Trusted Source</sup>, oral lemongrass essential oil showed powerful anti-inflammatory abilities on mice with carrageenan-induced paw edema. The oil also demonstrated anti-inflammatory effects when applied topically on mice with ear edema.

### 4. It has antioxidant properties

Antioxidants help your body fight off free radicals that damage cells. Research has shown that lemongrass essential oil helps hunt free radicals.

According to a 2015 study, lemongrass oil mouthwash showed strong antioxidant abilities. Researchers suggest it's a potential complementary therapy for nonsurgical dental procedures and gingivitis.

### 5. It may help prevent gastric ulcers or relieve nausea

Lemongrass is used as a folk remedy for a number of digestive problems, ranging from stomachaches to gastric ulcers. According to a 2012 study on mice, lemongrass essential oil helped prevent gastric ulcers, a common cause of stomach pain.

Lemongrass is also a common ingredient in herbal teas and supplements for nausea. Although most herbal products use dried lemongrass leaves, using the essential oil for aromatherapy may provide similar benefits.

## ADVERTISEMENT

Try Amazon Elements Turmeric Complex for joint pain relief

Fight off inflammation with high-quality, natural ingredients — at a low price. Amazon Elements Turmeric Complex provides an affordable way to support your immune system.

### 6. It may help ease diarrhea

Diarrhea is often just a bother, but it can also cause dehydration. Over-the-counter diarrhea remedies can come with unpleasant side effects like constipation, leading some people to turn to natural remedies.

According to a 2006 study, lemongrass may help slow diarrhea. The study showed that the oil reduced fecal output in mice with castor oil-induced diarrhea, possibly by slowing intestinal motility.

7. It may help reduce cholesterol

High cholesterol may increase your risk of heart attack and stroke. It's important to keep your cholesterol levels stable.

Lemongrass is traditionally used to treat high cholesterol and manage heart disease.

A 2007 study helps support its use for those conditions. The study found lemongrass oil significantly reduced cholesterol in rats who had been fed a high cholesterol diet for 14 days.

The positive reaction was dose dependent, which means that its effects changed when the dose was changed.

8. It may help regulate blood sugar and lipids

Lemongrass oil may help reduce blood sugar in people with type 2 diabetes, according to a 2007 study on rats. For the study, the rats were treated with a daily oral dose of 125 to 500 milligrams of lemongrass oil for 42 days.

Results showed lemongrass oil lowered blood sugar levels. It also changed lipid parameters while increasing HDL (good) cholesterol levels.

9. It may act as a pain reliever

The citral in lemongrass essential oil may help ease pain as it relieves inflammation. According to a 2017 study on people with rheumatoid arthritis, topical lemongrass oil decreased their arthritis pain. On average, pain levels were gradually reduced from 80 to 50 percent within 30 days.

10. It may help relieve stress and anxiety

High blood pressure is a common side effect of stress. Many studies have shown that aromatherapy eases stress and anxiety. Combining aromatherapy with massage may bring greater benefits.

A 2015 study evaluated the effects of lemongrass and sweet almond massage oil during massage.

Study participants who received a massage using the oil once a week for 3 weeks had lower diastolic blood pressure than those in the control group. Systolic blood pressure and pulse rate weren't affected.

11. It may help relieve headaches and migraine

According to researchers in Australia, native Australian lemongrass may relieve pain caused by headaches and migraine. The researchers believe that a compound in lemongrass called eugenol has similar abilities to aspirin.

Eugenol is thought to prevent blood platelets from clumping together. It also releases serotonin. Serotonin is a hormone that regulates mood, sleep, appetite, and cognitive functions.

How to use

Most scientific research on lemongrass essential oil has been done on animals or in vitro — not on humans. As a result, there's no standardized dose to treat any condition. It's unclear if animal doses would have the same effects on humans.

To use lemongrass in aromatherapy, add up to 12 drops of essential oil to 1 teaspoon carrier oil, such as coconut oil, sweet almond oil, or jojoba oil. Mix into a warm bath or massage into your skin.

It's a good idea to do a patch test before using a diluted essential oil more widely on your skin. This will help you see how your skin reacts to the substance. Here's how to perform one:

Wash your forearm with mild, unscented soap, then pat the area dry.

Apply a few drops of the diluted essential oil to a small patch of skin on your forearm.

Cover the area with a bandage, then wait 24 hours.

If you notice any signs of discomfort within the 24 hours, such as redness, blistering, or irritation, remove the bandage and wash your skin with mild soap and water. But if you don't experience any discomfort after 24 hours, the diluted essential oil is likely safe for use.

From:

<https://www.healthline.com/health/lemongrass-essential-oil#What-is-it?>

## DAILY AFFIRMATIONS

I always choose the path of most love.  
I choose love in every moment.  
Everything I do adds love to the world.

I trust that everything comes at the perfect time and in the perfect way.  
The universe works in perfect ways. It always serves my higher good.

Whatever I need to know is revealed to me.  
Whatever I need comes to me in divine right order.  
Everything I need, or need to know, is available to me in stillness.  
Thank you, God, for opening my eyes to what I need to see.

My energy is open and flowing in every area of my life.  
My days are filled with fun and meaningful activities.  
My choices and possibilities are expanding every day.

My thoughts are loving and positive.  
I expect only the best to happen and it does.  
I meet all challenges with indomitable will and strength of mind.

I believe something wonderful will happen to me today.  
This body is perfectly healthy and bathed at all times in the light of God.  
I choose to live well past my 100th birthday, radiantly healthy all the way.

I focus on what I love and thus draw it to me.  
As I do what I love, money and abundance flow freely to me.  
I gladly and proudly accept all the abundance the universe has to offer.

I choose to live an abundant life.  
I live in an abundant universe. I always have everything I need.  
I trust my ever-increasing ability to create abundance.  
The things I create are even better than I imagined them to be.

I am financially independent and free.  
I always have much more money coming in than going out.  
Thank you, God, for bringing so much money into my life.  
All the money I spend brings me joy.  
I am living a prosperous life with no limits.  
My wealth allows me to serve God more deeply and more completely than I ever could before.

I believe in myself and I am unstoppable.  
I speak of success and prosperity. My words uplift and inspire others.  
The greatest gift I give others is the example of my own life working.  
I am a shining example of spiritual and physical well-being.

I transcend my body. I transcend my mind. I am spirit. I am a drop of God in a sea of God.  
I am boundless love. I am infinite joy. I am unlimited wisdom.  
I am radiant health. I am eternal youth. I am inexhaustible energy.

I naturally attract loving relationships into my life.  
I radiate self-esteem, inner peace, love, well-being and joy.

I see the beauty and presence of God in every soul who crosses my path.  
I take great joy in learning about the good fortune of others.  
I see everyone experiencing the happiness that I have been blessed with.

I am immersed in the deep love of God.  
Thank you, God, for bathing me in the healing, protective glow of your deep love.  
The deep love of God is alive and vibrant deep within my heart.  
Thank you, God, for blessing me with every moment of this sweet life.  
Every moment is a gift.

I am a pure instrument of God, humble and steadfast.  
Thank you, God, for guiding me to do your work in this world, effortlessly and with great joy, love, skill, enthusiasm and humility.  
Thank you, God, for guiding me to be a messenger of your deep love. I am honored.  
I am a source of love, hope and healing energy to all who cross my path.

God, I trust completely in your infinite wisdom and your deep love.  
God, I welcome your loving spiritual guidance.  
Whatever God brings to me, I want.

Divine Mother is holding me lovingly in Her arms.  
I am beautiful and I am loved.  
Angels, thank you for laying your hands of light on me and sending me your love and healing energies.

Not my will, God, but yours.  
I surrender my will to divine will, unconditionally and with great joy.  
I think and live in ways that guide me to love and serve God in the highest way possible.

I honor God with every thought, every word, every deed.  
I honor God in every moment of my life.  
I am so honored, I am so blessed, I am so grateful to be loved so much.

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