

## Solidago, Mon Amigo

Tall

Goldenrod

Shining yellow bright

Flowing urine to the kidneys delight!

Washing gravel and sand, stones disband.

Pick before flowering valley of fields

creates the best essential oil yields.

It blocks signals to the brain

preventing all sorts of pain.

Sesquiterpenes

Germacene,

Cubebene

Limonene

& more

Alpha pinene is the one to explore,

Relieving stress and anxiety

as you breathe in its complexity.

Earthy, grassy, bitter sweet,

But don't apply neat.

Combine in carrier oil like walnut or canola

Makes it cytotoxic to liver, breast, cervix carcinoma

Anti-inflammatory for rheumatoid arthritis,

Promotes expectoration in bronchitis,

In a cleaner to kill molds and bacteria,

especially food borne illnesses like listeria.

Benefiting solar and cardiac plexus,

When weak of heart and irregular pulse expected,

Hypertension,

Fighting yeast and fungal infections

to nervous excitable dispositions

to stimulating liver function

rub in affected areas in 5-10% dilution.

Never for pregnant, lactating or children under five

or you might not see them alive.

All things external, only bronchial asthma be internal.

Root, sacral and solar plexus it unlocks

opening and releasing their emotional blocks.

Soothing, relaxing, calming, and making one whole,

Preventing stress from taking it's toll.

So get in the flow of life, forgive, love and let go

Become friends with Solidago!