LEARN WITH LIANNE - Volume 20, 16th February 2022

Welcome to our new newsletter - *Learn with Lianne*. Each week we will look at different oils, different topics related to oils and different ways we can incorporate them into our lives. We hope this newsletter will inspire you, uplift you and give you more education around your oils.

DOCTRINE OF SIGNATURES

I've always been drawn to nature, even though at times I didn't understand it or value it. Once Dave and I became immersed into healing ourselves with nature, we truly came to believe that nature has the answers if we choose to look. One of the fascinating things about nature is that it does indicate to us how we can use it to help heal. More specifically I'm referring to a thing known as the 'Doctrine of SIgnatures'.

The 'Doctrine of Signatures' is a concept that revolves around the idea that the features of the plants resemble, in some way, the condition or body part that the plant can treat or support. The plants have a signature - whether it be colour, shape, texture, scent or even where they are grown - and it resembles the body part or disease that it can help heal.
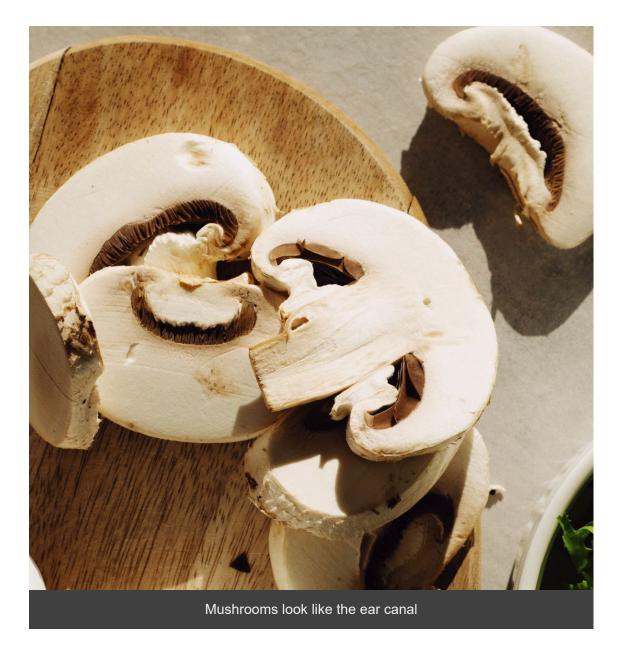
The doctrine of signatures is believed to have existed as long as people have looked at plants and nature. Many believe that it was Paracelsus (1493–1541) who developed the concept, writing that "Nature marks each growth......according to its curative benefit". Regardless of who or how, nature seems to have left us some clues about how to heal.

We've all heard the old saying about how carrots are good for our eyes, but where did that come from? Well, the answer lies in the doctrine of signatures. When we cut a carrot, it looks like an eye. Hence why carrots are associated with good eyesight. Now whilst there have been some studies that counter this idea, there is clear evidence to support the concept.

So what are some of the signs nature has given us:

THEIR SHAPE

- Carrots - Eyes
- Walnuts - Brain
- Grapes - Lungs
- Tomato - Heart
- Mushroom - Ears
- Avocado - Uterus (Fertility/Childbirth)
- Ginger - Stomach
- Sweet Potato - Pancreas
- Figs - Scrotum
- Watermelon - Bladder

Mushrooms look like the ear canal

What else can be an indication?

THE ENVIRONMENT THEY GROW IN

- Wet lowlands, swamps (Associated with diseases of wetness; rheumatic disorders, feverish colds and coughs) - Mints, Verbena, Elder
- Banks of clear ponds and rivers (Associated with diuretics - helping to cleanse the urinary system) - Horsetail, Mints

THE COLOUR OF THEIR FLOWERS

- Yellow flowers/fruits (Associated with disorders of the liver, gall bladder, spleen) - Dandelion, Tansy, Lemon
- Reddish flowers/fruits (Associated with Blood purifier, alterative, cardiovascular system) - Red clover, Hawthorn

Think about some of our oils. What are they telling us?

I hope this gives you some 'food for thought' when it comes to taking control of your own health and wellbeing, and that of your family. This is but a brief introduction to the doctrine and something you can look into further yourself, or sit with nature to learn more from her directly.

Whilst it would no longer be regarded as practical or safe to prescribe plants, herbs or oils based on their physical features alone, they may indeed give us clues to identifying their full spectrum of uses and why they should be included in your diet.

Mother Nature, she's just magical, isn't she?

What other plants can you find that relate to a body part or disease and give us a sign about its potential use? We'd love you to share your own findings in the Secret Oil Garden.

Remember to follow us on social media and keep up to date with all that is happening at Amazing Scents Aromatherapy.

Got something to share or want to learn about?

Email us at socialmedia@amazingscents.com.au and we will share your stories in future editions of our newsletter.