

## **Health Niche - Article 1**

### **The Magic Of Aromatic Oils For The Wellness Of Health**

One of the important herbal products which are available in our houses is Ginger. It has got so many important benefits which is making it one of the top solutions for stomach bloating and even weight reduction. The oil which is made from ginger is pure and has got better medical benefits rather than all the other extracted oils. Let us see what the important benefits of **ginger oil** are and get to know about it in daily usage.

#### **What is ginger?**

It is an herbaceous perennial that completely grows up to 3 feet tall and even it is a flowering stem plant. The yellow colored flowers do have the smell of ginger. It can be simply cultivated in your houses in a small pot. It has got lots of medical properties and mainly it is cultivated in the parts of south Asia. It is added to make food so spicy and yummy. It has got a different taste which makes it so yummy to consume better. There are nearly 115 different combinations of chemical components found in the ginger root and even it has amazing medical benefits for proper health care.

#### **Benefits of ginger oil**

The ginger oil is used for many reasons and some of them are explained below. Even people can know about the benefits and try to use the ginger oil in daily life without any hindrances.

#### **Improves digestions**

Ginger oil is the proper solution for indigestion, stomach bloating and other stomach aches. It is superb solution for people who get nauseas. Even it can added in food for curing the indigestion issues and stop the nausea in a short span of time.

#### **Malaria's cure**

Ginger oil can surely cure the malaria which is one of the deadly diseases. It not only cures put it prevents people from malaria mosquitos. It is used to treat the fever and headaches which are

related with malaria. Adding ginger oil in daily diet for just one or two drops can surely bring a better cure within a short span of time. It has got anti-cancer properties to fight cancer cells in one's body.

### **Aromatic purpose**

Add one or two drops of ginger oil in your diffuser during the late afternoon hours which try to engage you with sleep. It is good to take a nap after lunch but it is really not healthy to take a long sleep after lunch. It can spoil your body balance. For keeping sleep at bay you can surely add some drops of ginger oil in your diffuser or even smell it raw to fight the sleep.

These are just some of the important benefits of using ginger on daily basis. It has got lot of better benefits for a healthy living. People can surely get used to ginger usage and make it regular to add few drops of the ginger oil to bring authentic taste and feel in their daily food. Make use of the ginger which is staying quietly at your kitchen in such beneficial ways.

## **Article 2**

### **The Earthy Smell Of Citrus Can Kick Start Your Fresh Day!**

Feeling lazy to get ready for office or feeling stressed without fuel for the day, it is time to induce smells of orange in your house for a fresh feeling. Orange oil brings a soothing calmness to mind and body without any hindrances. It makes people to feel the calm and feel the comfortness right from the air they are inhaling. The aroma of the oil is one of the awesome smell which can give you immediate brisk feeling.

### **Importance of orange oil**

The **wild orange** oil has got one of the best properties of calming the human mind. So many are stressed at present days due to work and other external factors. For those people this orange oil and the smell of having orange groove at our home brings lots of relaxation. The intoxicating smell is mild and evenly spreads around the atmosphere to make it really special all the times.

## **Uplifts the mood**

The orange oil can surely uplift the mood in various forms and it can be regularly added into diffuser to feel the right smell on time. The wild orange has got a juicy skin which brings out the good atmosphere inside our territory. The acts as excellent mood enhancer and helps people to stay live and vibrant.

## **Cleanse the surface**

Even they can be used to cleanse the surface of your countertops, kitchen surfaces or cooking areas. The oil can be dissolved in clean water and washed off to make the area smell really good. The aromatic smell of wild orange is ultimately earthy and even it can be used to clean your windows and all the other places where you are in need of orange kicky smell.

## **In food**

Most of the people love to add some zesty flavor in their food by adding few drops of orange oil in it. Usually it is being added to the French toast and other dishes which are in real need of smell and aroma. Even it can be added to any kind of sweets or even for fruit salads to taste and smell a different sense of food. With the help of orange oil twist your classic recipe into a kicky one without any issues. It can be added in smoothies or juices to make the drink unavoidable. Kids will surely like the smell and never avoid the food in the morning anymore. It can be added in your tea on daily basis to make sure you are maintaining a better immune system. It boosts your immune system in a better way and helps people to stay strong.

Even the orange oil can be used with your homemade lip balm to get a flavor and smell. Most of the people love to make their own lip balm without any preservatives and surely wild orange oils can be used for making the lip balm stay long with fresh smells. Even it is used to enhance the beauty by making scrub out of it. People can now use orange oil for various purposes.

## **Article 3**

### **Feel The Natural Smell Around Your Houses For A Refreshing Day**

Lemon has got one of the earthy smells which give a calm atmosphere within few seconds. There are so many magical benefits of using **lemon oil** in your routine time. It has got anti-bacterial and anti-fungal properties and even there are so many beauty benefits which are packed inside the package of a single drop of lemon oil. Get some valuable information about the oil in upcoming paragraphs.

#### **Luster to dull skin**

The essence of lemon oils can surely get deep into your skin pores and remove the dirt from it. Applying oil on regular basis can surely help people to stay with perfect shine and even from dark spots. It gives a whitening effect to the skin and makes the skin to stay soft and hydrated. It can surely cure pimples and other little infections which are related with skin. It can stop the excessive oil secretion from oil and makes the face look beautiful without black spots.

#### **Good for health**

People who are having lots of stress can get exposed to this oil which can surely cure

- Dizziness
- Anxiety
- Nervousness
- Fatigue
- Nausea

These are some of the things which oil can do for people. It can easily find the cure for dizziness or travel sickness. It can help people to stay calm and relaxed. It repeals the negative energy which is in the atmosphere and provides positive vibration within a short span of time.

#### **Induces sleep**

The aroma of the lemon oil is pretty good for getting a better sleep. People who are suffering from sleeplessness or asthma can surely make use of lemon oil and get a better sleep in a short span of time. It provides a calm and soothing mindset from the smell and enhances sleeping moods. Even people who are prone to sleep walking and other such conditions can make use of the oil to get relieved from stress without any issues.

### **Decreases weight**

Most of the people are aiming for weight loss and it can surely happen with the help of it. It satisfies your appetite and it can surely reduce your overeating habits. When you feel like eating something use diffuse the lemon oil in water and take it which can surely reduce the weight content in your body. It flushes out the toxic elements from your body and makes you stay stable. Taking the lemon oil with some water in the morning can surely help to reduce the weight levels of your body.

These are just some of the benefits of using lemon essence oil. More than this it can easily cleanse nails and even help humans to stay out of fungal infections and bacterial infections. It can help in removing gums from hair and even from clothes. It can surely help your kids scary crayon drawings from the walls. People can make use of it in various ways and make their works simple. It is time for people to get their lemon oil and use them for various purposes.

## **Article 4**

### **Nature At Its Best Through Lemon Essential Oil**

Nature always gives its best for the mankind. The medicinal impact of nature is phenomenal. These days, a lot of people embrace the benefits of the nature and they started moving to organic life. Utilizing the nature's medicinal benefits would keep a person healthy if the person follows it properly and regularly. Different kinds of natural fruits and vegetations are used for medicinal, beauty and other purposes as it benefits the human living in a better way. One of the species that is used in the day to day life for various purposes is Citrus Lemon. The usage of lemon is widely known. The lemon tea is famous worldwide but still it is originated from Asia continent.

## **Lemon**

The taste of lemon is distinctive and it is regularly taken as tea drink in various parts of Asia. The juice of lemon is widely used for the medicinal purposes, in foods and also for beauty and cleaning purposes. The little addition of the lemon juice with certain foods would bring a different taste to the food. Medicinally lemon juice is used for relief, healing and also for various health benefits. The few drops of lemon can clean the stains and dirt completely removing the traces. The lemon oil that is derived from the lemon peels is used for diverse purposes. The lemon peel is gently pressed to extract the lemon oil.

### **Digestion and other benefits**

Lemon fruits are bright, fresh and aroma of the oil taken from the peel is vibrant in aroma. The **lemon essential oil** can be used for cleansing the body from toxins. It is best oil for detoxification process as it will wash out the toxins from the body to different extent. Moreover it is widely used for relief from digestive issues. Any kind of digestive issues can be regulated and healed using this essential oil. It stimulates the digestive functions of the body. With aromatherapy, positive mood is created using the oil extracted from the peels of lemon fruits. It eases the breathing and gives free respiratory functions without any complications.

### **Cleansing properties**

Interesting fact about lemon oil is that it can be consumed, applied over and also diffused. With difference in the usage there are different benefits of lemon oil. The health benefits of lemon oil are quite incredible. Being rich in anti oxidants, it cleanses and the acidic nature of the lemon is also useful for cleansing. For free and healthy respiration without any issues, the lemon oil is diffused as it eases the respiratory tract making it easier for breathing.

### **Benefits on skin**

The health benefits of lemon oil on skin are also considerable, because it renews the skin, nourishes the skin and regenerates the cells. Either it is dryness or oily skin; it rejuvenates the skin and gives young look. It removes the blemishes, removes acne and keeps the skin pure and cleansed. The lemon oils used to wash the face to cleanse all the effects on the face caused by

UV rays and pollution. Since there are huge benefits of using lemon essential oil, most of the people use it regularly.

## **Article 5**

### **List Of Benefits Of Using Lemon Essential Oil In The Day To Day Life**

Lemon is one of the beneficial species used for various purposes in the day to day life. The extract of lemon is used for medicinal purposes, culinary and also for cleaning purposes. With the power and the acidic nature it can heal, stimulate and also remove. Lemon essential oil that is extracted from the gentle crush of the lemon fruit peels produces amazing results on health. It is useful for digestive system, skin and also other parts of the body. Like other fruits, lemon is also a gift of the nature to the mankind as it contains numerous medicinal benefits. That is why Asians take it in food and also they regularly take lemon tea. Let's check **lemon essential oil benefits** here.

#### **Lemon oil on skin**

The citric acid in the lemon will be the one of the best solution to treat pigmentation because it kills the germs on the skin if any and also will fade the blemishes on the face. At any part the lemon essential oil can be applied which will fade the blemish gradually. Apply lemon essential oil using cotton and also you can mix lemon with tomato pulp juice so that the skin will start glowing soon. After applying the lemon essential oil on the skin leave it for 5 to 15 minutes and then wash the face. You can mix the lemon essential oil and the raw honey to prepare mask so that you can do face masking. Lemon contains citric acid that helps bleach the skin, making it a popular home treatment for hyperpigmentation. This natural bleaching agent can effectively fade dark blemishes on your skin.

#### **Aromatic**

Motivation is the main need for the people these days as many people have got stuck up in various clutches of life. Everyday motivation or motivation in important times would be much helpful for the people to gear up and move progress. The lemon essential oil is used for aromatic therapy as the aroma of this oil diffused in the atmosphere treats the moods with positivity.

## **Overall health of the body**

The overall health of the body can be regulated by the lemon essential oil if it is taken in. The people that use lemon in their foods find it beneficial in many ways. It benefits the digestive system and boost metabolism for sure. That is why it is mainly used in most of the weight loss regimes. A few drops of lemon oil in the food will change the flavor of the food making it delicious and needless to say healthy.

## **How can you use it?**

With the pure, fresh and bright the lemon oil can benefit in various things. Use few drops of lemon oil in the diffuser so that the health aroma in diffused in the ambience. As you inhale the healthy aroma of the lemon essential oil, you will feel better in and out. In and out in the sense, inside mentally and outside in the body. Add few drops on your hand and rub it well and inhale the aroma. This could also be helpful and easy to do.

## **Article 6**

### **Various Benefits Of Using Peppermint Oil**

The Mother Nature has given a lot for the mankind and one of such benefit is the peppermint. Peppermint is widely known and it is mostly considered as an essential used in mouth wash and toothpastes. The fact that most of the people don't know about peppermint is that it is one of the oldest medicine as it was used in the ancient days also. The essential oil of peppermint has various uses such as medicinal benefits. The medicinal benefits of peppermint are incredible as it can be used for pain relief, digestion, nausea and other related bowel symptoms.

### **Dental benefits**

One of the important purpose for which **peppermint oil** is mostly used is for dental purposes. Tooth ache, bleeding, gum infection and other dental issues can be healed with pepper mint oil for sure. Just few drops of pepper mint oil can relive the tooth ache gradually but completely. Peppermint oil is the best medicine for tooth ache since it is most effective. Applying this oil in



the gums will heal the gum completely from bleeding and infection. The effective peppermint oil also strengthens the gums and prevent tooth from decaying. Peppermint is widely used to avoid bad breath.

### **Stress relief**

It is quite common that due to different reasons, people suffer from stomach issues, nausea, indigestion, bowel spasm and other problems. Peppermint oil eases the digestion, makes it regular and heals the stomach from bowel issues. Nausea and bloating is completely are no more with this oil since it is effective on digestion. That is why people take pepper mint oil after eating as they can see immediate effect on digestion.

### **Eases the mind**

Stress is one of the biggest issues that most of the people confront these days. Due to work pressure, family pressure, financial pressure and relationship issues, people suffer from stress. Peppermint oils are one of the best stress reliever. The aroma of the pepper mint oils eases the mind and thoughts and unleashes a sense or relief from unnecessary thoughts. That is why it is used in the massage oils in the massage centers. The home made pepper mint oil is sufficient for pain relief and for stress relief as you can do gentle massage using this oil.

### **Effective Mouthwash**

Homemade peppermint oil will be useful to avoid bad breathe as you can use it as effective mouth wash that cleanses the mouth from germs. Using this for mouth wash will bring real difference as the oral health will be enhanced with pepper mint oil floss.

### **Respiration benefits**

People suffering form asthma, bronchitis, and wheezing issues can use peppermint oil as it will heal and ease the respiration and recovers a person from difficult breathing. The pepper mint oil is a right choice for cold and running nose. A few drops of pepper mint oil on hot water for steaming purpose will be highly effective to get healed from severe cold, running nose and breathing issues.

**How to use**

It can be added in the tea to heal stomach issues. Apply few drops of peppermint oil on pain area and massage gently for pain relief. Rub this oil on chest for relief from respiratory issues and get free respiration.