

Borage – Star Flower – Borago Officinalis L.

Parts Used - Leaves

Origin – UK | Made in Colorado

Planetary Influence: Jupiter

Day of the Week: Thursday



Borage is native to the Mediterranean. It attracts bees and is easily grown. Historically Borage was used to enhance bravery and courage.

Properties: Borage is rich in gamma linoleic acid (GLA) which is an omega-6 fatty acid that has been shown to decrease inflammation.

Uses

- Anti-inflammatory: Borage may decrease age related inflammation markers. It is good for conditions such as rheumatoid arthritis.
- Asthma: Borage's anti-inflammatory properties may decrease inflammation and open airways.
- Skin Health: Used topically, Borage can relieve atopic dermatitis (a type of eczema) by relieving itching and redness and help with wound healing.
- Flus, Colds & Cough: Borage can assist with symptoms of flus, colds, and act as a cough remedy.
- Supports Adrenals
- Depression

Dosage

Start once a day with 2-3 drops on the back of the left hand, dissolved in water, or under the tongue.

Pricing

\$44 per bottle. There is an \$11 discount for radionics clients. Free domestic shipping on orders over \$50. To order please call or text Kim @ 480-220-4861 or email kim@ombeone.love

Side Effects

For skin health use topically. Do a patch test.

Avoid excessive consumption.

When taken internally Borage may cause mild side effects including gas, bloating & indigestion.

In rare cases borage has been shown to cause seizures.

Not for use in people with liver problems.

Do not take during pregnancy or while breastfeeding.

If you have a medical emergency, please contact your health care professional.

Please confer with your health care professional before taking.

Not all of the uses listed above have been subject to modern clinical studies.