



#1 oil for strengthening nails on hands and feet also prevents peeling and cracking; treats chapped and cracked skin, relieves itch and irritation of weeping eczema, use on mature complexions and wrinkles as it tones and rejuvenates skins cells, softens skin to prevent stretch marks (though it's best to not use during pregnancy); treats mouth issues- gum infections, gingivitis, and mouth ulcers; stimulates the production of white blood cells, boost immunity, treats bronchitis, asthma, sore throat, loss of voice and other respiratory infections; expels mucus and tone the lungs, helps overcome illness more quickly; treats viral hepatitis, hemorrhoids, and lessen menstrual difficulties.

Caution: Avoid during pregnancy