



## WHITE CEDAR REMEDIES

### Relieves Muscle Pain Naturally | All Natural Topical Cream

Many different medicinal herbs and plants have been used for thousands of years by many people and indigenous groups around the world.

Records were not always kept on the medicinal properties or uses of these herbs and plants but the knowledge was passed down to generations through teachings. People throughout life continue to teach us all from all directions North, South, East and West.

Mother Earth is truly our teacher and is Sacred to us all. White Cedar Remedies all natural organic first Product line is a result of the offerings and teachings from the Northern/Eastern White Cedar tree which is known as a sacred tree.

Cedar also known as Thuja Occidentalis or 'The Tree of Life' is the main ingredient in this body care product. Cedar offers many benefits to our health and well-being, this includes purification and balance. Cedar is an all- natural, powerful anti- inflammatory and known as a great pain reliever.

### **GIIZHIK (Cedar)**

Cedar is the main ingredient in White Cedar Remedies body care product. This product is carefully designed to enhance the well- being of everyone. Cedar has a history in traditional healing and rituals, which include the following:

#### ***Smudging Ceremony:***

North American Aboriginals believe that burning cedar makes a crackling sound which invites the spirits. The spirits offer a stronger passage for a message to be carried through into the spirit world. Cedar is used in conjunction with smudging because of the properties of purification and balance.

#### ***Traditional Healing:***

Traditionally many groups believe that cedar can assist in the healing of infection, aches/pains has a natural high Vitamin-C content protected and also boosts the immune system.



## ***Skin benefits:***

Organic white cedar contains: Alpha Cedrene, Beta Cedrene, Cedrol, Widdrol, Thujopsene and a group of Sesquiterpenes.

It is believed that white cedar offers the following benefits to the skin:

## ***Antiseborrhoeic:***

Seborrhea is caused by over productive sebaceous glands. The increased sebum production can cause infection of the skin cells, resulting in discolored skin that eventually peels off. The anti-inflammatory qualities of the white cedar will reduce skin peeling and assist in the correction sebum production.

## ***Antiseptic:***

Cedar oil helps protect from tetanus germs and is considered an excellent antiseptic.

## ***Anti-inflammatory:***

It is believed that cedar offers superior anti-inflammatory benefits. Studies have made claims that the anti-inflammatory benefits of cedar offer relief to arthritic inflammation and pain.

## ***Antispasmodic:***

Aiding in the relief of spasms is considered another benefit of cedar offering relief for restless leg syndrome.

## ***Calming:***

While cedar is known for its healing properties, it is also believed to act as an excellent calming sedative; relieving tension, anxiety and insomnia. The scent of the cedar releases serotonin, which converts to melatonin in the brain. It has been reported that melatonin can induce calm. Many naturopathic doctors will recommend cedar for chronic anxiety, depression and stress.

## ***Fungicide:***

Cedar oil has good antifungal properties. Studies have shown that cedar oil can protect the body from fungal pathogens.