Bay Leaf (Laurus nobilis)

Other names: Laurel, Sweet Bay, Daphne, Laurier d’Apollon.

Origin: Mediterranean region and Asia Minor.

Element: Fire  Gender: Masculine

Planet: Sun  Zodiac: Leo

Magical Properties

Negative Magic/Energy Repellent: Burning the leaves will protect and exorcise harmful energies. In the middle ages, to protect people from the plague, bay leaves were used in various spells and charms. While in voodoo, a bag with bay leaves is worn to protect the wearer from enemies as well as ward off the evil eye.

Success and Victory: Apollo wore bay leaves as a crown, a symbol of devotion, success, and victory. Wear or carry bay leaves to ensure success or victory in any endeavor.

Medicinal Properties

Improve Digestion: Enzymes found in bay leaves stimulate the digestion of complex proteins promoting better nutrient absorption and more efficient digestion of food. Take them in a capsule or tea.

Healing Wounds: Placing bay leaves on a wound is an age-old tradition. A group of researchers recently concluded that the extract from the leaf can reduce inflammation around the wound.

Contraindications: Bay leaf should never be eaten whole as it cannot be digested. Avoid use if pregnant or breast-feeding. Do not take if diabetic. Should not be taken during or after surgery.