

Fennel, sweet

Foeniculum vulgare

Therapeutic Properties: *Apertif, anti-inflammatory, antimicrobial, antiseptic, antispasmodic, carminative, depurative, diuretic, emmenagogue, expectorant, galactagogue, laxative, orexigenic, stimulant (circulatory), splenic, stomachic, tonic, vermifuge.*

Sweet Fennel heightens low libido. Estrogen helps maintain good muscle tone, skin elasticity, good circulation, and strong bones – all of which deteriorate with aging. The ancients claimed Fennel promoted longevity, perhaps because of its similarity to estrogen. Athletes are known to use Sweet Fennel in baths or massage oils to tone muscles. It restores muscle tone and vitality to people convalescing after an illness. Sweet Fennel is known to pull out poisons from insect and snake bites. In Europe, it is frequently used for its detoxifying action in the treatment and rehab of alcoholics and drug abusers, and it can counteract alcohol poisoning.

Sweet Fennel's detoxifying properties are helpful for controlling cellulite and for dieting. Sweet Fennel is also believed to suppress the appetite. European doctors have successfully treated gout with Sweet Fennel Essential Oil. They also use it to assist with arthritis and rheumatism because it prevents the buildup of toxins in the body, especially the joints.

Sweet Fennel assists the body with fighting infection in the urinary tract. Its diuretic action prevents retention of urine and aids in eliminating bladder infections by flushing toxins from the body. Sweet Fennel is known to assist the body with toning the stomach, improving digestion and easing stress related indigestion, relieving colic, gas, hiccups, nausea, and vomiting. By assisting with toning the smooth muscles of the intestines, it strengthens peristalsis and counteracts constipation.

aromatherapy & home uses

Circulation, Muscles and Joints: Cellulitis, obesity, edema, rheumatism

Digestive System: Anorexia, colic, constipation, Dyspepsia, flatulence, hiccough, nausea.

Genito-Urinary System: Amenorrhea, insufficient milk (in nursing mothers), menopausal problems.

Respiratory System: Asthma, bronchitis.

Skin Care: Bruises, dull, oily, mature complexions, pyorrhea

suggested usage (10 years & up)

BATH:

- 20 drops of Sweet Fennel in ½ cup of Dead Sea salt in a warm bath to assist the body with circulation, excessive cellulite, obesity, edema, and rheumatism. It is also helpful for women experiencing a difficult menopause, an irregular menstrual cycle, or who are not able to make enough milk when breastfeeding.

INHALATION

- Diffuse 10-12 drops in a cool mist Essential Oil diffuser.
- Place 1-2 drops on a tissue, cotton ball, or in the palms of the hands and inhale.

MISTING

- Mix 20 drops with 4 ounces of distilled water in a cobalt blue glass or PET plastic bottle, shake well and mist into the environment as desired.

TOPICAL

- An excellent anti-cellulite poultice can be prepared by mixing 10 drops each of Sweet Fennel Essential Oil, Juniper Berry Essential Oil, and Cypress Essential Oil in a large quantity of pure clay mud which should then be applied to the affected part of the body for one hour.
- 1 to 2 drops of Sweet Fennel rubbed neat into the temples will counteract the toxic effects of too much tobacco or alcohol.
- For diabetics, use 2 drops each of Coriander Seed, Dill Weed, and Sweet Fennel with carrier oil. Rub on the feet morning and night.

responsible cautions

- Narcotic in large doses.
- Should not be used by epileptics or when pregnant until the 2nd trimester, helpful postpartum for lactation support.
- Non-toxic, non-irritant, non-sensitizing.
- Keep out of reach of children and pets.
- Use as directed, and adhere to Responsible Cautions at www.goDesanaOrganics.com/cautions.asp.
- Store away from sunlight, at room temperature, with the lid securely tightened.

attributes

Wildcrafted

Producing Organ: *Seeds*

Extraction: *Steam Distillation*

Country of Origin: *Hungary*

topical dilution guidelines

Ages 10 & Over: Topical dilution for healthy individuals is 10% (60 drops per 1 ounce of carrier oil). A topical dilution of 25% (150 drops per 1 ounce of carrier oil) may be warranted in cases of severe pain, bad bruising, or serious muscle cramping.

pregnancy & children

Topical

- Infant to 3 months - *not recommended*
- 3 months to 3 years - *not recommended*
- 3 to 5 years - *3 drops in 10 ml carrier oil*
- 5 to 10 years - *6 drops in 10 ml carrier oil*
- Pregnancy - *safe when used as directed starting in the 2nd trimester*

Bath

- Infant to 3 months - *not recommended*
- 3 months to 3 years - *not recommended*
- 3 to 5 years - *3 drops in ¼ cup Pink Himalayan Salt*
- 5 to 10 years - *6 drops in ¼ cup Pink Himalayan Salt or Clay Vitality*
- Pregnancy - *safe when used as directed starting in the 2nd trimester*

Remember that blends, because of the smaller percentage of the stronger oils, are usually safer than single oils; especially during pregnancy, while nursing, and when using with children or the elderly.

availability

10ml Bottle



QUALITY ASSURANCE

All oils from goDesana Organics are 100% pure and therapeutic, meaning they are sourced and approved by Alexandria Brighton to the highest standards possible. Our Essential Oils are chosen for their integrity (all chemical constituents important for use are intact), ecological "soundness" (all are organic or wildcrafted), and the specific chemical constituent percentages that Alexandria Brighton insists upon for efficacy and safety.

DISCLAIMER

goDesana Organics products have not been evaluated by the FDA and are not intended to treat, diagnose, cure, or prevent any disease. They are not intended as a substitute for the advice or medical care of a qualified health care professional. Seek the advice of your health care professional before undertaking any dietary or lifestyle changes.

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