Chamomile, German *(Matricaria recutita)*

The aroma of the German (blue) variety is deeper, headier and more floral than the light colored Roman Chamomile. The blue color (azulene constituents) of German Chamomile shows up during the distillation process and gives this Chamomile extraordinary anti-inflammatory and nervine properties. German Chamomile is a necessary ingredient in blends which target ADHD in children and anxiety attacks in adolescents and adults. The name 'Matricaria' means "caring for the womb" and emphasizes the centuries-old use of this herb for female complaints. Excellent for digestive problems, nausea and headaches that are caused by gall bladder deficiency.

Ingredient In: LeDreams, LeEverlasting, LeMy-graine, LeMillenia, LeSolitude, LeTranquility

Therapeutic Properties: Calmative, analgesic, anti-spasmodic, antibiotic, anti-inflammatory, emmenagogue, hepatic, vulnerary

Application: base of neck, on temples, over liver

Aromatic: can be useful in cases of headaches caused by gall bladder deficiency or clogged liver

Contra-indications: Use with caution if pregnant; possible skin irritant

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