Chamomile, Roman *(Chamaemelum nobile)*

Can be used to neutralize allergies and to clean the blood. May help the liver reject and discharge poisons. Use to soothe and clear the mind, create an atmosphere of peace and patience, alleviate undue worry, frustration and related tension headaches. Roman Chamomile is usually preferred over the German (blue) variety for infants with colic or teething distress, or who display general fussiness or startle awake from even slight noises. Has been used in the Mediterranean region for over 2000 years, often for female disorders and stress relief.

Ingredient In: LeAssurance, LeBaby Me, LeEz-Traveler, LeRevitalize, LeVision, LeWhispering Hope

Therapeutic Properties: Calmative, analgesic, antibiotic, febrifuge, anti-inflammatory, immuhostimulant, emmenagogue, digestive, hepatic, vulnerary

Application: On the feet, over the stomach area, on the wrists, temples or thymus area**Aromatic:** Used to release emotions linked to the past; calming and soothing to the mind; dispel anger and antagonistic emotions; relieve tension and stress headaches and insomnia

Contra-indications: Use with caution if pregnant; undiluted may irritate sensitive skin

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