Coriander *(Coriandrum sativum)*

Has been used for centuries in the healing arts, some coriander seeds were even found in King Tut ankh amen's tomb. It is both a gentle stimulant for people whose energy levels are at a low ebb and a sedative in times of stress; these characteristics make it particularly valuable during convalescence from illness. Can be of benefit for physical and mental fatigue. One of the most important uses of Coriander is in lowering glucose levels and supporting pancreatic function. Coriander also has a high estrogen content and is often beneficial in regulating menstrual cycles and relieving cramping. There are many reports of it's usefulness in dealing with anorexia. Coriander can also be used for digestive problems, dyspepsia, flatulence, stomach cramps, muscle aches and aches due to fatigue, nervous exhaustion and mental fatigue, poor circulation, rheumatism, nausea, gout, arthritis, and colds. Use with reasonable caution as overuse can be quite sedating.

Ingredient In: LeEndo Relief, LeGrateful Heart, LeHernia, ILeQ

Therapeutic Properties: Sedative, anti-bacterial, anti-spasmodic, carminative, antiseptic, deodorant, diuretic, lymphatic decongestant, prostate decongestant, vasoconstrictor, stimulant, tonic, regenerative

Aromatic: Gentle stimulant for low physical energy; relaxes stress irritability, nervousness; excellent for shock or extreme fear

Application: Appropriate areas on feet, directly on areas of concern

Contra-indications: Use in small quantities over short periods of time. Overuse can result in a cloudy or stupefied feeling.

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