Fennel *(Foeniculum vulgare)*

Supports the liver in producing the enzymes necessary for good digestion. Because the liver, believed by Asian cultures to be the seat of anger, hostility and negative emotions, is benefited by fennel, there is a definite emotional benefit from its use. Fennel also helps balance hormones. Most Valuable Uses: Abdominal pains or cramps, flatulence, coughs, sore throats, digestive problems, menstrual and menopausal problems, PMS, fertility, obesity, nausea, edema, liver problems, constipation, cystitis, gout, lactation (increases milk supply).

Ingredient In: [Le]Inside-Out, [Le]Revitalize, [Le]Women Wise

Therapeutic Properties: Hepatic, carminative, emmenagogue, hormonal, galactagogue, depurative, diuretic, stimulant, regenerative, anti-spasmodic, antiseptic, antibiotic, vermifuge, expectorant

Application: Apply to appropriate areas on the feet, directly on area of concern

Aromatic: Said to increase longevity and courage, has a strong black licorice smell

Contra-indications: Avoid if pregnant or epileptic, do not use on babies or small children, women with high estrogen levels and/or breast cancer should avoid (find a substitute)

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