

## QUICK REFERENCE SHEET

# CATNIP

*Nepeta cataria*



Part Utilized:  
Leaf



### PROPERTIES:

Diaphoretic, Sedative, Nervine, Carminative

### SYSTEMS AFFECTED:

Nervous, Digestive

### POSSIBLE USES:

colic, insomnia, bronchitis, asthma

### INGREDIENT IN:

ABF, Catnip/Chamomile, COL, COLA, NVC

### GENERAL INFORMATION:

Catnip is one of the oldest and most trusted of remedies. It is especially appropriate for infants and small children although its relaxant properties are strong enough to be effective as a sleep aid for adults. Catnip controls fever and can be administered as an enema if the situation is desperate enough to require it—will reduce the fever every time, even when nothing else tried has been effective, thus preventing convulsions. (Garlic is also good for this but must be pulverized completely before being administered.)

Catnip is also beneficial for colic, colds, flu, inflammation, and pain relief and is a gentle but effective way to cope with emotional tension and stress. Catnip should be steeped with the lid on—never boil any herbal leaf.