

## QUICK REFERENCE SHEET

# DILL SEED

*Anethum graveolens*



Part Utilized:  
Seed

### PROPERTIES:

Tonic (pancreas), Expectorant, Demulcent,  
Diuretic, Emmenagogue, Antioxidant

### SYSTEMS AFFECTED:

Endocrine/Glandular (pancreas), Urinary,  
Reproductive, Blood, Digestive

### POSSIBLE USES:

colic, stabilizing blood sugar levels, nausea, gas



### INGREDIENT IN:

MIN

### GENERAL INFORMATION:

Dill has a profound effect on blood sugar levels. When I have let mine slide, usually through stupidity on my part, just sniffing the essential oil seems to help. It is my belief that the blood sugar stabilizing effects of Dill, and the fact that as a digestive tonic it quells nausea and relieves gas pains, is the reason why so many women crave Dill pickles during pregnancy. Or perhaps pregnant women crave Dill because of its high concentration of magnesium. Magnesium supplementation often turns early toxemia right around and allows the pregnancy to continue normally, without fear.

Dill makes a useful addition to cough, cold, and flu remedies, and is a mild diuretic. Dill increases milk production, and when the herb is consumed regularly by nursing mothers, it helps the baby to avoid colic. Other uses that are listed for Dill include: reduces menstrual cramps, helps relieve depression, lowers cholesterol, provides a natural source of energy, aids digestion through the utilization of its beneficial fatty acids, and protects against free radicals.