

QUICK REFERENCE SHEET

FENNEL

Foeniculum vulgare



Part Utilized:
Seed



PROPERTIES:

Expectorant, Diuretic, Carminative,
Galactagogue (increases the supply of milk),
Nervine, Antispasmodic, Analgesic, Alterative,
Anti-inflammatory, Antilithic

SYSTEMS AFFECTED:

Digestive, Urinary

POSSIBLE USES:

bloating, cystitis, sore throats, nursing problems

INGREDIENT IN:

BC, COL, LC, NF, PARA

GENERAL INFORMATION:

The first and foremost use of Fennel is to relieve the pain of bloating and colic, and the causes of the pain, but Fennel has many other healing properties. Fennel aids in the treatment and dissolving of kidney stones, and is an effective treatment for cystitis. Fennel, as a gargle, is useful for sore throats and acts as a mild expectorant for dissolving and removing phlegm. Fennel is safe for infants and children, and can be given for colic and to relieve the pain of teething. Fennel can also be used for conjunctivitis, especially when combined with Eyebright.

Fennel increases breast milk production, has a long-standing reputation as an aid to weight loss, and is said to contribute to long life and good health.

Fennel accomplishes its work with minimal dosages. One should take care not to overdose, especially when giving Fennel to small children.