

## QUICK REFERENCE SHEET

# LAVENDER

*Lavandula angustifolia*



Part Utilized:  
Flower



### PROPERTIES:

Antibacterial, Antimicrobial, Expectorant,  
Antiseptic, Analgesic, Sedative

### SYSTEMS AFFECTED:

Nervous, Digestive, Glandular, Respiratory

### POSSIBLE USES:

Absolutely any ailment from the head through the lungs and on to the stomach that has any components of anxiety or stress as the cause

### INGREDIENT IN:

HP, NT

### GENERAL INFORMATION:

The German Commission E (Health Commission) praised Lavender for treating insomnia, nervous stomach, and anxiety. The British Herbal Pharmacopoeia lists Lavender as a treatment for flatulence, colic, and depressive headaches. Many herbal practitioners worldwide use this herb to treat migraines that sometimes occur with menopause.

The calming aroma of Lavender alone is often enough to soothe the respiratory system, and it is often suggested that Lavender be diffused—either the essential oil or the flowers—to calm coughs and colds. Lavender has natural antibacterial properties that may protect against airborne viruses and bacteria. (I can think of a lot of stronger remedies but not too many that would smell as good!)