QUICK REFERENCE SHEET

ANISE SEED

Pimpinella anisum

Plant Family: Umbelliferae

Extraction Method: Steam Distilled

Part Utilized: Seed

Region of Origin:

India

AFFINITY FOR:

digestion, lungs, triple warmer and pericardium meridians, circulation, hormones, cardiovascular system

THERAPEUTIC PROPERTIES:

antispasmodic, estrogenic, bronchial dilator, diuretic, expectorant, invigorating, carminitive, galactagogue, stomachic, heart tonic, stimulant

AROMATIC CONSIDERATIONS:

Anise has a very sweet, licorice-like aroma. Nice diffused, if you like the smell of black licorice.

APPLICATION:

Anise can be diffused, diluted and applied anywhere on the body, or used as a massage oil.

CAUTIONS:

Because Anise is estrogenic, it should be avoided during pregnancy. Anise is also phototoxic; avoid direct sunlight on skin to which this oil has been recently applied.

INGREDIENT IN:

LeInsideOut, LeDiminish

EMOTIONAL-SPIRITUAL-MENTAL ASPECTS:

The triple warmer meridian is responsible for the protection of the body. The triple warmer meridian also communicates information about our physical bodies to our mind and to our emotions. Anise brings light, life, and perspective to this meridian. The result is love and acceptance of our naturally imperfect physical bodies. This more balanced perspective has a dramatic impact on eating disorders, weight loss, and sexual dysfunction.

PHYSICAL ASPECTS:

Like Fennel, Anise has estrogenic properties, but its effects are somewhat stronger. Anise is antispasmodic, making it effective for menstrual pain and stomach cramps. Because it is both a bronchial dilator and expectorant, Anise is used for asthma and respiratory conditions that include phlegm and mucous. Herbal forms of Anise have been used traditionally in many countries to speed labor along and encourage milk production.

GENERAL INFORMATION:

Anise contains a natural substance that forms crystals if the oil is chilled. If this occurs, just warm the bottle slightly.

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