

## QUICK REFERENCE SHEET

# CHAMOMILE GERMAN

*Matricaria recutita*



Plant Family:  
Compositae



Extraction Method:  
Steam Distilled



Part Utilized:  
Flowers



**Region of  
Origin:**  
Bulgaria

### AFFINITY FOR:

reproductive system, digestive system, nervous system, gallbladder meridian, spleen meridian, bladder meridian, yin energy, chakras: throat, heart, solar plexus

### THERAPEUTIC PROPERTIES:

calmative, analgesic, antispasmodic, antibiotic, anti-inflammatory, emmenagogue, hepatic, vulnerary

### AROMATIC CONSIDERATIONS:

The aroma of the German (blue) variety is deeper, headier, and more floral than the light colored Chamomile Roman. The aroma of this Chamomile calms and soothes feelings of anger and frustration.

### APPLICATION:

Chamomile German can be applied to the base of the neck, on the temples, and over the liver.

### INGREDIENT IN:

LeBalance, LeDreams, LeEverlasting, LeFortitude, LeMillenia, LeMyGraine, LeSolitude, LeTranquility, LeVictory, LeVision, LeWoodland Path

### EMOTIONAL-SPIRITUAL-MENTAL ASPECTS:

One of the most important actions of Chamomile German is on the solar plexus. The solar plexus is the major nerve center that lies midway between the gut instinct area of the abdomen and the empathetic region of the heart. The solar plexus also lies at the cross roads between the left and right sides of our energetic bodies. This location puts the solar plexus in charge of balancing our need to be in control with our need to gently nurture. A buildup of energy and tension in the solar plexus intensifies our emotional needs. If we feel that our needs are not being met, we can become frustrated and irritable. We may react by trying harder to control the people around us, manipulating them into meeting our perceived needs. The aroma of Chamomile German can release the tension that is building up in the solar plexus area. Chamomile German increases honest, and compassionate communication. It is of benefit to people who have periods of indifference to family and friends, followed by irritable outbursts directed at those dearest to them. Chamomile German seems to unclutter the mind, allowing us to get organized and then unclutter our lives. This species of Chamomile helps us learn to trust the unfolding of events in our lives. It helps us remember that when life isn't working as we planned, it may be working towards a better plan.

### PHYSICAL ASPECTS:

The latin name for the Chamomile family, *Matricaria*, means "caring for the womb" and emphasizes the centuries-old use of this herb for female complaints. Chamomile German is excellent for digestive problems, especially if there is an emotional component to them. Chamomile German is a necessary ingredient in blends used to treat ADHD in children, and anxiety attacks in adolescents and adults. This oil has an outstanding history in the treatment of headaches, insomnia, and nervous tension. This oil should be tried for severe skin ulcerations or infections, dermatitis, and eczema. For those with sensitive skin, application of this oil over a period of time can strengthen the skin's protective barrier.

### GENERAL INFORMATION:

Azulene, the component in Chamomile German and a few other essential oils, is created by the steam distillation process. Heating plant material sometimes creates compounds that are not found in the fresh plant. These compounds, of which azulene is the best known, have unique therapeutic properties. Azulene is strongly anti-inflammatory and analgesic. The azulene created when Blue Tansy is heated is largely responsible for the realigning properties of LeMillenia.