

## QUICK REFERENCE SHEET

# DAMIANA

*Turnera diffusa*



Plant Family:  
Passifloraceae



Extraction Method:  
Steam Distilled



Part Utilized:  
Flowers, Leaves



**Region of  
Origin:**  
Mexico

### AFFINITY FOR:

nervous, endocrine, glandular, reproductive

### THERAPEUTIC PROPERTIES:

aphrodesiac, expectorant

### AROMATIC CONSIDERATIONS:

Effervescent, sweet with honey like notes.

### APPLICATION:

Can be worn or diffused.

### ! CAUTIONS:

This is a hormonal oil, as such it should be avoided by pregnant women and young children.

### INGREDIENT IN:

LeFortitude, LeInner Peace, LeIntensity

### EMOTIONAL-SPIRITUAL-MENTAL ASPECTS:

Because of the mood enhancing properties, Damiana promotes an overall sense of well being. Damiana shines and as anti-depressant. Damiana has been found to be very helpful for anxiety.

### PHYSICAL ASPECTS:

Increases oxygen to the genitals making it very useful for arousal and desire for both men and women. Increases testosterone in males and has proven very beneficial for prostate problems. Supports the parathyroid and increases calcium absorption.

### GENERAL INFORMATION:

Grown in Mexico and used for centuries by the Aztec. Many Mexican cultures still use it today. The herb form has been used to make beverages.