

QUICK REFERENCE SHEET

DILL

Anethum graveolens



Plant Family:
Umbelliferae



Extraction Method:
Steam Distilled



Part Utilized:
Seeds



INGREDIENT IN:

LeEndoRelief, LeLife Force

EMOTIONAL-SPIRITUAL-MENTAL ASPECTS:

A sluggish colon often manifests itself in the emotions as depression or repression of emotions. Dill's action on the digestive system can help lift depression and bring buried emotions to the surface where they can be processed.

PHYSICAL ASPECTS:

Dill supports pancreatic functions, helping to normalize glucose and insulin levels. As glucose and insulin stabilize, energy levels remain steady—there are no glucose spikes followed by periods of abnormally low glucose levels. This effect of the aroma of Dill is almost instantaneous. A more complex blend containing Dill, such as LeEndoRelief, should be used for long-term treatment.

Dill is used to stimulate digestion. In pioneer times and in much of Europe even today, meals began with something sour such as dill pickles. It might be a good thing to emulate this practice in our own eating habits.

Dill is also a mild way to cleanse the liver and blood. It promotes milk flow in nursing mothers. Perhaps there is a connection to the cravings for pickles that are associated with pregnancy, and either the mild cleansing or milk producing properties of Dill.



**Region of
Origin:**
Bulgaria

AFFINITY FOR:

digestive system, autonomic nervous system, respiratory system, endocrine system (particularly the pancreas), bloodstream, stomach meridian

THERAPEUTIC PROPERTIES:

antispasmodic, antibacterial, antiseptic, expectorant, stimulant, digestive, sedative, stomachic, sudorific, galactagogue

AROMATIC CONSIDERATIONS:

The autonomic nervous system controls such things as heartbeat, the function of our kidneys, the flow of hormones, and blood pressure. We have been taught that we have no conscious control of these functions. Studies and common sense both indicate that this is not entirely true. For example, army snipers are taught to mentally slow their pulse and heartbeat and sharpen the acuity of their vision as they prepare to make their shots. In the nerves and impulses of this area of the nervous system, Dill brings sustenance, strength, and calmness.

APPLICATION:

Dill can be applied anywhere on the body—if you don't mind smelling like a dill pickle!

! CAUTIONS:

Occasionally safety literature will mention that Dill should be used cautiously by people with seizure disorders.