QUICK REFERENCE SHEET

FENNEL

Foeniculum vulgare

Plant Family: Umbelliferae

Extraction Method: Steam Distilled

Part Utilized: Seeds

Region of Origin:

Hungary

INGREDIENT IN:

LeInsideOut, LeRevitalize, LeSynopsis

EMOTIONAL-SPIRITUAL-MENTAL ASPECTS:

Fennel, because of its affinity for the liver, can have a positive impact on a whole range of emotions. Fennel can help when we are feeling overwhelmed by our responsibilities and workload. It can also stimulate our minds with creative ideas when we are bored or out of sorts. Fear of failure is often the root cause of procrastination. Fennel, with its impact on creativity and confidence, can help us get started on a project we have been putting off.

Fennel essential oil is well suited to individuals who are out of balance in the metal (meridian #3) aspect of their energy. They tend to overthink and overanalyze until indecision freezes them in place.

PHYSICAL ASPECTS:

Fennel supports the liver in producing the enzymes necessary for good digestion. It is often used for indigestion and to relieve gas pains. Fennel also helps balance hormones. It is often found in blends for PMS. Because Fennel is mildly diuretic, it is helpful with the fluid retention of PMS.

AFFINITY FOR:

digestive system, urinary tract, liver, hormones, sacral chakra, stomach meridian, gallbladder meridian, large intestine/lung meridian

THERAPEUTIC PROPERTIES:

hepatic, carminative, emmenagogue, hormonal, galactagogue, depurative, diuretic, stimulant, regenerative, antispasmodic, antiseptic, antibiotic, vermifuge, expectorant

AROMATIC CONSIDERATIONS:

The aroma of Fennel can help us establish a balance between appropriate service and total burnout. It can help us stand by decisions and stabilize our mood swings.

APPLICATION:

Dilute and apply to appropriate areas of the feet, on the abdomen, and lower back.

CAUTIONS:

Fennel should be avoided if you are pregnant or epileptic. Fennel should not be used on babies or very small children. Fennel should be avoided by women with high estrogen levels and/or breast cancer. Experts disagree about the use of Fennel with kidney problems and kidney stones. Some texts list Fennel as strongly contra-indicated for these conditions, while others say that Fennel is specific for these ailments. I prefer to use something else for these ailments.

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