#### Anethi

Anethi is reminiscent of dill and is sometimes known as Indian dill. Anethi has some caraway-like notes. Anethi, in hydrosol or well-diluted, has been used to relieve flatulence in infants as well as adults. Anethi is also known as a mild and soothing expectorant. It has been used to dilate blood vessels and lower blood pressure. Anethi is very beneficial as part of a blend.

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