Anise

Anise brings light, life, and perspective to the triple warmer meridian. The result is love and acceptance of our naturally imperfect physical bodies. This more balanced perspective has a dramatic impact on eating disorders, weight loss, and sexual dysfunction. Anise is antispasmodic, making it effective for menstrual pain and stomach cramps. Because it is both a bronchial dilator and expectorant, anise is used for asthma and respiratory conditions that include phlegm and mucus.

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