Basil

Basil is both stimulating and soothing. It energizes the mind while, at the same time, relieving doubts and fears and lightening our burdens. Basil is beneficial for mental fatigue, headaches, insomnia, fainting, loss of the sense of smell, memory loss, and poor concentration. Basil strengthens the digestive function, being of particular use with hiccups, flatulence, indigestion, and vomiting. It calms muscle spasms from injury or fatigue and alleviates coughs.

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