**Bergamot**Bergamot has a special affinity for the liver meridian, it encourages the release of anger and pain that is being held back or held deeply in the body. A person needing bergamot is usually a good listener. They are described by friends and family as cheerful and supportive. Often this cheerfulness is a mask, hiding anger, despair, or depression. Bergamot is used for urinary tract infections, sore throat, cold sores, bronchitis, and varicose veins. Dilute well and use sparingly.

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