Cardamom

Because cardamom is strongly associated with the Earth element, it can remind us of the abundance and blessings of our lives. Cardamom strengthens our ability to see the opportunities before us and gives us the energy to pursue them. It allows us to give generously and live openly with enthusiasm. Cardamom can be used for stomach cramps and gas pains. Cardamom is useful for nausea, even in pregnancy. Cardamom draws energy upward to the head, increasing concentration and helping us to relax.

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