## Catnip

Catnip is primarily known for its insect repellent properties but should be diluted well. It has also been shown to be effective in deterring underground insects such as termites. Catnip oil is antispasmodic. It is effective in treatments for all forms of cramps. It is useful in relaxing tight or strained muscles. Catnip balances the flow of bile throughout the digestive system, making it a very good remedy for anyone suffering with abdominal pain caused by gas in the stomach or intestines.

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