## **Chamomile German**

Chamomile is one of the great calming sedative oils. A favorite for diffusing. German Chamomile shines in its ability to affect the solar plexus, helping us see that our needs are being met. Chamomile German seems to unclutter the mind, allowing us to get organized and then unclutter our lives. Chamomile German is used for ADHD especially in children. Wonderful for digestive issues with an emotional component. Works well for colic in babies as well as menstrual cramps.

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