# Dill

Dill can be applied anywhere on the body - if you don't mind smelling like a dill pickle! A sluggish colon often manifests itself in the emotions as depression or repression of emotions. Dill's action on the digestive system can help lift depression and bring buried emotions to the surface where they can be processed. Dill supports pancreatic functions, helping to normalize glucose and insulin levels. As glucose and insulin stabilize, energy levels remain steady.

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