Fennel

Fennel, because of its affinity for the liver, can have a positive impact on a whole range of emotions. Fennel can help when we are feeling overwhelmed by our responsibilities and workload. It can also stimulate our minds with creative ideas when we are bored or out of sorts. Fear of failure is often the root cause of procrastination. Fennel, with its impact on creativity and confidence, can help us get started on a project we have been putting off. Often used for indigestion and to relieve gas pains. Fennel also helps balance hormones. Avoid if pregnant.

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