FenugreekFenugreek is used as an aid to digestion and as an expectorant for the lungs and bronchials. The herb is often used as a poultice for boils, cysts, and inflamed tissues. The oil should be even more powerful in those applications. Fenugreek stimulates perspiration, lowering fever while helping the body to rid itself of bacteria and toxins. Fenugreek is an excellent source of natural iron, silicon, sodium, and thiamine. You do not need to ingest the oil to reap the nutritional benefits.

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