MagnoliaMagnolia has mood uplifting properties and is very calming to the nervous system while stimulating awareness, and increasing confidence. Used to reduce stress, providing a feeling of relaxation and tranquility, and has been used to help with depression. Magnolia acts as an aphrodisiac. In traditional Chinese medicine, Magnolia flowers have been used to move qi, the vital force that regulates the body's organ systems. It is believed that when qi becomes blocked or stagnant, illness is the result.

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