

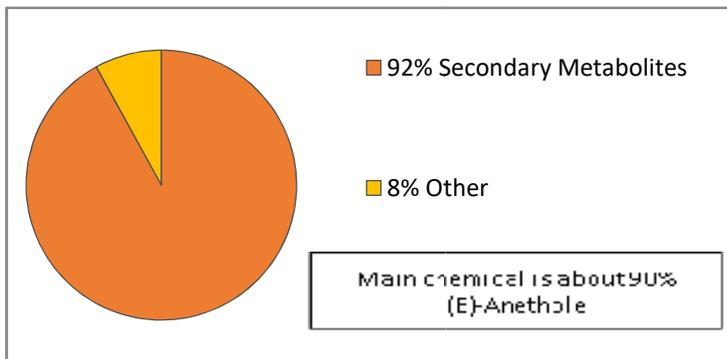
## Anise Seed, Organically Grown: Turkey (*Pimpinella anisum*)

Anise Seed comes from a white flowering plant that is native to the Eastern Mediterranean region and Southwest Asia. It has been widely used as a domestic spice and has a licorice flavor similar to Fennel. In many countries, anise is used as a mouth freshener and digestive agent. The medicinal properties of this herb have been known and used for centuries in ancient Egypt, Greece, and Rome.

**Primary Usages:** Assists with indigestion (flatulence, vomiting, and diarrhea). It has estrogen-like properties and may induce menstruation, ease painful periods, assists with menopause problems, stimulate milk flow, and assists delivery.

**Secondary Usages:** Assists with muscle aches, spasms, rheumatism, flu, colds, bronchitis, asthma, frigidity, and impotence. It is toxic to insects and smaller animals and hence its smell drives the insects away. Normally mix forty drops in a four ounce spray bottle filled with water, shake well and mist on body as needed.

**Has Been Reported:** To calm down epileptic and hysteric attacks because it has a narcotic and sedative effect on the body. It slows down circulation, respiration, and nervous response when used in small amounts. It may also be used for symptoms such as insomnia due to its tranquilizing and relaxing effects. It assists in healing wounds quickly and keeps infections away.



**Descriptor:** Digestive Aid, Sedative, Antispasmodic, Fights Infections

**Application:** Make into an herb tea by putting one drop in honey and mixing with hot water. Rub directly on the stomach or other location. Smell or Diffuse.

**Caution:** Avoid or minor use in pregnancy until delivery. Avoid using with estrogen-dependent cancers

**Influences:** This has a black licorice scent that is uplifting and inspiring. A single drop or two of Anise Seed can dramatically enhance the spiritual effects of an otherwise dull blend.

**Medicine Wheel:** Primary East and Secondary Center. Increase Guardian Qi (immune system) and is considered an antidote for poison.

**Testimonials:** “The Anise really worked for my chronic gas problem. I just mix a few drops in a carrier oil and rub on my stomach. I also like to put a drop or two on my tongue, tastes great.” – David C. Bountiful, UT

**Recipes:** Mix ten drops with one teaspoon of a carrier oil. Massage into the chest and upper back. Apply a wet hot compress to both areas and relax for at least fifteen minutes. This will loosen phlegm deposited in the lungs and respiratory tracts. It will give relief from cough, heaviness in the chest, breathing troubles, asthma, bronchitis, congestion, and other respiratory disorders. As the phlegm loosens cough it out allowing your body to heal.