

# Fennel

Emotions	boost <b>courage</b> and resolve, stimulating
Uses	abdomen pain-upper, <b>abdomen bloating</b> , abscess-mouth, acne, <b>appetite-to reduce</b> , arthritis, arthritis-osteoarthritis, arthritis-rheumatoid, asthma, <b>bad breath/halitosis</b> , <b>balance hormonal system</b> , <b>belching</b> , bilious attacks, <b>bladder infection</b> , <b>bowel disorder-w/swelling</b> , <b>breast feeding</b> , breast toning, bronchitis, bruises, bumps, <b>cellulite</b> , <b>colic</b> -adult, <b>constipation</b> , <b>corn</b> , cough, cystitis/inflammation of the bladder, <b>detoxification</b> , <b>digestive problems</b> , diarrhea, feet-swollen, feet-tired, fertility, <b>flatulence</b> , <b>fluid retention/edema</b> , <b>gums</b> , <b>hangover</b> , hernia-hiatus, <b>hiccough</b> , <b>indigestion/dyspepsia</b> , infertility-female, inflammation, joints, joints-swollen, <b>kidney stones</b> , <b>liver problems</b> , <b>low blood sugar</b> , lymphatic congestion, <b>lymphatic stimulant</b> , menopause, <b>menopause-hot flashes</b> , menopause-water retention, <b>menstrual bleeding-lack of/amenorrhea</b> , menstrual bleeding-irregular/very light, menstrual cramps, menstrual pain/dysmenorrhea, <b>mood swings</b> , <b>muscle-cramps</b> , <b>muscle-spasm</b> , <b>nausea</b> , <b>nausea (nervous/overeating)</b> , PMS-apatetic, pregnancy-edema, pregnancy-flatulence, pregnancy-nausea, pregnancy-post natal, <b>pregnancy-post natal breast milk production</b> , pyorrhea, raynaud's disease, skin care, <b>skin-aging</b> , skin-eyes, skin-normal, skin-oily, skin-puffiness, skin-toning, <b>skin-wrinkles</b> , stomach ache, stress-physical, <b>tonic</b> , throat-sore, <b>tonic-spleen</b> , <b>tonic-stomach</b> , worms
Properties	antibiotic, <b>antifungal</b> , anti-inflammatory, antimicrobial, antiseptic, antispasmodic, <b>aperitif</b> , carminative, depurative, <b>diuretic</b> , emmenagogue, <b>estrogen-like</b> , <b>expectorant</b> , galactagogue, <b>laxative</b> , orexigenic, regenerative, splenic, stimulant, stomachic, tonic, vermifuge
Constituents	(E)-Anethole, limonene, Fenchone, alpha-Pinene, Methyl chavicol, others
Scent/Note/Viscosity	sharp, warm, sweet, camphorous, aniseed like, peppery; middle to top note; clear; watery viscosity.
Best Mixed With	Bergamot, Black pepper, Cypress, Geranium, Ginger, Grapefruit, Juniper, Lavender, Lemon, Pine, Rosemary, Sandalwood, Ylang Ylang (Cardamom, Marjoram, Niaouli, Ravensara)
<b>Warning</b>	Do not use if you are pregnant, have high estrogen levels, are epileptic, have breast cancer, or kidney problems. Do not use on anyone under 16. Do not use if you have adequate breast milk.

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intended to substitute for advice given by a physician or other licensed health care professional. It is not recommended that you take essential oils internally unless under the supervision of a Medical Doctor.