

# Hyssop

Emotions	relieves anxiety, <b>clears the mind</b>
Uses	alertness, <b>appetite-to increase</b> , <b>asthma</b> , athlete's foot, baby-bronchiolitis (> 5yrs), bleeding, breathlessness, <b>bronchitis</b> , bruises, bumps, bursitis, <b>cancer supportive</b> , catarrh, <b>circulation problems-low/unbalanced</b> , cough-baby-severe, <b>cold</b> , cold sores, colic, <b>convalescence</b> , <b>cough</b> , cystitis/inflammation of the bladder, <b>dermatitis</b> , <b>digestive problems</b> , diverticulosis, <b>ear ache</b> , <b>eczema</b> , fatigue-mental, <b>fever</b> , fibrositis, <b>flatulence</b> , frostbite, fluid retention, flu, genitals-male-inflammation, genitals-male-swelling, genitals-male-swollen testicles, genitals-male-varicocele, hair loss/alopecia, <b>hay fever</b> , <b>heart-stimulant</b> , <b>heart-tonic</b> , hernia-inguinal, <b>high blood pressure</b> , indigestion, joints, <b>low blood pressure</b> , <b>menstrual bleeding-absence/amenorrhea</b> , <b>muscle-cramps</b> , muscle-fatigue, <b>muscle-spasm</b> , muscles-breast bruise, muscles-buttock bruise, muscles-elbow bruise, muscles-elbow tendonitis, muscles-facial bruise, muscles-foot bruise, muscles-heel/ankle contusion, muscles-groin strain, nail-bruised, roseacea, scarring, sinusitis, skin-aging, skin-dry, <b>skin-inflamed</b> , skin-normal, skin-puffiness, <b>throat-sore</b> , <b>tonic</b> , <b>tonic-medula oblongata</b> , tonsillitis, trichomonas, <b>vaginal discharge</b> , varicose veins, <b>whooping cough</b> , <b>worms</b> , <b>wounds</b> , writer's cramp.
Properties	anti-rheumatic, antiseptic, antispasmodic, astringent, carminative, cicatrisant, digestive, diuretic, <b>emmenagogue</b> , <b>expectorant</b> , febrifuge, hypertensive, nervine, stimulant, sudorific, tonic, vermifuge, vulnerary
Constituents	alpha-Pinene, beta-Pinene, myrcene, limonene, Spathulenol, Isopinocampone, Pinocampone, Methyl myrtenate, elemol, Myrtenyl methyl ether, others
Scent/Note/Viscosity	fresh, earthy, fruity, woody, slightly sweet, warm smell; middle note; colorless to pale yellow-green; watery viscosity.
Best Mixed With	Clary Sage, Geranium, Orange, Rosemary, Tangerine (Angelica, Melissa)
<b>Warning</b>	avoid during pregnancy, if you have high blood pressure or if epileptic.

## DISCLAIMER

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