

# Nutmeg

Emotions	stimulate and invigorate the mind
Uses	arthritis, arthritis-osteoarthritis, <b>arthritis-rheumatoid</b> , bronchitis, catarrh, <b>circulation problems-high</b> , constipation, <b>diarrhea</b> , fibrositis, <b>flatulence</b> , frigidity, gout/podagra, <b>high blood pressure/hypertension</b> , infertility-female, impotence-male, indigestion/dyspepsia, inflammation, insomnia (low dose), lumbago/lower back pain, menopause, <b>menstrual bleeding-lack of/amenorrhea</b> , menstrual-pain/dysmenorrheal, muscle-ache, muscle-athletic competition-pre/post, muscle-pain, muscles-ankle sprain, muscles-arm strain, muscles-chest muscle spasm, muscles-elbow sprain, muscles-finger sprain, muscles-frozen shoulder, muscles-hip strain, muscles-knee cartilage injury, muscles-leg strain-lower calf, muscles-shoulder strain, muscles-wrist sprain, nausea, neuralgia, Parkinson's disease, pelvic pain syndrome, PMS-aggressive/depression/irritability/violent/weepy, pregnancy-post natal, Raynaud's disease, stress (performance) , <b>tonic</b> , uterine prolapse, vomiting
Properties	analgesic, <b>antifungal</b> , antirheumatic, antiseptic, antispasmodic, <b>carminative</b> , <b>digestive</b> , emmenagogue, laxative, parturient, stimulant, tonic.
Constituents	alpha-Pinene, Sabinene, beta-Pinene, terpinene, limonene, terpinen, 1.8-Cineole, myrisricin, others
Scent/Note/Viscosity	warming, sharp, spicy, musky; middle note; clear; watery viscosity.
Best Mixed With	Black Pepper, Clary Sage, Cypress, Geranium, Orange, Rosemary
<b>Warning</b>	Do not use during pregnancy

## DISCLAIMER

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