



Catnip INFUSION

CALMS NERVOUSNESS
Relieves digestive cramps

Ingredient

Catnip	flowering top	<i>Nepeta cataria</i>	Organic
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DOSAGE

INTERVENTION: 3-5 cups per day, maximum 2 weeks.

TREATMENT: 2-3 cups per day, as needed.

DIRECTIONS FOR USE

Pour 1 litre of boiling water on 2 tbsp of loose herbs, cover and let steep for 15 minutes. Filter.

MODE OF ACTION

Hot infusion of catnip is diaphoretic and relieves fever by promoting sweating. It is particularly interesting for fever in children's diseases. Catnip calms agitation and irritability associated with fever and infectious diseases in children. The decongestant effect of *Nepeta cataria* opens up the sinuses, helps excrete catarrh, heals the sinuses and relieves sinus headaches. It is a mild cough-reliever and expectorant.

Taken cold, catnip infusion is digestive and carminative, expels gas and decreases bloating. Its antispasmodic action relaxes the smooth muscles of the digestive tract and relieves abdominal cramps and stomach aches. It is a digestive tonic used to treat colic in babies, as well as stomach aches, nervous indigestion and dyspepsia in children. Taken before meals, it stimulates appetite. Taken after meals, it promotes digestion. It is helpful for mild motion-sickness and its tannins have an astringent quality useful to treat diarrhea.

As a mild nervine, catnip soothes the nervous system. It is calming, relieves nervousness, agitation, anxiety, irritability and mental hyperactivity. Catnip has a special affinity for children and is indicated for nervous troubles in babies and children. Its essential oils are mildly sedative and promote sleep in children. Catnip helps relieve nervous headaches and teething pain.

Nepeta cataria is used to treat hives, eczema and dermatitis. Studies have shown that it inhibits the enzyme activity of *Staphylococcus aureus* and reduces its adhesion. In women, it helps relieve menstrual pain, premenstrual syndrome and is slightly emmenagogue.

Catnip contains volatile oils (nepetalactone and its derivatives, valeric acid, camphor, thymol, carvacrol, nepetalic acid, citronellal, pulegone), minerals (Ca, Mg, P, K), trace elements (Cr, Co, Fe, Se) acids (deoxyloganic, rosmarinic), proteins, tannins and terpenes.

HELPFUL ASSOCIATIONS

LULLABY for difficulty sleeping.

COLIC for colic.

ECHINACEA PROPOLIS for colds and flu.

COLD & FLU TEA for nasal congestion accompanied by fever.

TEETHING DROPS for teething pain.

ETHNOBOTANY

Immune system: fever, agitation and irritability due to fever, nasal congestion, sinusitis.

Nervous system: trouble sleeping, nervousness, agitation, anxiety, irritability, mental hyperactivity.

Digestive system: colic, indigestion, nervous dyspepsia, gas, bloating, diarrhea, loss of appetite.

Other: teething pain, hives, dermatitis, eczema, *S. aureus* infection, premenstrual syndrome, menstrual cramps, post-partum cramps, headaches.

HISTORY

Known for its stimulating effect on cats, catnip is rather calming on humans. It has been used for decades for its medicinal and culinary virtues. Its leaves are used to make sauces, soups and stews. In the Middle Ages, before the introduction of teas from Asia, catnip infusion was a popular drink. It was one of the main herbs cultivated by the monks in the monastery gardens. In North America, the Cherokee used catnip infusion against colds, colic, cough, dysmenorrhea, fever, hives, hysteria, spasms, stomach aches and worms. The Chippewa used it to reduce fever. Traditionally, the leaves were chewed with other herbs to reduce tooth aches.

CONTRA-INDICATIONS

Consult a health care practitioner if symptoms persist or worsen. Do not use during pregnancy or breastfeeding.

INTERACTIONS

None known.

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Certified organic ingredients.

Made according to GMP.

Kosher, vegan and non-irradiated.

NO additives, colouring, added sugar, gluten, soy or GMOs.

