



Chamomile INFUSION

CALMS NERVOUS AND DIGESTIVE SYSTEMS

Nerve tonic, digestive tonic

Ingredient			
German chamomile	flower	<i>Matricaria recutita</i>	Organic

DOSAGE

INTERVENTION: 3-5 cups per day for a maximum of 2 weeks.

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

DIRECTIONS FOR USE

Pour 1 litre of boiling water on 3 tsp of herbs, cover and let steep 15 minutes. Filter.

MODE OF ACTION

Chamomile is both calming and anti-inflammatory, a combination that makes it very efficient to relieve digestive and nervous troubles. Carminative and digestive, chamomile infusion helps digestion and reduces gas and bloating. The antispasmodic action of its flavonoids soothes digestive spasms and colic, especially when they are of nervous origin. It calms indigestion, diarrhea, symptoms of infection of the digestive system such as gastro-enteritis and it helps regulate intestinal transit. As it relaxes smooth muscles throughout the body, it releases tension in muscles, tendons, ligaments and also relieves menstrual cramps.

Its volatile oils are partly responsible for its anti-inflammatory action and for inhibiting the synthesis of leukotrienes. Chamomile soothes inflammation of all mucus membranes, including the linings of the mouth, gums and stomach. It relieves acid reflux and hyperacidity of the stomach, heartburn and gastritis. It has anti-ulcer properties and it contains apigenin, a flavonoid that inhibits the activity of certain bacteria, including *Helicobacter pylori* which is responsible for stomach ulcers. It relieves symptoms of inflammatory diseases of the intestine as well as irritable bowel syndrome.

Studies have shown that using chamomile in combination with other medicinal herbs relieves colic in babies. Its bitter principles stimulate the circulation of bile and the secretion of gastric juices. It stimulates appetite and improves digestion that is too slow.

Chamomile is calming and mildly sedative. It calms children who are tense, hyperactive, hypersensitive and who have difficulty sleeping. It is used in babies and children who are irritable, anxious and subject to mood swings. Chamomile eases teething as it reduces agitation, irritability and sensitivity to pain.

As an anti-catarhal and expectorant, *Matricaria recutita* relieves loose cough, nasal congestion and earache. It is diaphoretic and mildly stimulates immunity. It helps form scar tissue, it is antiseptic and antifungal and is used to treat thrush (*C. albicans*). Its antihistamine action relieves allergy symptoms and bronchial spasms in asthma. Regular use of chamomile infusion reduces the incidence of thyroid troubles.

The main constituents of chamomile are flavonoids (apigenin, quercetin, rutin), volatile oils (bisabolol, chamazulene, sesquiterpenes), polyphenols, coumarins, amino acids, anthemic acid, choline, polysaccharides, fatty acids and tannins.

HELPFUL ASSOCIATIONS

ESTOMIX for stomach ache, acid reflux.

DIGESTOP for irritation of the lining of the intestines, colitis, diverticulitis.

CALMIX for troubles of the nervous system.

MENSTRUIX for menstrual cramps.

TURMERIC tincture or capsules for inflammation.

ETHNOBOTANY

Nervous system: sleep troubles, irritability, agitation, mood swings.

Digestive system: acid reflux, heartburn, gastritis, stomach ulcer, colic, intestinal inflammation, gastro-enteritis, diarrhea, constipation, gas, bloating.

Other: teething, mouth sores, inflammation of the gums, thrush, menstrual cramps, muscle tension, motion sickness, loose cough, nasal congestion, earache, allergies.

HISTORY

For the Egyptians, it is the *flower of the Sun* god and is venerated for its capacity to relieve fever. In Ancient Greece, it was recommended to treat headaches, colic and nervous troubles of the stomach. In the Middle Ages, chamomile flowers were strewn about dank castle hallways in order to keep sickness at bay. German immigrants brought the culture and use of chamomile with them to the United States. In the 19th Century, it became an important herb recommended by the American eclectic doctors. Chamomile is now part of the official pharmacopeia in 26 countries.

CONTRA-INDICATIONS

Do not use if sensitive to herbs of the Asteraceae family.

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.

