



## Fennel INFUSION

### STOMACH TONIC

#### Gas and bloating

#### Ingredient

Sweet fennel	seed	<i>Foeniculum vulgare</i>	Organic
--------------	------	---------------------------	---------

#### DOSAGE

**INTERVENTION** : 4-5 cups per day for 1 week.

**TREATMENT**: 3-4 cups per day for many weeks.

#### DIRECTIONS FOR USE

Pour 1 litre of boiling water over 2 teaspoons of ground fennel, cover and let steep for 15 minutes. Filter.

#### MODE OF ACTION

Fennel infusion promotes the proper functioning of the digestive system, especially the stomach and intestines. Its carminative properties prevent the formation of gas and bloating and its antispasmodic effect relieves spasms in the entire digestive tract.

It relieves intestinal cramps and is particularly interesting for digestive troubles in children. Studies have shown that fennel, in combination with other herbs, relieves colic and digestive discomfort in babies.

The anethole contained in fennel is mildly laxative and prevents fermentation in the intestines. It is an anti-inflammatory used to treat irritable bowel syndrome.

Fennel supports stomach function. It stimulates appetite and the production of gastric juice and is useful to boost a lazy and slow stomach. Its antispasmodic action reduces nausea and vomiting. Fennel also stimulates the production of bile and prevents gallstones.

*Foeniculum vulgare* is anti-inflammatory and a mild bronchodilator. It reduces bronchial spasms and its essential oils break down mucus. Its expectorant properties help eliminate mucus in the respiratory tract and ease breathing. It is used for chronic cough and for respiratory infection accompanied by coughing. It is also antimicrobial.

Fennel stimulates the production of milk in nursing mothers and insures high levels of fat in breast milk. It is also used for dysmenorrhea. Fennel is diuretic and antioxidant.

Its main constituents are tocopherols, essential oils (anethole, fenchone, estragole, limonene), fatty acids (oleic acid, linoleic acid), flavonoids (kaempferol, quercetin, rutin), coumarins, proteins, sugars, vitamins ( $\beta$ -carotene, C) and minerals (Ca, Mg, K, Fe).

#### HELPFUL ASSOCIATIONS

**CATNIP** in infusion for colics or fever.

**COLICS** for colic and intestinal discomfort.

**ESTOMIX** for digestive troubles, cramps, bloating.

**LIVERTOP** for digestive troubles.

**PLANTAIN SYRUP** for cough and irritation of the bronchi.

#### ETHNOBOTANY

**Digestive system**: dyspepsia, children's colic, gas, bloating, intestinal cramps, irritable bowel syndrome, nausea, vomiting, constipation, diarrhea, colitis.

**Respiratory system**: cough, respiratory catarrh.

**Other**: increases production of breast milk, menstrual troubles, water retention.

#### HISTORY

Fennel has been used in diet and as a medicinal herb since Ancient Egypt. It has been integrated into many traditional schools of medicine such as Ayurvedic medicine as well as Chinese and Japanese traditional medicine. In his writings, Hippocrates mentions that he used fennel to stimulate the production of breast milk and as a diuretic. In the 17<sup>th</sup> Century, William Cole wrote that fennel was used as a broth and in beverages to help gain weight. In Traditional Chinese Medicine, it was administered for dysmenorrhea, vomiting and diarrhea.

#### CONTRA-INDICATIONS

Do not use if hypersensitive to herbs of the carrot family or to anethole. Consult a health-care practitioner if symptoms persist.

#### INTERACTIONS

None known.

## REFERENCES

- Badgujar S.B., Patel V.V., Bandivdekar A.H. *Foeniculum vulgare* Mill: A Review of Its Botany, Phytochemistry, Pharmacology, Contemporary Application, and Toxicology. *BioMed Research International* Volume 2014, Article ID 842674, 32 pages <http://dx.doi.org/10.1155/2014/842674>; 2014.
- Bensky D., Gamble A. *Chinese Herbal Medicine Materia Medica*, Revised Edition. Seattle: Eastland Press; 1993.
- Bethesda M.D. Fennel Review. *Lactmed*. Last Revision: July 31, 2018.
- Blumenthal, Goldberg, Brinckmann. *Herbal Medicine: Expanded Commission E Monographs*. Newton: Integrative Medicine Communications; 2000.
- Bone Kerry. *A clinical Guide to Blending Liquid Herbs*. St. Louis: Churchill Livingstone; 2003.
- Bove Mary. *An Encyclopedia of Natural Healing for Children and Infants*, 2nd Edition. Keats Publishing: New York; 2001.
- British Herbal Medicine Association. *British Herbal Compendium Volume 2*. Bournemouth: BHMA; 2006.
- Brown Deni. *Encyclopedia of Herbs & their Uses*. New York: Dorling Kindersley Book; 1995.
- Duke J.A., Ayensu E.S. *Medicinal Plants of China*. Algonac: Reference Publications Inc; 1985.
- ESCOP. *Monographs: The Scientific Foundation for Herbal Medicinal Products*, Second Edition. New York: Thieme; 2003.
- Felter H.W., Lloyd J. U. *King's American Dispensatory*. Portland: Eclectic Medical Publications; 1983.
- Fetrow, C. W., Avila, Juan R. *Professional's Handbook of Complementary and Alternative Medicines*. Springhouse: Lippincott Williams and Wilkins; 2004.
- Foster S., Johnson L. R. *Desk Reference to Nature's Medicine*. Washington: National Geographic Society, 2006.
- Frawley D., Lad V. *The Yoga of Herbs*. Twin Lakes: Lotus Press; 2001.
- Hoffmann David. *Medical Herbalism*. Rochester; Healing Arts Press; 2003.
- Huang Kee Chang. *The Pharmacology of Chinese Herbs*, 2nd Edition. Boca Raton: CRC Press; 1999.
- Gagnon C., Lanctôt-Bédard V. *Materia Medica: Flora Medicina*; 2009.
- Grieve M. *A Modern Herbal Vol. I & II*. New York: Dover Publications; 1971.
- Leung A.Y., Foster S. *Encyclopedia of Common Natural Ingredients Used in Food, Drugs and Cosmetics*, 2nd Edition. New York: John Wiley & Sons; 1996.
- Lis-Balchin M., Hart S. A preliminary study of the effect of essential oils on skeletal and smooth muscle in vitro. *Journal of Ethnopharmacology* 58 (1997) 183-187; 1997.
- McIntyre Anne. *Herbal Treatment of Children*. London: Elsevier; 2005.
- Mills E., Duguo J.-J., Perri D., Koren G. *Herbal Medicines in Pregnancy & Lactation*. Abingdon: Taylor&Francis; 2006.
- Rahimi R., Shams Ardekani M.R. Review: Medicinal Properties of *Foeniculum Vulgare* Mill. in *Traditional Iranian Medicine and Modern Phytotherapy*. *Chin J Integr Med* 2013 Jan;19(1):73-79; 2013.
- Savino F., Cresi F., Castagno E., Silvestro L., Oggero R. A Randomized Double-blind Placebo-controlled Trial of a Standardized Extract of *Matricariae recutita*, *Foeniculum vulgare* and *Melissa officinalis* (ColiMil®) in the Treatment of Breastfed Colicky Infants. *Phytother. Res.* 19, 335–340 (2005): DOI: 10.1002/ptr.1668; 2005.
- Schilcher Heinz. *Phytotherapy in Paediatrics*. Stuttgart: Medpharm; 1997.
- Singh Khalsa K.P., Tierra M. *The Way of Ayurvedic Herbs*. Twin Lakes: Lotus Press; 2008.
- Small Ernest. *Culinary Herbs*. Ottawa: National Research Council of Canada; 1997.
- Weiss R.F., Fintelmann V. *Herbal Medicine*, 2nd Edition. New York: Thieme; 2000.
- Wichtl Max. *Herbal Drugs and Phytopharmaceuticals*. Boca Raton: CRC Press; 1994.

Certified organic ingredients.

Made according to GMP.

Kosher, vegan and non-irradiated.

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

