

## Product Information and Traditional & Alternative Uses

Chamomile, one of the most ancient and versatile medicinal herbs known to mankind. Its benefits include being used in dozens of ways to soothe the body, ranging from chamomile's ability to lowering pain due to sickness or childbirth, fighting skin irritations and helping reduce anxiety.

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| <b>1 ANTIOXIDANTS</b>       | <b>5 GUM HEALTH</b>               |
| <b>2 REDUCE ANXIETY</b>     | <b>6 TEETH HEALTH</b>             |
| <b>3 REDUCE DEPRESSION</b>  | <b>7 MAY IMPROVE HEART HEALTH</b> |
| <b>4 IMPROVES DIGESTION</b> |                                   |

## Primary Use - Anxiolytic & Soothing

**ENHANCE MOOD:** Make a chamomile tea. Mix Add 1-2 drops of Loyol chamomile (g) to 1-2 teaspoons of honey. Add honey and chamomile mixture to 8 oz of water. Allow time for it to dissolve. Drink slowly over 5-10 minutes while performing distressing or repatterning techniques. Use with Aeroma chamomile to enhance the benefits. Add 1-2 drops of Aeroma chamomile (g) to the back of the neck and temples.

**DIGESTION:** 2 drops by mouth up to 3 times daily or as needed.

**GUMS AND TEETH:** Apply 4-8 drops to 8 oz of water to make mouthwash.

