



Product Information and Traditional & Alternative Uses

Fennel essential oil is best known in the alternative health arena as a potent ingredient for good digestive health with a pleasant licorice-like flavor. Fennel's broad range of benefits are attributed to its potent compounds as an antiseptic, reduce gut spasms, prevent gas and bloating, purifying and detoxifying agents, and works as an expectorant. Additionally, it has been studied for its powerful effects to increase the flow of breast milk.

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| 1 HEALS WOUNDS | 5 BACKACHE |
| 2 PROMOTE MENSTRUATION | 6 LOSS OF APPETITE |
| 3 RESPIRATORY TRACT INFECTIONS | 7 STOMACHACHE |
| 4 PREMATURE MENOPAUSE. | |

Primary Action - Digestive Calming:

STOMACHACHE: Apply 2-3 drops to the abdomen area and massage in a clockwise motion for 30-60 seconds.

RESPIRATORY TRACT INFECTIONS/LOSS OF APPETITE: Add five drops to Aeroma Plus diffuser or 10-15 drops to Aeroma Pure diffuser and diffuse throughout the day.

WOUNDS HEALING: Apply 2-3 drops directly on affected area. To enhance the healing action consider using with lavender and helichrysum.

