



ANISE (PIMPINELLA ANISUM)



ANISE IS A WONDERFUL HERB FOR THE DIGESTIVE SYSTEM HELPING TO QUELL NAUSEA, BURPING AND GAS, REDUCE BLOATING AND RELIEVE SPASMS IN THE STOMACH. ANISE HAS ALSO BEEN USED AS AN EXPECTORANT FOR CHEST CONGESTION AND MUCUS HELPING TO CLEAR THE LUNGS AND SINUSES. BECAUSE OF ITS WONDERFUL TASTE, ANISE IS OFTEN ADDED TO FOODS TO ENHANCE THE FLAVOR OR DISGUISE THE TASTE OF LESS PALATABLE HERBS.

ANISE MAY BE USED IN THE FOLLOWING APPLICATIONS:

SEEDS MAY BE CHEWED TO HELP RELIEVE INDIGESTION OR
AS A BREATH FRESHENER.

A COMPRESS MADE FROM THE TEA CAN BE USED TOPICALLY
TO HELP RELIEVE PAIN.

THE SEEDS CAN BE USED TO MAKE A SYRUP OR TEA WHICH
MAY BE BENEFICIAL FOR COUGHS.

A TEA MADE WITH ANISE MAY HELP TO STIMULATE THE
FLOW OF MOTHER'S MILK.

TAKEN AS A TEA IT MAY HELP TO REMEDY COLIC,
FLATULENCE, CRAMP/GRIPING, BLOATING AND
INDIGESTION.

