



# EDUCATION GUIDE

## ~ *Fennel* ~

**Uses: Digestion, Mucus, Kidney/Bladder Tonic, Nursing**

Historical uses:

- Greek physicians suggested Fennel for increasing milk production in nursing mothers.
- British herbalists have used Fennel to help **break up kidney stones**.

**Benefits:**

### **-Digestion**

- Excellent digestive tonic
- Helps quiet hiccups
- Helps prevent nausea
- Especially beneficial for protein digestion and processing protein waste
- Promotes improved bowel function
- Especially helpful in eliminating intestinal gas (either passing from the bowel or belching)

### **-Mucus**

- It's digestive support helps to clear excess mucus
- Helps clear phlegm for the lungs

### **-Vision**

- As a Vitamin A source, helps alleviate light sensitivity
- Improves night vision
- Helps prevent sudden "blindness" when encountering bright lights
- Has been used topically as an eyewash

### **-Gall Bladder, Liver & Kidneys**

- Helps **minimize** the production of **uric acid**
- Helps reduce lower back pain issues
- Tonic effect for kidney & bladder problems
- **Has been used to break up kidney stones**
- Functions as a **gall bladder and liver cleanser**

### **-Nursing Mothers & Children**

- As a poultice, has been used to help relieve breast swelling in nursing mothers
- Has been shown to enrich quality and quantity of milk for nursing mothers
- Improved milk quality helps alleviate **colic** in nursing babies

### **-Poison Mushrooms**

- May work as an antidote to poisonous mushrooms

### **-Fennel Tea**

- Supports removal of mucus from the intestinal tract
- Is used as a gargle and breath refresher

### **-Parasites**

- Has been used to expel worms

### **-Nutrient Source**

- Excellent source of Vitamin A

Parts of the plant used for therapeutic purposes: the whole plant

#### **Information sources:**

“The Little Herb Encyclopedia, the Handbook of Natures Remedies for a Healthier Life” by Jack Ritchason N.D.

“Medical Herbalism – the Science and Practice of Herbal Medicine” by David Hoffmann, FNIMH, AHG

“Prescription for Herbal Healing” by Phyllis A. Balch

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