



CHAMOMILE (*matricaria recutita*)

Common Uses

In Germany, a cream made from German Chamomile was tested for its ability to heal wounds and produced positive results. Dating back to 1st century A.D., chamomile has been taken for digestive problems. It is very gentle, making it a good choice to use for children. Chamomile is valuable for a long list of ailments including pain, indigestion, acidity, gas, gastritis, bloating, colic, peptic ulcer, Crohn's Disease, irritable bowel syndrome, menstrual pain and tense muscles. It is a useful treatment of asthma and hay fever, eczema, itchy skin, sore nipples and eyestrain.

Precautions

Use with caution if you are allergic to ragweed.

Dosages

TINCTURE: Take 20-25 drops 2-3 times per day

TEA: Steep one tea bag in 8oz. hot water for 10 minutes. Drink up to 3 times a day.

CAPSULES: Take 1-2 capsules up to 3 times daily – preferably at night before bed

CREAM or OINTMENT: Apply to sore or itchy skin as often as needed

This information is for informational purposes only. This information has not been evaluated by the Food and Drug Administration. This information is not intended to diagnose, treat, cure or prevent any disease. Always consult your physician before taking any medicine, herbal or otherwise.

