

Anise

PIMPINELLA ANISUM

Anise, or aniseed, is known for its digestive and antispasmodic benefits.

COUNTRY OF ORIGIN

Native to East Mediterranean region and North Africa.

EXTRACTION METHOD

Steam Distillation

PLANT PART

Seeds

BOTANICAL FAMILY

Apiaceae

CHEMICAL FAMILY

Ethers

AROMA

Licorice, Sweet, Exotic, Warm

NOTE

Middle

SAFETY

- Avoid during pregnancy due to trans-anethole which has a weak estrogen-like activity and could interfere with hormone activity.
- Avoid if you are breastfeeding, endometriosis, any estrogen-related cancers, and children under the age of five.
- Oral use is not recommended for people taken medication for diabetes, diuretic medication, renal insufficiency, and edematous disorders.
- May interfere with anticoagulant medications or bleeding disorders.

May cause skin irritation or sensitization if the oil has oxidized. Use at a 2% dilution rate for topical applications.

THERAPEUTIC PROPERTIES

Anise essential oil provides pain relief, relieves cramps and spasms, assists in preventing gas, stimulates the stomach and digestion, stimulates menstrual flow, and helps remove excess mucus from the respiratory system.

ANALGESIC	CARMINATIVE	EMMENAGOGUE
ANTISPASMODIC	DIGESTIVE AID	EXPECTORANT

BODY SYSTEMS

DIGESTIVE

DIGESTION & FLATULENCE

LIMBIC

EMOTIONAL BALANCE

MUSCULAR

PAINS & SPASMS

RESPIRATORY

COUGHS & FLU



REFERENCES:

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5. ESSENTIAL OIL SAFETY, ROBERT TISSERAND AND RODNEY YOUNG, SECOND EDITION 2014, ELSEVIER BOOKS