

Cardamom

ELETTARIA CARDAMOMUM

Cardamom is a spicy uplifting oil with extraordinary properties to help with stress, anxiety, and fatigue. Typically used as a seasoning to help further the taste of foods. Cardamom essential oil is known to reduce muscle spasms, neutralize the adverse effects of chemotherapy, quench nausea. Its therapeutic properties include an antiseptic, antimicrobial, aphrodisiac, astringent, digestive, stomachic, stimulant, and diuretic substance.

COUNTRY OF ORIGIN

India

EXTRACTION METHOD

Steam Distillation

PLANT PART

Seeds

BOTANICAL FAMILY

Zingiberaceae

CHEMICAL FAMILY

Esters and Oxides

AROMA

Spicy, woody, sweet, and rich.

NOTE

Middle

SAFETY

- Due to its 1,8 cineole content, Cardamon essential oil may cause CNS and breathing problems in young children.
- Do not use near the face of infants and children.

THERAPEUTIC PROPERTIES

For centuries, cardamom has been used as a digestive aid relieving gas, nausea, heartburn, and diarrhea. As a cephalic, it aids mental concentration. help alleviate nausea, use on a tissue and inhale, or rub on the abdomen to dilute lotion or cream. This oil helps with congestion in the respiratory system. When suffering from cold or flu, use to ease chest and head pain from tightness and congestion.

ANTI-INFECTIOUS	DECONGESTANT	HYPOTENSIVE
ANTIBACTERIAL	DIURETIC	HEKOS LIBIDO
ANTISEPTIC	EXPECTORANT	STIMULANT
ANTI-INFLAMMATORY	STOMACHIC	APHRODISIAC
ANTISPASMODIC	TONIC	WARMING

BODY SYSTEMS

CIRCULATORY

LOWERS BLOOD PRESSURE & DETOX

DIGESTIVE

DIGESTIVE ISSUES

LIMBIC

EMOTIONAL BALANCE

MUSCULAR

REFLEX POINT SUPPORT, CRAMPS AND SCANTY PERIODS



BODY SYSTEMS (CONT.)

RESPIRATORY

COUGHS

URINARY

URINARY SUPPORT

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