

# Cumin

CUMINUM CYMINUM

Cumin is particularly beneficial for the digestive and nervous systems. Its spicy, warming aroma soothes muscular problems while stimulating the digestive system.

## COUNTRY OF ORIGIN

Egypt and the Mediterranean

## EXTRACTION METHOD

Steam Distillation

## PLANT PART

Seeds

## BOTANICAL FAMILY

Apiaceae

## CHEMICAL FAMILY

Mainly aldehydes and monoterpene hydrocarbons

## AROMA

Warm, sensual, spicy scent

## NOTE

Base-Middle

## SAFETY

- Avoid during pregnancy
- Generally non-irritating
- Phototoxic - avoid exposure to sunlight or UV light

## THERAPEUTIC PROPERTIES

ANTIDEPRESSANT	CIRCULATORY STIMULANT	ANTI-INFLAMMATORY
ANTISEPTIC	NERVINE	COOLING
ANTISPASMODIC	TONIC	HYPOTENSIVE
APHRODISIAC	SEDATIVE	SKIN HEALING

## BODY SYSTEMS

CIRCULATORY

LOWER BLOOD PRESSURE & PALPITATIONS

INTEGUMENTARY

OILY & DRY SKIN, HEALTHY HAIR

LIMBIC

ANXIETY & DEPRESSION

MUSCULAR

MUSCLE SPASMS & TENSE MUSCLES

REPRODUCTIVE

PMS & MENOPAUSE



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