

# SACRED HERBS



## Chamomile - *Matricaria recutita*

Chamomile is one of the most well-known herbs, and one I'm never without. It is widely available in tea form, but can also be made into capsules, tinctures, or used in cosmetic applications.

Chamomile flowers are mildly sedative, making them wonderful for improving sleep quality and relaxation. I often use chamomile in place of Tylenol for headaches and often in the spring and summer after a day in the garden to help ease the sore muscles.

It is a good herbal source of Magnesium, which is one of the top supplements I recommend!

## Keeps Gum and Teeth Healthy

In addition to healing skin and the respiratory tract, chamomile benefits include the ability to fight various bacterial infections of the oral cavity, teeth and gums.

## Culinary or Medicinal Uses

Chamomile is commonly used as a medicinal plant for its anti-inflammatory, anti-bacterial, anti-allergenic, and sedative properties. German chamomile flower heads have been used to make medicine for centuries. Research shows that taking 220-1110 mg of German chamomile capsules daily for 8 weeks can reduce anxiety and depression in adults.



**“Recently, chamomile has been associated with providing cardiovascular protection. Because of its high level of flavonoids, chamomile consumed in foods is linked with a lower risk of death from coronary heart disease in elderly men.”**

Many people in the United States take chamomile to relieve anxiety or help them sleep. In the past, chamomile had been used to treat stomach cramps, irritable bowel syndrome, indigestion, diarrhea, gas, and colic.

As an effective alternative medicine with almost no known negative side effects, chamomile has been used for nearly 5,000 years in standardized tea, herbal extract and cosmetic forms to promote tranquility, vitality, a youthful appearance and longevity.

## Relieves Congestion

Because chamomile benefits include both fighting infections and reducing mucus congestion, it's added to many nasal sprays. Chamomile tea is also a good choice when you're sick and want to beat a cold, the flu or sinus infection.

Studies indicate that inhaling steam with chamomile extract is helpful in common cold symptoms. Some people even gargle chamomile tea or extract to fight inflammation of the mucous membranes and within the mouth and throat.

## Promotes Skin Health

Suffering from breakouts or dry, irritated, aged, red skin? Try using chamomile oil mixed into lotion. Chamomile promotes smooth, healthy skin and relieves irritations thanks to its anti-inflammatory and antibacterial properties.

Chamomile's flavonoids and essential oils penetrate below the skin surface into the deeper skin layers of the skin, preserving its youthful appearance, complexion and immune defenses. As a traditional medicine, it's been used for centuries to treat wounds, ulcers, eczema, gout, skin irritations, bruises, burns and canker sores.

Today, we know chamomile benefits and uses go even further — it's also useful for getting rid of signs of aging like dark spots and fine lines, reducing dandruff naturally, treating chickenpox quickly, and fading scars. Additionally, it makes a great natural diaper rash treatment and can even be used around the eyes to fight infections and sties.



## Ways to Use Chamomile

- As an herbal tea before bedtime to help improve relaxation and sleep
- As a tincture (internally or externally) for muscle pain or for teething children (on the gums)
- As a tincture for those who have trouble sleeping or who are emotionally upset
- As a strong brewed tea in the hair to naturally lighten blonde tones
- To help relax during emotional or physical distress

- Internally and externally for headache relief
- As a tincture to help calm and overactive mind
- **For pink eye:** Pour a small amount of boiling water over a chamomile tea bag and soak on the eye for about 15 minutes a few times a day (wait until its cool) OR make a strong tea with it and use a soaked cotton ball to wipe the eye every hour throughout the day and infection should be gone within 24-36 hours. Can also sleep with a cotton ball “patch” on the eye to help remove the infection.

Notes: Chamomile is generally considered a safe herb for anyone, including during pregnancy, but in very rare cases it can cause an allergic reaction in those with ragweed allergies, so use caution if you have these types of allergies.

