

## **Fennel (Foeniculum vulgare)**



As an antispasmodic, fennel acts on the smooth muscle of the respiratory passages as well as the stomach and intestines; this is the reason that fennel preparations are used to relieve bronchial spasms. Since it relaxes bronchial passages, allowing them to open wider, it is sometimes included in asthma, bronchitis, and cough formulas. Contains Folic acid. Lack of folic acid may cause anemia, indigestion, alterations of mucosa in the mouth, and heart disease.

Fennel long has been used to promote milk production in nursing mothers. And because of its antispasmodic activity, breastfed infants whose mothers drink fennel tea are less likely to suffer from colic than other babies.