



Lavender Herb

Fragrance, sedative, intestinal gas, antispasmodics, repels moths, headaches, calm nerves, ease depression

Information: Herbals/Nutritionals/Medicinals can be very strong, consequently, if each one is not tailored to your specific needs, then you can risk more harm than good. This information is meant to be used by your VHC Medical Team and personal Physician as they build your Total Health Plan. Never attempt to adjust your prescribed medications and/or Natural Treatments without your physician's and Medical Team's knowledge and guidance. Since herbals/nutritionals and medications can interact with each other, it is always advisable to consult with your health care provider and The Vibrant Health Community at www.VibrantHealthCommunity.com (or call 1-866-378-8253) before starting/changing your program.

Botanical: *Lavandula officinalis* (also known as *Lavandula angustifolia* and *Lavandula vera*)

Family: *Lamiaceae/Labiatae* (mint)

Other common names: English Lavender, Fleurs de Lavande, Lavanda, Lavandin (Dutch)

The essential oils in **Lavender** soothe headaches, calm nerves, ease depression, dizziness and stress, and will even combat halitosis. Lavender's antibacterial properties work to combat bacteria in the intestines, and it is also an antiviral and antifungal, working against yeast infections, diphtheria, typhoid, staph, strep and many flu viruses. Moreover, it is an effective tonic that improves intestinal health. This fragrant herb is a must for every home.

This fragrant plant is famous for its exquisite aroma, which is much used in the perfume and cosmetics industry. It is also widely used medicinally and is a staple of aromatherapy to

promote relaxation. Lavender's many constituents include essential oils, tannins, coumarins, flavonoids and triterpenoids.

Beneficial Uses: Lavender has been used for centuries as a tonic to ease conditions of the nervous system. It is a relaxant that calms nerves, relieves fatigue, depression, migraine and tension headaches, nervous exhaustion, irritability and excitement.

The essential oils in Lavender act as a mild sedative on the heart and may be effective in lowering blood pressure.

Lavender is used to promote good digestion. It has a mild sedative effect that is used to ease colic, nausea, vomiting, indigestion and other stomach problems. The herb is considered a "carminative" which will reduce flatulence and relieve a "gassy" stomach, and it is also a diuretic.

Lavender is an effective tonic that works to improve intestinal health. As a "cholagogue," it is thought to stimulate the flow of bile from the liver to the intestines, and its antibacterial properties are useful in combating putrefactive bacteria in the intestines. Lavender's antiviral, antifungal and antiseptic properties are thought to inhibit the activity of yeast infections, diphtheria, typhoid, staph, strep and many flu viruses.

Used externally, Lavender may be added to a sachet, which will repel insects and create a pleasant fragrance to relax the nerves and possibly help to avoid dizziness and fainting.

Applied topically, the essential oils in Lavender act as an antiseptic and painkiller, helping to relieve insect bites and stings, skin diseases, such as eczema and psoriasis, and minor burns. It is also makes a fine mouthwash. Added to bathwater, Lavender calms irritable children and relaxes adults, and mixed with water, it makes a fragrant hair rinse.

Contraindications:

Pregnant women should avoid taking Lavender internally, as it may stimulate uterine contractions. Excessive use of this product (many times the recommended dosage) may cause drowsiness. Rare side effects have included constipation, skin rash, headache or nausea.

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