

Dill Weed

Anethum graveolens

Among the earliest and most widely recognized medicinal herbs, Dill is known for its benefits to the digestive, respiratory, and endocrine systems. A wonderful stimulant and digestive aid for children. Aids parasite elimination, and possesses decongesting and diuretic abilities as well as antispasmodic action. Dill Weed may benefit juvenile acne resulting from hormonal changes and improper diet.

In the West and East it is used as a soothing digestive aid for indigestion, wind, colic, etc., especially in children, for which it is still current in the British Herbal Pharmacopoeia. [Julia Lawless, *The Illustrated Encyclopedia of Essential Oils* (Rockport, MA: Element books, 1995), 83.]

Digestive System: *colic, dyspepsia, flatulence, indigestion.* **Genito-urinary and Endocrine Systems:** *lack of periods; promotes milk flow in nursing mothers.* [Julia Lawless, *The Illustrated Encyclopedia of Essential Oils* (Rockport, MA: Element books, 1995), 83.]

general uses

LAYER ON HANDS OR FEET

- Use 2-4 drops on reflex points on either hands or feet.
- Use 2-4 drops on soles of feet or along the foot spinal reflex.

BATH

- Add 10 drops Dill Weed with 10 drops Roman Chamomile to ½ cup Clay Vitality or Vitality Bath Salts and mix into warm bath water to calm and relax.

INHALATION

- Put 1-2 drops on a tissue, cotton ball, or your hands and inhale as needed.
- Diffuse 10-12 drops in a cool mist Essential Oil diffuser.

INTERNAL

- Add 1 drop to a teaspoon of honey and stir into warm water to assist with digestive concerns.
- For diabetics, to assist with balancing blood sugar metabolism, use 2 drops each of Coriander Seed, Dill Weed, and Sweet Fennel in capsule, filled with olive oil. Take at night.

MASSAGE/TOPICAL

- Dilute 5-10 drops with 1 tbsp of a carrier oil and gently massage clockwise around abdominal area to relieve hiccups, cramping, flatulence and upset stomach.
- For diabetics, to assist with balancing blood sugar metabolism, use 2 drops each of Coriander Seed, Dill Weed, and Sweet Fennel with a carrier oil. Rub on the feet morning and night.

MISTING

- Mix 20 drops with 4 ounces distilled water in a cobalt blue glass or PET plastic bottle, shake well and mist into environment as desired.

pregnancy & children

TOPICAL

- Infant to 3 months - 1 drop Essential Oil in 10 ml carrier oil (grapeseed)
- 3 months to 2 years - 2 drops Essential Oil in 10 ml carrier oil
- 2 years to 5 years - 3 drops Essential Oil in 10 ml carrier oil
- 5 years to 10 years - 6 to 8 drops Essential Oil in 10 ml carrier oil
- Pregnancy - 6 to 8 drops Essential Oil in 10 ml carrier oil

BATH

- Infant to 3 months not recommended
- 3 months to age 2 years - 1 to 3 Essential Oil drops in 1 tablespoon of dried milk
- 3 years and up to age 5 years - 3 to 5 Essential Oil drops in 1/4 cup Pink Himalayan salt
- 5 year to 10 years - 6 to 10 Essential Oil drops in 1/4 cup Pink Himalayan salt or Clay Vitality
- Pregnancy - 6 to 10 drops Essential Oil in 1/2 cup of Dead Sea salt or Clay Vitality

attributes

Wildcrafted GRAS

Producing Organ: *Whole Plant*

Extraction: *Steam Distillation*

Country of Origin: *USA*

Therapeutic Properties: *Antispasmodic, bactericidal, carminative, digestive, emmenagogue, galactagogue, hypotensive, stimulant, stomachic.*

RESPONSIBLE CAUTIONS

- Keep out of reach of children and pets.
- Use as directed, and adhere to Responsible Cautions at www.godesana.com/cautions.asp.
- Store away from sunlight, at room temperature, with lid securely tightened.

availability

10ml Bottle



QUALITY ASSURANCE

All goDésana Essential Oils are 100% Pure Therapeutic Grade that are Certified Organic and Wild Harvested. They are sourced, formulated, and approved by Alexandria Brighton. Oil samples, along with the Material Safety Data Sheets, Certification Documents, and GC/MS Chromatography Documents are sent to Alexandria for her approval prior to being shipped to goDésana.

DISCLAIMER

The information in this document has not been evaluated by the FDA and is not intended to treat, diagnose, cure or prevent any disease. This information is not intended as a substitute for the advice or medical care of a qualified health care professional and you should seek the advice of your health care professional before undertaking any dietary or lifestyle changes. The material provided in this document is for educational purposes only.
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