

# Dill Weed

## Anethum graveolens

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

Dill Weed p.o. whole plant is one of the most gentle of Essential Oils, being devoid of toxicity, and it can be used from early childhood for all problems to do with the digestive, respiratory, and renal systems. Care must be taken not to use Dill oil produced from the seeds as this oil is too strong for children.\*

Dill Weed offers relief from flatulence and helps treat parasites. This oil is beneficial for nervous vomiting and hiccups. It has also proven effective in promoting milk flow in nursing mothers. Dill Weed may benefit juvenile acne resulting from hormonal changes and improper diet.\*

Dill Weed possesses decongesting and diuretic abilities as well as antispasmodic action. It is an excellent stimulant and digestive antispasmodic for children who tend to experience vomiting, colic, and nausea with stomach cramps.\*

In the West and East, Dill Weed 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.]\*

### aromatherapy & home uses

**Digestive System:** Colic, dyspepsia, flatulence, indigestion.\*

**Genito-Urinary and Endocrine Systems:** Lack of periods; promotes milk flow in nursing mothers.\*

### suggested usage (10 years & up)

#### 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

- Diffuse 10-12 drops in a cool mist Essential Oil diffuser.\*
- Place 1-2 drops on a tissue, cotton ball, or in the palms of the hands and inhale.\*

#### 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 a capsule filled with olive oil. Take at night.\*
- Not appropriate for internal use in pregnant or nursing women, children, or the elderly.\*

#### MISTING

- Mix 20 drops with 4 ounces distilled water in a cobalt blue glass or PET plastic bottle, shake well, and mist into the environment as desired. For children under 10 and pregnant women, adhere to the topical recommendations on the right for age and number of drops of selected oil (no carrier).\*

#### TOPICAL

- Add 10-20 drops to 1 tablespoon of carrier oil and gently massage clockwise around the abdominal area to relieve hiccups, cramping, flatulence, and upset stomach.\*
- Mix 2-4 drops Dill Weed Essential Oil in 1 pint of hot or cold water; soak a towel in water and apply on the desired location. Cover the area with a dry towel and heating pad or ice pack.\*

### responsible cautions

- Non-toxic, non-irritant, non-sensitizing.
- Avoid in allergic skin conditions.
- Keep out of the reach of children and pets.
- Use as directed, and adhere to Responsible Cautions at [www.goDesana.com/cautions.asp](http://www.goDesana.com/cautions.asp).
- Store away from sunlight, at room temperature, with the lid securely tightened.

#### GRAS Certified

**Producing Organ:** Whole Plant

**Extraction:** Steam Distillation

**Country of Origin:** USA

### topical dilution guidelines

Ages 10 & Over: Topical dilution for healthy individuals is 10% (60 drops per 1 ounce of carrier oil).

### pregnancy & children

#### Safety Group #1

#### Topical

- Infant to 3 months: 1 drop in 10 ml carrier oil
- 3 months to 3 years: 2 drops in 10 ml carrier oil
- 3 to 5 years: 3 drops in 10 ml carrier oil
- 5 to 10 years: 6 drops in 10 ml carrier oil
- Pregnancy: Safe when used as directed

#### Bath

- Infant to 3 months: Not recommended
- 3 months to 3 years: 1 drop in 1 tbslp of baby shampoo
- 3 to 5 years: 3 drops in ¼ cup Pink Himalayan Salt
- 5 to 10 years: 6 drops in ¼ cup Pink Himalayan salt or Clay Vitality
- Pregnancy: Safe when used as directed

### availability

10ml Bottle



#### STANDARDS OF QUALITY

All ingredients in goDesana Organics products are 100% pure and therapeutic, meaning they are sourced and approved by Master Formulator Alexandria Brighton to the highest standards possible.

Our raw plant ingredients are chosen for their integrity (all chemical constituents important for use are intact), ecological 'soundness' (all are organic or wild-crafted), and the specific therapeutic chemical constituent percentages that Alexandria Brighton insists upon for safety and therapeutic properties.

#### 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 healthcare professional and you should seek the advice of your healthcare professional before undertaking any dietary or lifestyle changes. This information is provided for educational purposes only.

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