Chamomile Flowers - Loose Herb

DESCRIPTION

The World's Favourite Cup of Calm

Whole dried German chamomile flowers (*Matricaria chamomilla*) — golden centres, honey-and-apple aroma, and a soft, sweet cup. Nothing added.

The ancient Egyptians dedicated chamomile to the sun and used it for fevers; the Greeks named it *khamaim?lon*, "ground apple," for its scent. Unani physicians call it *B?b?nah* and still prescribe it for nerves and digestion. Across Europe it has been the first remedy mothers reach for — for a colicky baby, a nervous stomach, or a mind that will not switch off at night.

What science has found so far:

- In a placebo-controlled trial, chamomile extract eased the symptoms of generalized anxiety disorder. (Amsterdam et al., 2009)
- New mothers with poor sleep who drank chamomile tea for two weeks slept better and felt less depressed than those who did not. (Chang & Chen, 2016)
- Its flavonoid **apigenin** binds to the same calming receptors in the brain as many sleep medications — gently, and without the hangover.

The Eastern view: Chamomile is not a classical Chinese herb, but practitioners who use it today treat it as **cool and slightly bitter**, a Liver herb that calms the *Shen* and eases the Liver Qi that knots up the stomach when we are stressed — the same "nervous stomach" European herbalists have always treated it for. Ayurveda uses it to soothe both Vata (anxiety, restlessness) and Pitta (irritability, acid).

Ways to use it:

- **Tea** — 1–2 tablespoons of flowers in a cup of just-boiled water, covered, for 5–10 minutes. Strain and sip.
- **Bedtime blend** — with lavender or lemon balm.

- **Eye compress** — cooled, damp tea bags or a cloth soaked in the tea over tired, puffy eyes.
- **Bath and hair rinse** — a strong infusion added to a bath, or poured over light hair to brighten it.

Ingredients: 100% dried chamomile flowers.

Size: 1 oz, in a resealable black stand-up pouch with a window. Store sealed, away from light and heat.

Packed to order by a small team of skilled herbal professionals.

Disclaimer

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

We recommend working with a qualified integrative healthcare professional, especially if you are pregnant, nursing, have a medical condition, or take any medications.

Important Safety Information:

- Avoid if you are allergic to ragweed, daisies, marigolds or other plants in the daisy family.
- It may add to the effect of sedatives and blood thinners such as warfarin.
- Use in normal, food-like amounts during pregnancy.
- Keep out of reach of children. Store sealed in a cool, dry, dark place.