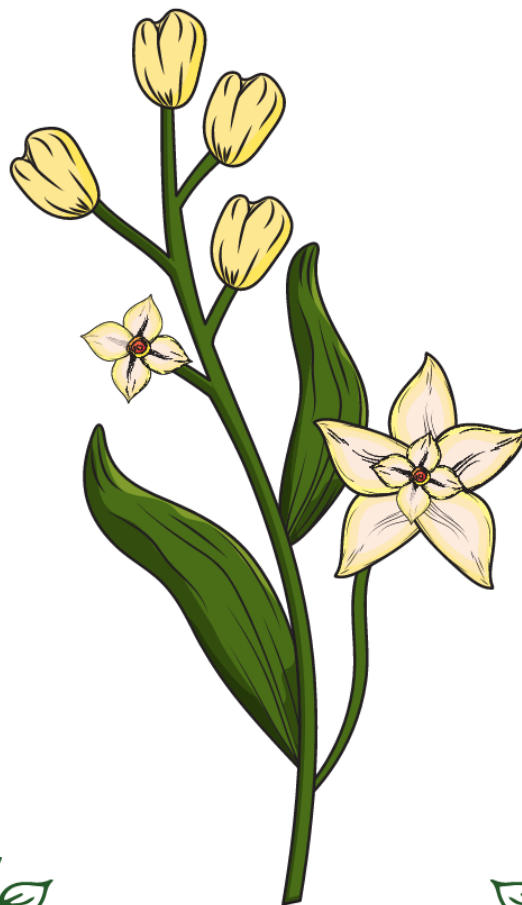




# CHAMOMILE

## (Anthemis Nobilis)

by  
*The Reformed Bohemian*



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# CHAMOMILE

## (*Anthemis nobilis*)

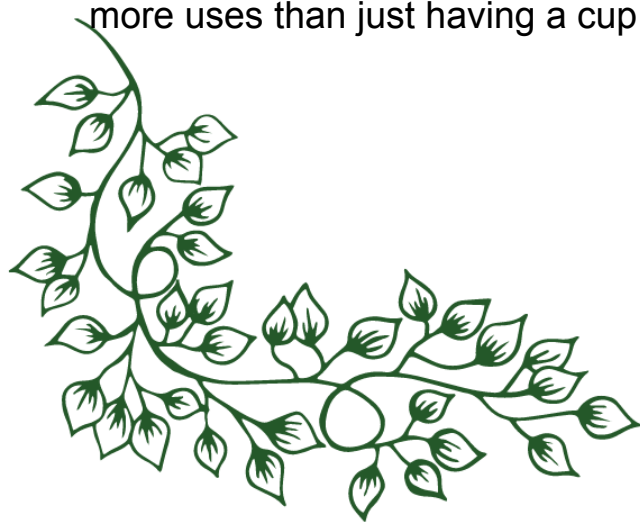
Chamomile is a cooling relaxing herb that is most known for its calming and relaxing properties but it's also a great toning and anti-inflammatory herb.

### About Chamomile

Whilst there are about 6 different plants that are called Chamomile, when talking about medicinal Chamomile there are only two Chamomiles, German (*Chamomilla Matricaria*) and Roman (*Anthemis Nobile*). Both contain azulene, the blue volatile oil that gives the herb its medicinal properties, there is little to choose between their healing properties. Chamomile is a low growing plant with distinctive white and yellow flowers. It's a relaxant herb that tastes bitter, acrid and sweet.

Chamomile has long been known for its sedating, calming properties and has been used for soothing a number of conditions in babies such as teething, earache, irritated and hard to settle babies for many years. It is excellent for digestive issues such as IBS, relieving cramping, bloating, diarrhoea and constipation.

It's also a great herb to use for menstrual pain and cramping and soothing tender breasts. It is also a really useful herb for peri-menopausal and post-menopausal women due to its relaxing properties it can help with sleep disturbance often associated with this stage of life. It can also help to maintain the integrity of the vaginal walls and uterine muscles which can prevent the leakage of urine which is a common problem experienced by many post-menopausal women. As you can see Chamomile has many more uses than just having a cup of tea before bed to help you sleep.



# Benefits of using Chamomile

Chamomile is a cooling herb that can be effective when used for a number of conditions.

## ***Therapeutic action***

Diaphoretic, Stomachic, Tonic, Anti-spasmodic, Stimulant, Carminative, Nervine (sedative), Emmenagogue, Anthelmintic, Anodyne, Bitter Aromatic, Emetic, Cathartic, Febrifuge

## ***Can be used for:***

Digestive issues, Colds, fevers, nervous conditions/anxiety, painful, light menstruation, insomnia, headache, neuralgia/toothache, colic, coughs, bronchitis, acute dyspepsia, rheumatism/arthritis, ulcers, kidney, spleen and bladder problems, wounds/sores, ague, oedema, jaundice, irritated eyes, earache, bruises and sprains.

- **Digestion/IBS** - Chamomile is a relaxant and sedative herb with anti-spasmodic properties that can be used to relieve IBS, stomach cramping, bloating and gas as well as relieving the discomfort associated with constipation
- **Menstrual cramping and pains** – As with IBS, Chamomile's relaxant, sedative and anti-spasmodic properties can help to relieve symptoms associated with PMS and menstrual pain and cramping.



- **Anxiety/stress** – Due to its relaxant and sedative properties Chamomile is excellent in helping to calm nerves and help with feelings of anxiety and stress.
- **Fever** – Chamomile is a febrifuge which means it can help to reduce the temperature and fever caused by infections.
- **Hair care** – Chamomile can be used to lighten hair, particularly blond hair.
- **Menopause** - Due to its toning and anti-inflammatory properties it can be used during menopause to support the integrity of the vaginal walls and uterine muscles which can help prevent leakage of urine which is common in women post menopause.
- **Insomnia** – Chamomile is well known as a sleep aid with its relaxant and sedative properties it can help to settle a restless mind.
- **Circulation** – Chamomile helps to bring blood flow to the surface and improve circulation issues.
- **Menstruation** – Chamomile can help to stimulate menstrual flow
- **Muscles and Joints** – Chamomile’s anti-inflammatory properties make it effective in relieving muscle and joint pain and reducing swelling.



# Preparations

Chamomile can be taken in a number of forms such as fluid extract, infusion, solid extract. However, boiling the flowers is not advised as the volatile oils, possessing most of the therapeutic value will dissipate into the air and the remaining fluid will not be as effective. If using Chamomile as a diaphoretic use it in a hot/warm preparation but if using it as a tonic use cold.

# Dosages

The basic dosages are as follows:

- Tincture - 1/2-1 fluid teaspoon 3 times daily.
- Infusion 1 - tablespoonful to 2 fluid ounces as needed.
- Powdered flowers - 1/2-1 teaspoonful 3 times daily.
- Oil - 1-3 drops.
- Solid Extract - 100-500 mg

A hot infusion is made by steeping the herb in boiling water for between 15 – 20 minutes, many herbal teas are made in this way. A cold Infusion is made by soaking the herb in cold water or milk for between 6 – 8 hours. You can make a batch of both hot and cold infusions and store for several days in the fridge.

Poultices are made from ground or chopped herbs that are mixed with boiled water until they form a paste which can then be applied to muslin and then applied to the skin. Applied cold they draw out heat, infection and inflammation when applied hot they soothe pain and spasms.



# Ways to Use

## *Orally*

### *Colds and Fevers*

- Chamomile can be used as a warm infusion with a touch of ginger to bring relief to colds and flu

Drink 1 cup of warm infusion of Chamomile 3 times a day.

### *Anxiety and Insomnia*

- Chamomile can be effective in helping to relax before bed.

Drink 1 - 2 cups of warm infusion of Chamomile before bed, being careful not to drink too closely to bedtime to avoid waking up needing to use the loo.

### *Digestive Issues*

- Use a hot infusion of Chamomile and drink while still warm to ease digestive issues and soothe unsettled stomachs.

Drink 1 cup of warm infusion of Chamomile 3 times a day.



## ***Neuralgia, Toothache and Earache***

- Chamomile can be used to bring relief to neuralgia, toothache and earache

Apply a lotion or a poultice to the affected area 2 - 3 times per day or as needed.

## ***Skin Care***

### ***Pain and Swelling***

- Chamomile can help to reduce pain and swelling by using a hot poultice.

Make a hot poultice and apply to the affected area for 5 - 10 minutes as needed.

### ***Cuts and Sores***

- Sage can be used to clean cuts and sores to prevent infection, soothe pain and speed up the healing process.

Using a cold infusion of Chamomile soak some cotton wool or clean cloth and gently clean the area wash the area 2 - 3 times per day until the wound has healed.





## **Hair Care**

- Chamomile can be used as rinse for hair to lighten hair, particularly blond hair.

Make a hot infusion and allow to cool before pouring over hair until hair is soaked in the infusion, leave for 30 minutes before rinsing off, shampoo and condition as normal.

## ***Bath***

### ***Anxiety and Insomnia***

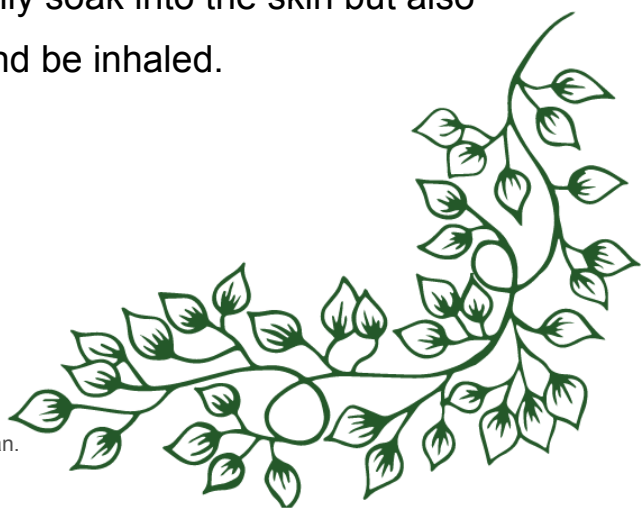
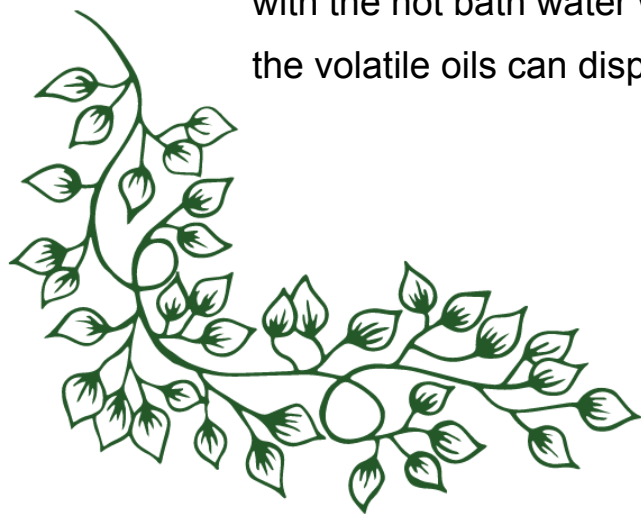
- Chamomile can help to relieve stress and anxiety, it's particularly good to use and night before bed.

Chamomile can be added to a muslin bag and added to a bath to infuse with the hot bath water where it can not only soak into the skin but also the volatile oils can disperse into the air and be inhaled.

### ***Cystitis and Urinary Infections***

- Chamomile helps to fight infections whilst soothing and calming pain and discomfort caused by urinary tract infections such as cystitis.

Chamomile can be added to a muslin bag and added to a bath to infuse with the hot bath water where it can not only soak into the skin but also the volatile oils can disperse into the air and be inhaled.



## ***Digestive issues and IBS***

- Chamomile helps to relieve the pain and discomfort associated with digestive conditions and its anti-spasmodic properties help with cramping and spasms.

Chamomile can be added to a muslin bag and added to a bath to infuse with the hot bath water where it can not only soak into the skin but also the volatile oils can disperse into the air and be inhaled.

## ***Skin Care***

- Chamomile can be used to help clear pores and blackheads.

Chamomile can be used by steam inhalation by making a hot infusion of Chamomile in a bowl with a towel/cover over your head and bowl to trap the steam and release the volatile oils. Do this for 5 – 10 minutes to remove blackheads and unblock pores.

## ***Tired, Irritated Eyes***

- Chamomile can help to bring relief to sore tired itchy eyes.

Soak cotton wool in a cold infusion of Chamomile and place over the eyes for 20 – 30 minutes to help soothe the eyes and brighten dark circles.



## ***Cautions***

There is the slight possibility of allergic reactions. It is also recommended that Chamomile should not be used during pregnancy due to its uterine properties which could induce miscarriage. Also people taking prescribed sedative medications such as benzodiazepines and anticoagulant medication such as warfarin should consult their doctor before using Chamomile.



# About The Reformed Bohemian

For over 20 years I worked in Health and Social Care, my aim has always been to support and provide people with the inner resources to be the best they can be both mentally and physically. I spent years studying and working my way through and up the conventional system of mental health and well-being. I went through the 'normal' academic route first as an undergrad and then post grad. But far from feeling accomplished and at the top of my profession I felt disillusioned.

So, I went back to my roots and found alternative treatments that didn't just treat and at best masked the symptoms but provided real, long term solutions. I went back and re-focused my studies in Naturopathy and became a certified Herbalist, Flower Remedy Therapist, Aromatherapist, Holistic Nutritionist, Neurolinguistic Programming Practitioner and Holistic Skincare Therapist. I hope by sharing my experiences and knowledge I can help others on their journey into natural healthcare.

You can find out more by visiting me at [www.reformedbohemian.com](http://www.reformedbohemian.com)





# *The Reformed Bohemian*

*Health & Well-Being Powered By Nature*



Find out more at

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