

Cardamom, Organically Grown: Guatemala (*Elettaria cardamomum*)

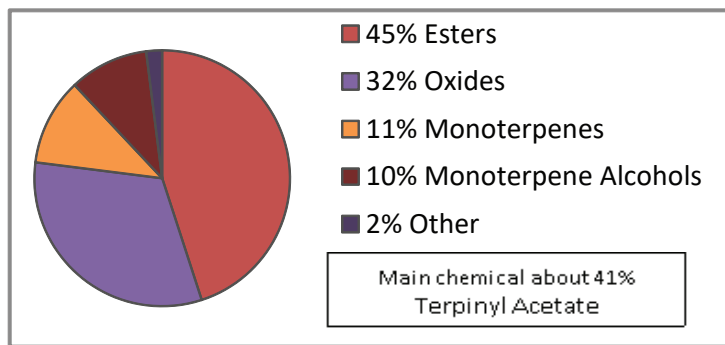
It takes three years for the plant to mature and produce seeds with the Cardamom being mostly grown in Guatemala by small organic farmers. The high mountainous regions produce an abundant yield which almost all is exported to the Middle East. Guatemala is the largest world exporter of Cardamom even though the plant was first introduced in 1914.

Used traditionally as a flavoring in food and drinks it also has been used in Chinese and Indian medicine for over 3,000 years. Cardamom is a plant from the ginger family but completely different in its chemical composition with the oil being obtained from the seeds. The essential oil smells quite Eucalyptus like and is generally regarded as safe and approved as a flavoring by the FDA. However, it contains larger amounts of Cineole, about 32%, that is toxic in extreme amounts.

Primary Usages: Beneficial for the respiratory system (coughs, congestion, bronchitis, throat troubles, pulmonary disease, sinus or lung infection, tuberculosis) and to assist with mouth complaints (bad breath, teeth or gum infections). Used to treat a wide range of digestive conditions (anorexia, indigestion, flatulence, constipation, dysentery, stomach problems, colitis, irritable bowel syndrome, heartburn, vomiting, cramps, morning sickness, digestive stimulant, intestinal spasms, inflammation, loss of appetite, nausea, diarrhea, gastrointestinal lesions, kills parasites) and beneficial for gallbladder, liver, and urinary problems.

Secondary Usages: As a general health tonic (supports the immune system, detoxifies, colds, flu, prevents infections, fever, kills germs and bacteria). Supportive to the nervous system (calms and clears the mind, nervous exhaustion, senility, nervous strain, poor concentration, worry). Useful on pain (sciatic, gripping pains, muscular cramps and spasms).

Has Been Reported: Used to combat and neutralize the poison from snakes, scorpions, and other venomous creatures. Assists to regulate blood pressure and used as an aphrodisiac.



Descriptor: Decongestant, Expectorant, Antispasmodic, Antiviral, Antibacterial, Analgesic, Anti-Inflammatory

Application: Rub on stomach, chest, upper back, sore muscle areas, other locations, smell or diffuse.

Caution: Use in smaller amounts.

Influences: Refreshing, uplifting, and brings balance to the mind. Improves concentration, clarity, and assists to release emotions of stress or trauma.

Medicine Wheel: Primary East and Secondary North. Tonifies and Boosts Lung Qi and dries damp in the lungs.

Blends Well With: Cinnamon, Clove, Eucalyptus, Lemongrass, Rosemary, Thyme

Recipes: Add a drop to food or drink as flavoring or for a general health tonic