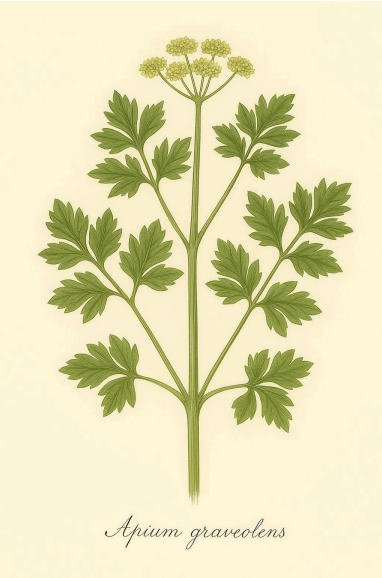
PERFECT HERBS

Herb Monograph Latin Name: Apium graveolens

Common Name: Celery Seed

Primary Action	endocrine modulator
Secondary Actions	carminative
System Affinities	digestive, female endocrine
Conditions Treated	bloating, dysmenorrhea, PCOS
Constituents	coumarins, volatile oils
Tincture Daily Dose	3 mL to 12 mL
Tea Daily Dose	4 g to 8 g
Parts Used	seed
Can Be Substituted With	Foeniculum vulgare (fennel)
Pairs Well With	Pimpinella anisum, Melissa officinalis, and Mentha piperita as strong post-meal carminaitve



Disclaimer: This information is provided for educational purposes only.