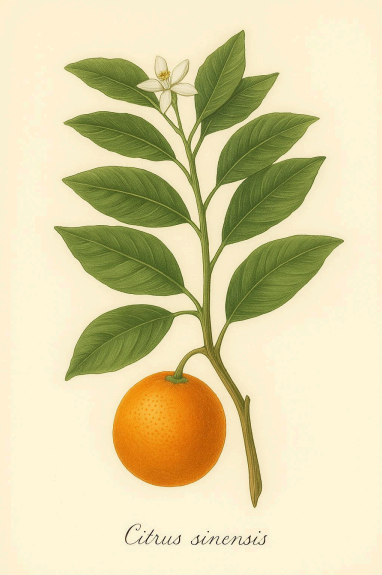
PERFECT HERBS

Herb Monograph Latin Name: Citrus sinensis

Common Name: Orange Peel

Primary Action	Digestive
Secondary Actions	anti-bacterial, anti-fungal, anti-parasitic, anti-proliferative, anxiolytic
System Affinities	Immune, digestive, cardiovascular, nervous system
Conditions Treated	diarrhea, bronchitis, abdominal pain & distention, tuberculosis, cough, cold, obesity, menstrual disorder, angina, constipation, cramps, colic, hypertension, anxiety, depression and stress
Constituents	flavonoids, coumarins, volatile compounds
Tincture Daily Dose	5 mL to 15 mL
Tea Daily Dose	3 g to 9 g
Parts Used	peel
Can Be Substituted With	N/A
Pairs Well With	N/A

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