

CHAMOMILE

(*Matricaria Chamomilla*)



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What is Chamomile?

Chamomile's small daisylike flowers give off a distinct scent of apple. That may explain the Spanish name for this herb, *manzanilla*, which means "little apple". The ancient Egyptians used chamomile medicinally, cosmetically, and in mummifying the dead. The herb was introduced to North America by European colonists in the 16th century and it was used to treat digestive disorders and skin conditions. Argentina and Egypt are major producers of chamomile, alongside Slovakia, Czech Republic, and Hungary.

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How Chamomile can help heal my gastrointestinal tract?

For millennia chamomile has been a treasure in herbal medicine for soothing the digestive system and calm people. It was until the 1970s that scientist was able to document and verify chamomile's healing and protective effects on the gastrointestinal mucosa (lining). Chamomile eases bloating and indigestion and helps relieving digestive spasms and inflammation when take internally. A study of colicky babies found that chamomile, in combination with other herbs, was highly effective in reducing crying times when the babies where compared to those in the control group.

What are the contraindications or side effects of chamomile?

Chamomile is very safe. In rare cases, allergic reactions occur, especially in those with severe ragweed allergies.

Sample recipes:

Chamomile tea

Directions:

1. Rinse the flowers with water. Pour 1 cup of boiling water over 1 teaspoon of herb. Steep for 5-7 minutes. The longer it steeps, the more powerful its calming effects.



Your Nutrition Prescription:

1 bag = 1,500mg chamomile



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