

# Fennel Seed

**Botanical Name:** *Foeniculum vulgare*

**Family:** Apiaceae

**Energetics:** Warming, sweet

**Taste:** Sweet, licorice-like

**Actions:** Carminative, digestive tonic, galactagogue, antispasmodic, anti-inflammatory

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## Overview

Fennel Seed is a digestive and aromatic herb known for relieving bloating, gas, and cramping. It supports lactation, calms digestive discomfort, and has mild anti-inflammatory effects.

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## Uses

### Internal Uses

- Digestive support for bloating, gas, and indigestion
- Relieves menstrual cramps and digestive spasms
- Supports lactation in breastfeeding mothers
- Mild anti-inflammatory and antioxidant effects

### External Uses

- Infused oils for muscle cramps and aches
  - Aromatic baths for relaxation and digestive support
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## Medication Interactions

- May enhance the effect of antispasmodic medications
  - Caution with blood sugar-lowering medications
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## Contraindications

- Pregnancy: generally safe in culinary amounts; medicinal doses should be guided by practitioner
  - Allergy to Apiaceae family
  - Children: safe in culinary use; caution with concentrated doses
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## Caution & Safety

- Moderate intake internally
  - Monitor for allergic reactions
  - Avoid large doses if on blood sugar-lowering medications without guidance
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## Herbal Pairings

### Blends Well With

- Chamomile (digestive and calming synergy)
- Ginger (warming and digestive support)
- Fennel + Peppermint (carminative synergy)
- Lemon Balm (soothing digestive aid)

### Avoid Combining With

- Blood sugar-lowering herbs or medications in high doses without supervision
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## Possible Side Effects

- Rare allergic reactions
  - Digestive upset in high doses
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## Forms & Dosage

### Tea / Infusion

- 1–2 tsp seeds per cup water
- Steep 5–10 minutes
- 1–3 cups daily

### Tincture (1:5)

- 2–4 mL, 1–2 times daily

### Capsules / Powder

- 500–1,000 mg, 1–2 times daily

### External / Infused Oil

- Apply topically for mild cramps or discomfort

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## Notes

Fennel Seed is a gentle digestive and antispasmodic herb, suitable for digestive discomfort, menstrual cramping, and lactation support.

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