

Chicory (*Cicchorium intybus*)

Other Common Names:

Endive, Hendiben, Watcher of the Road, Barbe de Capuchin, Wild Succory.

Origin:

Chicory is native to Europe, Western Asia and North Africa.

Origin description:

Chicory is known as the flower of luck in Germany. It is a plant to do with courage and is strongly associated with Archangel Michael.













What's in it?

Flavonoids, coumarins, sesquiterpene lactones (lactucine, lactupicine) and glucosides. Rich in inulin.

How does it work?

In larger doses of 20-30 drops once or twice a day in water, Chicory works more strongly on the physical. It stimulates the digestive system, the liver, and alkalizes the entire body.

In a smaller dose of 5-7 drops several times/day, Chicory works more strongly on the emotional/spiritual aspects. Chicory reminds us of our tremendous courage and is a spiritual protection in times of change and transition.

Problem	Women	Men
Liver problems/inflammation.		
Hepatitis.		
Acidic body system.		
Gall stones.		
Anorexia.		
Lack of courage.		
Poor digestion.	