

Damiana (*Turnera diffusa*)

Other Common Names:

Damiana is also known as Damiane and Oreganilla.

Origin:

Damiana comes from Mexico as well as Central and South America, the West Indies, Southern California and Texas.

Origin description:

Damiana grows in places on the Earth where the new feminine energies are being channelled to the Earth's surface. This is a plant that is literally helping with our (re)awakening.

What's in it?

















Volatle oils, resins and gums, alkaloids, arbutin, tannins and bitter damianin. Rich in flavonoids.

Are all Damiana remedies the same?

Of recent times Damiana is made primarily into fluid extracts, teas and tinctures. This plantrhythm, as with the others of this range, have both strong physical and energetic properties. It imparts the qualities of both a tincture and an essence.

How does Damiana work?

Damiana is a unique plant that lifts the spirits and calms at the same time. Dose is 5 drops 5 times/day under the tongue, as a tonic. For more acute conditions, take 30 drops in water up to 2 to 3 times/day.

Problem	Women	Men
Low libido.		
Depression.		
Erratic blood sugar.		
Muscle tension.		
Low Kidney energy.		
Hormone imbalance.		
Shyness.		
Low inspiration.		
Emotional tension.	