

Fennel (*Foeniculum vulgare*)



Other names: Bronze fennel, Bitter fennel, Sweet fennel, Fenkel.

Origin: Europe, from the Mediterranean region, now found throughout the world.

Element: Air

Gender: Masculine

Planet: Mercury

Zodiac: Aries, Virgo

Magical Properties

Protection: Hung in doorways or windows will protect the practitioner from any form of evil or sorcery.

Addictions: Historically fennel was used to ease hunger pains for those who were fasting. Add it to any spell pertaining to combating cravings.

Communication: Chew fennel before an important meeting or speech.

Medicinal Properties

Blood Pressure: Fennel contains potassium, calcium, and magnesium. All of these minerals help to lower blood pressure. Fennel helps to lower blood pressure and inflammation due to its high potassium content.

Heart Health: Vitamin B-6 and folate present in fennel both prevent homocysteine from building up and damaging blood vessels that lead to heart conditions.

Contraindications: *Because of the high potassium content, people with kidney disease should limit their intake of fennel. Those taking beta-blockers should avoid fennel due to the elevated potassium levels.*