

# Catnip (*Nepeta cataria*)



Popular in herb gardens and growing widely as a weed, Catnip is considered to be nonaddictive and completely harmless to cats.

**Origin:** Native to Europe, Asia and Africa, the plant was brought to North America by settlers.

**Element:** Water

**Gender:** Feminine

**Planet:** Venus

**Zodiac:** Taurus, Gemini

## Magical Properties

**Bonding with Cats:** When you give catnip to your cat, it can create a psychic bond between the two of you. A cat's love of catnip should make it an easy decision to stop wandering around so much.

**Love and Friendship:** Catnip enhances the love between friends, family, and animals. Combine catnip and rose petals in a sachets to promote friendship. If you want to have a friend for life, hold the catnip between your palms until it becomes warm. The next hand you grasp and hold will be friends with you as long as you keep the catnip you used.

## Medicinal Properties

**Relaxation:** Catnip tea helps decrease nervousness and insomnia.

**Insect Repellent:** The oils in catnip have insect repellent properties. applying it directly to the skin helps to repel yellow fever mosquitoes

**Digestion:** Catnip helps to relax the muscles. Native American tribes used it to relax muscle spasms and cramps associated with digestion. It encourages healthy digestive motility.

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**Contraindications:** Catnip may cause headaches and digestive upset. Never drink while pregnant.