

# Star Anise

(*Illicium verum*)



A star-shaped spice that is the dried fruit from the Asian evergreen tree *Illicium verum*. It's a common ingredient in Chinese cuisine and has a sweet flavor that is similar to licorice.

**Origin:** Indigenous to South Eastern China. Commercial production is limited to China and Vietnam

**Element:** Air

**Gender:** Masculine

**Planet:** Jupiter

**Zodiac:** Pisces, Sagittarius

## Magical Properties

**Psychic Abilities:** Burn the seeds as incense to enhance your communication with spirit beings and the celestial realms.

**Pendulum Divination:** A pod with all eight seeds intact makes a pendulum that you can use to divine practical wisdom in daily life.

**Wards off Evil Eye:** Wear the seeds as beads around your neck or wrist to protect you from negative forces while traveling.

## Medicinal Properties

**Wards off Yeast Infections:** Extracts and essential oils of star anise have proven effective against the fungus that causes yeast infections.

**Fights Influenza:** Shikimic acid, the active ingredient in Tamiflu and other medications that treat the flu is extracted from star anise.

**Protects Against Bacterial Infections:** A test tube study proved that star anise is effective in blocking the growth of *E. coli*, which can cause diarrhea and pneumonia.

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**Warning:** Avoid using Japanese star anise which is poisonous. Avoid giving star anise teas to children, pregnant or breastfeeding people.