

Three common examples of essential oils that come from seeds from plants are 1. Uses for this oil include an analgesic, antiseptic, antispasmodic, antitoxic, aphrodisiac, digestive, and circulatory tonic; reducing fever reducing pain; as a rubefacient; and for stimulating. Uses for this seed oil include an antibacterial, antifungal, antispasmodic, aphrodisiac, digestive stimulant, expectorant, parasympathetic nervous system stimulant, and stimulant, tonic. Uses for this oil include an anti-inflammatory, antibacterial, antifungal, antispasmodic, detoxifier, and digestive and for relieving gas. Cardamom (*Ellettaria cardamomum*)--the essential oil is from the plant family Zingiberaceae. Sweet fennel (*Foeniculum vulgare* var. 2.3