ASTRAGALUS MEMBRANACEUS (MILK-VETCH ROOT, HUANG QI)

Parts used: Root

USES: To strengthen the immune system and the digestion, supports the lungs, helps discharge pus and promotes the healing of ulcers, cholesterol lowering ability, anemia, colds and flu, diabetes, hepatitis, fatigue, seasonal allergies, lowering blood pressure, lowering cholesterol, stress, alleviates symptoms of chemotherapy, treat chronic asthma.

ACTIONS: Anti-inflammatory, antioxidant, antibacterial, antiviral, diuretic, adaptogenic

Dosage: depends on condition being treated, age, and weight.

Interactions: cyclophosphamide, lithium, immune-suppressants.

Tincture 3-5 ml 3x daily.-capsules 2 caps. 3x daily-tea 1 cup every day.

Taste: Sweet taste

Constituents: Saponins, flavonoids, and polysaccharides.

Combines: ginseng.

Contra-indications: pregnant-breast feeding women, people with autoimmune disease.

Harvest: spring- when is 3 to 5 years old.