**Blessed Thistle**

*Cnicus benedictus*

Family: Asteraceae

Also known as: Holy thistle, St. Benedict thistle

Description: Annual plant, grows two feet tall, with yellow flowers, reddish stem, and hairy/spiny leaves.

Parts used: leaves, flowers, root, seeds.

Taste: bitter, cooling, drying

Uses:

Supports the breakdown of hormones for liver and reproductive health.

Digestive stimulant, increases appetite

Supports lactation in nursing mothers

Increases circulation

Can be used as a poultice for wounds and ulcers- soothes skin

Can be eaten as a cooked vegetable / survival food.

Has been used in purification baths for protection and vitality.

Actions: Astringent, galactagogue, emmenagogue, diuretic, diaphoretic, appetizer, anti-Inflammatory, antibacterial, anticarcinogenic, emetic, cholagogue, vermifuge

Constituents: Cnicine (bitter compound), glycosides (stimulate appetite), lignans, alkaloids, mucilage, tannin, potassium, manganese.

Harvest: in the summer, just after flowering

Cautions: Large doses may cause vomiting and diarrhea. Should not be used during pregnancy.

<https://www.mountainroseherbs.com/products/blessed-thistle/profile>

<http://wellnessmama.com/375/blessed-thistle/>

<http://www.anniesremedy.com/herb_detail87.php>

<http://hermionesgarden.blogspot.com/2011/05/cnicus-benedictus-blessed-thistle.html>