***YARROW***

Name: Achillea Millefolium

Plant Family: Asteraceae

Parts used: leaves and flowers

Uses: Widely used to help stop hemorrhages and lower fevers. It is well suited for fevers that cause bleeding. It helps to break up stagnated or clotted blood. Helps heal cuts, sprains and bruises of violent origin where there is blood. In some cultures it has been known as the medicine for the wounded. It helps bring delayed periods and at the same time it helps alleviate cramping due to menstruation. It also helps reduce heavy bleeding during menstruation. It is used as an aid in childbirth. In his book “The Book of Herbal Wisdom”, Matthew Wood asserts that William Le Sassier thinks of yarrow as one of the most important medicines for digestion. He has used it to treat diverticulitis and colitis. Due to its bitter taste, it promotes liver function, helping digestion, relieving stomach cramps.

Actions: Diaphoretic, febrifuge, astringent, antispasmodic, hemostatic, antiseptic, anti inflammatory, vulnerary, amphoteric (moves where it needs to go), sedative and stimulant at the same time.

Constituents: rich in volatile oils like chamazulene, camphor, linalool. *achillein*, and achilleic acid.

Yarrow can be taken in tea form, decoctions, tincture, liniment, capsules and powder.

Tincture: take ¼-1/2 teaspoon, 3-4 times daily

Capsules:

Powder: 250 to 500mg

Teas: 2-4 cups daily

Harvest: When it is in flower

Taste: bitter, pungent

Energy astringent, cooling