

Product Profile

MEADOWSWEET

Filipendula (Spirea) ulmaria

Liquid extract dried leaf & flowering tops (no stem).

Actions: Meadowsweet's high content of aspirin-like compounds (salicylic aldehyde and methyl salicylate) makes it an excellent analgesic and antirheumatic without the side-effects of aspirin. It is aromatic, anti-inflammatory, astringent, diuretic (taken with cool water) and diaphoretic (taken with hot water); is also stomachic and a gastric antacid which soothes stomach mucosa and normalizes its secretions.

Uses: Minor pains; arthritis, and rheumatic joint and muscle pains; headache; toothache; sprains and tendinitis; and topically for insect stings. Fevers, colds and flu. Acid dyspepsia ("heartburn"), gastritis; eructation and esophageal burning; stomach ulcers. Aromatic astringent for diarrhea (esp. with children). Mild urinary antiseptic indicated in irritation, inflammation and infections of the urinary passage; acute catarrhal cystitis; gleet; prostatic enlargement and prostaticorrhea; chronic cervicitis and vaginitis with leukorrheal discharge.

Dose: Take 30 to 40 drops, 2 to 5 times per day. For diarrhea take up to 1 teaspoon of extract mixed into a cup of water.

Cautions: None known.



Excerpted from the Therapeutic Herb Manual by Ed Smith. The Therapeutic Herb Manual is available for purchase by calling Herb Pharm at: 1-800-348-4372.

*This manual and the information above is for educational and research purposes only. It is not intended to medically prescribe or promote the sale of any product, nor is it intended to replace qualified medical healthcare. If you have, or think you have a condition which requires medical attention, you should promptly seek qualified healthcare.