

MOTHERWORT

Leonurus cardiaca

Liquid extract of dried leaf & flowering tops.

Actions: Nervous system tonic, mild relaxant and antispasmodic. Taken warm it enhances peripheral circulation and menstrual flow. Mild uterine tonic; promotes healthy menstruation. Mild heart tonic; promotes normal heart rhythm and allays palpitations. Diminishes excessive production of thyroid hormones.

Uses: Nervousness and associated palpitation of the heart; restlessness, wakefulness and disturbed sleep; especially indicated for easily excitable persons. Painful menstruation; nervousness, hysteria and heart palpitations associated with menstruation, pregnancy or menopause; uterine pains and spasm; painful periods. Taken in hot water for suppressed lochia. Chronic muscle spasm, tremor and chorea; delirium tremens (DTs) of alcoholics. Hyperthyroid (over-active thyroid gland) and related nervous symptoms.

Dose: Take 30 to 40 drops, 2 to 4 times per day.

Cautions: Do not use in cases of thyroid enlargement or hypothyroid (under-active thyroid). Consult a physician before taking with thyroid medications. Consult a qualified midwife or physician before taking during pregnancy.



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.

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