

Product Profile

YARROW

Achillea millefolium

Liquid extract of dried flowers.

Actions: Astringent and hemostatic; vascular tonic. Diaphoretic and anti-fever. Antiseptic vulnerary. Aromatic digestive bitters.

Uses: Excellent for inducing sweat and lowering fevers (taken in hot water); colds and flu. Passive bleeding and excessive menstrual flow. Astringent to atonic relaxed tissues with free discharges and tendency to ulceration; diarrhea; atonic uterus and leukorrhea. Varicose veins and hemorrhoids. Stimulates appetite and improves digestion.

Dose: Take 30 to 40 drops, 2 to 5 times per day. To enhance appetite and digestion, take 15 minutes before meals.

Cautions: Larger doses may cause nausea.



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.