

Corn silk

Botanical name: *Zea mays*/Stigma maydis

Energetics/Actions: Sweet, drying, cooling, moistening, astringent, demulcent, diuretic, antiseptic, antioxidant

Description

Corn, or maize, is native to Mexico. *Zea mays* means 'mother' or 'cause of life'. About 9000 years ago, the First Peoples of Mexico

domesticated maize from a wild grass called teosinte. It was a complex process that likely took thousands of years. Today, corn is a staple crop around the world.

A Zuni tribe legend describes the Corn Maidens, goddesses whose dance atop the corn can be seen as the wind moving the tassels. The Corn Maidens were said to have turned the Zuni people's hearts from war to farming. Corn silk, the silky fibers that protrude from the top of the corn husk, has been used as medicine for thousands of years.



Uses

UTI: Alleviates irritation. Antiseptic and demulcent.

Incontinence: Strengthens and tones the bladder for children, postpartum mothers and the elderly.

Bladder, kidney, gallstones and fibrocystic breasts: Softens hard masses.

Prostate problems: Used regularly in China for prostate inflammation.

High blood pressure and ocular hypertension: Early studies show decreased blood pressure with use.

Dose

Tea: 1 gram fresh or dried cornsilk steeped in 1 cup boiling water for 10 minutes. Drink 3-4 times a day as needed.

Tincture: 1 dropperful 3 times a day as needed.

Powdered or liquid extract: 4-8 grams up to 3 times a day.

Safety Information

Talk to your healthcare provider if you are taking medications. Avoid use if you have low potassium. Do not use if you have a corn allergy. Safe for use in pregnancy and breastfeeding in amounts found in food.