

Lady's mantle

Botanical name: *Alchemilla vulgaris*

Energetics/Actions: Bitter, sweet, cold, astringent, styptic, vulnerary, uterotonic

Description

Lady's Mantle has a high tannin content, which makes it astringent and useful to tone tissues. The name *Alchemilla* was chosen because it was used by the alchemists, who believed its dew had magical properties. Lady's Mantle was associated with the earth goddesses in ancient times. It is a calming and soothing women's herb and has a long history of use in Europe. Lady's Mantle is also used for anxiety and insomnia by some herbalists.



Uses

Uterine bleeding: An excellent herb for heavy menstrual bleeding, bleeding associated with fibroids and perimenopausal flooding. Amphoteric effects on menstrual flow.

Diarrhea: Traditionally used for diarrhea.

Wound care: Use topically for oozing wounds.

Oral rinse: Used for mouth sores and gum disease.

Dose

Tea: 1 teaspoon dried herb in 1 cup boiling water, steep 10-15 minutes. Take up to 3 times a day.

Tincture: ½ teaspoon 3 times a day as needed, may use 2-3 teaspoons for heavy bleeding.

Safety information

Not for use in pregnancy. No safety data available.