

Milky Oats

Botanical name: *Avena sativa*

Energetics/Actions: warm, moist, nervine, antidepressant, sedative

Description

Rich in B vitamins, minerals and trace nutrients, oat tops and oat straw are highly nutritious. This is a food grade herb that can be taken over long periods of time. Milky oats are oats that are harvested while they are still green. Considered by herbalists to be “food for the nervous system”, Milky Oats are a gentle nervine tonic that works well in cases of exhaustion and overwhelm.



Uses

Stress: Daily infusions are good for ‘type A’ personalities and people who are overworked.

Nervous exhaustion: A supportive daily treatment for exhaustion and emotional instability.

Sleep: Relaxing sleep aid.

Libido: “Sow your wild oats!” Supports hormone balance and releases bound testosterone.

Depression and grief: Traditionally used to support the nervous system while grieving.

Nicotine and drug withdrawal: One study shows Milky Oats supportive for those trying to quit.

Dose

Tea: 2 teaspoons dried herb per 1 cup boiling water. May steep overnight. Drink as desired.

Tincture: ½ teaspoon 2-3 times a day.

Safety Information

Caution with Celiac disease and gluten intolerance, as there is a risk of cross contamination with oats.