

Yarrow

Botanical name: *Achillea millefolium*

Energetics/Actions: Bitter, sweet, astringent, cool, dry, antimicrobial, anti inflammatory, hemostatic, urinary tonic

Description

Yarrow has been used as medicine for thousands of years and was even found in a grave at a Neanderthal burial ground. It is used extensively by Indigenous North American tribes for treatment of wounds, bruises and skin conditions. Herbal legend has it that Achilles used yarrow to treat the wounds of his soldiers.

Uses

Skin conditions: Commonly used to treat wounds, cuts, bruises

Uterine bleeding: One of the best herbal treatments for heavy bleeding

UTI: Urinary antiseptic

Sitz bath: A good soak for perineal healing in the first weeks after giving birth

Digestion: Used as a bitter tea to stimulate digestion

Dose

Tea: 1-2 teaspoons of dried herb in 1 cup of boiling water. Cover and steep for 15 minutes

Juice: 2 teaspoons fresh juice

*Many herbalists report that infusions and fresh juice are most effective for UTIs and uterine bleeding.

Tincture: ½ teaspoon tincture 3 times a day-or-every ½ hour if treating heavy bleeding

Safety Information

Not for use in pregnancy. Do not use if you have an allergy to plants in the compositae/aster family. May cause skin irritation with topical use for some people.

