

Yarrow



Yarrow's scientific name is *Achillea millefolium*. It was named after Achilles, for it was believed he was bathed in yarrow soon after birth. Later he it's said he used the leaves to heal wounds of his soldiers in battle. Evidence shows it has been used for 50,000 years! Has been used as ceremonial medicine, and in high doses many have reported shifts in consciousness.

Actions: Styptic, antihemorrhagic, anti-inflammatory, decongestant, astringent, alterative, antimicrobial, vulnerary, diaphoretic, circulatory, hypotensive, emmenagogue, antispasmodic, and bitter

Uses:

- Stops bleeding internally and externally. Great for heavy menstruation!
- Improves blood pressure as a circulatory stimulant
- Breaks fevers
- Treats infections and clears sinus congestion
- Relieves allergies
- Preventative for secondary infections
- Digestive aid
- Relieves menstrual pain, pelvic pain

Precautions: Do not use while pregnant. Always use caution when trying a new herb, although rare some allergic reactions have occurred.