

Ephedra viridis (and other species)
Family: *Ephedraceae*
Parts: leaves, stems, twigs

Also known as Mormon tea, both names stemming from the use of this plant by the Utah pioneers.

Properties:

Anti-inflammatory, antihistamine, antiseptic, astringent, diuretic, expectorant.

Energetics: drying
Systems Affected: lung, kidney, and bladder

Uses:

- Lung issues such as asthma, hay fever, bronchitis, and coughs
- Cold and flu
- Fever
- Allergies
- Digestive tonic
- Joint pain and inflammation
- Purifies the blood and promotes circulation
- Kidney support, helping to prevent infection and disorders
- Wounds and sores
- Energy booster

Herb Preparations:

- Tea, prepare as a decoction simmering for a few minutes.
- Tincture
- Powdered, capsules
- Poultice (easiest way is to add water to the powder to form a paste)

Wildcrafting/Harvesting:

Found on dry rocky slopes, canyons, bush scrub, deserts, and woodlands. Densely branched and mostly evergreen shrub that turns yellowish as it matures. Can get up to five feet, leaves are scale like rounded stems that are grooved and jointed.

- Harvest anytime by pulling off the stem like leaves and twigs.

Cautions:

Not for use while pregnant or nursing.