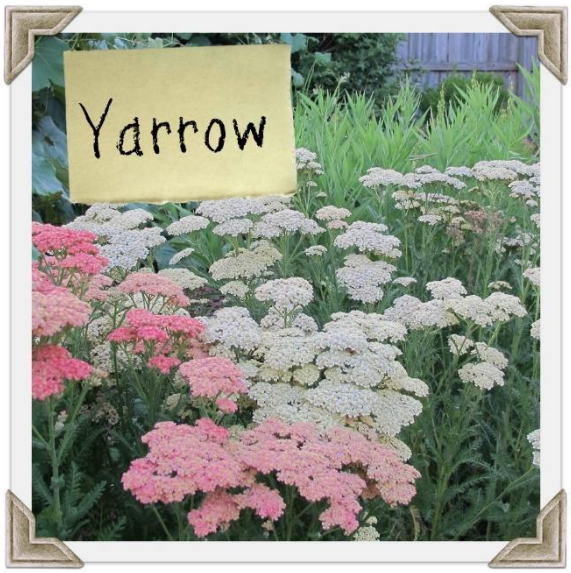


Achillea millefolium
Family: *Asteraceae*– daisy
Parts Used: leaves, flowers

Known in many herbals as "Cure-All" because that is what it seems to do. There are about 500 different varieties of yarrow worldwide. The wild variety is the most medicinal. Fun fact about the genus name *Achillea*, sounds a bit like Achilles because it was named for him, using it in battle to staunch his soldiers' wounds.

Properties

Alterative, amphoteric, analgesic, antimicrobial Antibacterial, anti-inflammatory, antiseptic Antispasmodic, antiviral, astringent, bitter, carminative, cholagogue, diaphoretic, diuretic, emmenagogue, febrifuge, hemostatic, hepatic, Hypotensive, styptic, vasodilator, vulnerary.

Energetics: cooling, dying, bitter
Systems Affected: lungs, skin, circulatory, urinary, digestive, glandular, liver

Uses

- Decongest any area that is stagnant and inflamed.
- Moves in the direction it is needed in the body.
- Cleans, disinfects, promotes healing in wounds, cuts, and burns, etc.
- Reduces redness, swelling and pain in bruises, blood blisters, sprains, strains, and other injuries.
- Staunches bleeding and coagulates blood.
- Nosebleed (tincture-soaked cotton ball, powder or fresh chewed or mashed, make into a nose plug and insert)
- Skin eruptions such as boils, pimples, bug bites, blisters, allergic reactions, etc.
- Hemorrhaging; intestinal, uterine, hemorrhoids.
- Digestive problems and complaints including infection, spasms, gas, diarrhea, gut health.
- Nausea and upset stomach
- Fever (bath or foot soak is the most effective)
- Cold, flu, earache, illness of all kinds.
- Toothache, gum issues, mouth sores, etc. (chew on fresh leaves or use powder)
- Respiratory and sinus issues; bronchitis, croup, cough, lung cleansing.
- Hemorrhoids, varicose veins, and circulatory issues (take internally and externally with a poultice, compress or salve).
- Stimulates circulation, helps blood cell regeneration, blood purifying, building and support.
- PMS and menstrual cramps, regulates flow, aid for painful periods.
- Childbirth; facilitates labor, aid in expelling afterbirth, stop excessive bleeding, healing aid.
- Ease transition into menopause, hot flashes, etc.
- Headache, muscle pain, cramping, pain relief, etc.

- Joint pain and inflammation, rheumatism, gout.
- Lowers blood pressure (most effective when used in combination with hawthorn).
- Bladder problems including infection and cystitis, incontinence, water retention, etc.
- Liver support; cleanses, tones and may also protect.
- Stress, anxiety, and insomnia.
- Measles and chicken pox.
- Nerve regenerator (discovered by my own experience with a dying tooth nerve that was regenerated after using).
- Skin cleanser and toner; acne and complexion problems, oily skin, hen used as an herbal steam yarrow will open pores and clean them out.
- Hair care; cleanses and removes oily residue from hair, hair loss (apply externally to area of concern using an herbal infusion or herbal oil).

Herb Preparations

- Tea
- Poultice, compress, wash
- Powder, sprinkle, capsules, pills
- Extracts, liniment
- Honey, syrup
- Bath, foot soak, steam, gargle
- Herbal oil, salve, ointment, cream

Care/Harvesting

Yarrow is easily identified in the wild with its small fernlike leaves and flower topped white clusters. It can be found in dry to moist open places, woods, trails, and as a weed in lawns. It can also be found in the nursery as a cultivated plant, only use the white and pink varieties.

- Transplant or propagate with root divisions in spring or fall, space 12" apart.
- Provide low to moderate amounts of water and plant in full sun. Yarrow will grow in any type of soil condition and especially likes it dry.
- Harvest the leaves and flowers in mid to late summer when in full flower.
- Yarrow is a great compost plant and will speed decomposition, especially if mixed with comfrey, nettles and dandelion. A strong yarrow tea can be used as a fungicide and fertilizer (10-1 with water).

Safety

Yarrow can be a uterine stimulant, so it is best to avoid taking internally during pregnancy. However it is wonderful to use during labor and childbirth. Always check this herb for allergic reaction if you have an allergy to the ragweed family.