



Yarrow Herb

Benefits and uses: Cholesterol, High Blood Pressure, Infections, hemorrhages, Diuretic, urinary antiseptic, stops internal bleeding, anti-inflammatory, reduces fever, flu, excellent lung tonic.

Information: Herbals/Nutritionals/Medicinals can be very strong, consequently, if each one is not tailored to your specific needs, then you can risk more harm than good. This information is meant to be used by your VHC Medical Team and personal Physician as they build your Total Health Plan. Never attempt to adjust your prescribed medications and/or Natural Treatments without your physician's and Medical Team's knowledge and guidance. Since herbals/nutritionals and medications can interact with each other, it is always advisable to consult with your health care provider and The Vibrant Health Community at www.VibrantHealthCommunity.com (or call 1-866-378-8253) before starting or changing your program.

Details

Yarrow has been used for thousands of years as a healer of wounds, helping to control hemorrhages and infection. The herb is also thought to have a wonderful tonic effect on the gastrointestinal system (easing indigestion, flatulence and dyspepsia) and act as a *system purifier* that rids the body of toxins through the skin and urinary tract. Yarrow is also used by herbalists to treat large amounts of fat (lipids) in the blood and high blood pressure.

Some of the constituents (over forty have been isolated) in Yarrow include essential oils (including the anti-inflammatory, azulene), achilleic, formic and salicylic acids, resin, tannin, gum, sterols, flavonoids, bitters, coumarins, nitrates, phosphates, potash and lime chlorides, and vitamins A, C, E, F and K.

Yarrow is a stimulating tonic for the digestive tract. Traditionally, the herb was used as a "stomachic" or agent that strengthens the stomach and digestive functions. The presence of the bitter principles, azulenes and sesquiterpenes, stimulates the production of gastric juices, helping to speed the processing and elimination of foods. Yarrow has been used to improve the appetite and ease gastrointestinal inflammation, flatulence, dyspepsia and indigestion. Moreover, Yarrow encourages bile flow and is thought to balance the function of the liver and has a positive influence on secretions produced throughout the alimentary canal (the mucous-membrane-lined tube of the digestive system, extending from the mouth to the anus, including the pharynx, esophagus, stomach and intestines).

As an antispasmodic, Yarrow is believed to soothe smooth-muscle spasms (also helping to improve certain

gastrointestinal conditions). It relieves general cramping and menstrual cramps. Yarrow is believed to help purify the system. As a diuretic, the herb promotes the release of toxic wastes (including uric acid) through increased urine flow, which is also helpful in cases of many urinary problems. As a strong, soothing diaphoretic, Yarrow naturally increases the body's temperature, opens skin pores and stimulates free perspiration, thereby increasing the elimination of toxins through the skin. By inducing sweat, the herb also helps to lower fever, which is particularly useful for feverish illnesses, especially colds, flu and measles. Yarrow helps to purify the blood of morbid waste material, which must be eliminated in sickness, and Yarrow's tonic action is most invigorating and will greatly assist nature's own measures to remove congestion and disease.

As an astringent, Yarrow has been used to treat diarrhea, especially mucous diarrhea, hemorrhoids and excessive menstruation and bladder conditions, particularly relating to involuntary urination in children. Yarrow may be good for cardiovascular health. It is thought to lower blood pressure, help hypertension and protect against thrombosis after a stroke or heart attack. It is also said to relax peripheral blood vessels and be good for thrombotic conditions, whereby a blood clot blocks a blood vessel or is formed in a heart cavity. Yarrow is believed to reduce large amounts of fat (lipids) in the blood, thereby further helping to ease high blood pressure.

Considered an anti-inflammatory with pain-relieving qualities, Yarrow has been used to help ease the discomforts of rheumatism, gout and arthritis, and provide

relief for menstrual pain and headache. Modern research confirms the historical use of Yarrow as a pain reliever for many conditions. Sterols and triterpenes stop the inflammatory processes, restore circulation and accelerate healing. These compounds stop the formation of enzymes for chemical reactions that cause inflammation and pain. The sesquiterpene lactones stop the action of pain-provoking hormones called prostaglandins.

Yarrow has been used for centuries as a hemostatic, an agent that controls or stops the flow of blood. It has been used internally to control hemorrhaging from the lungs and the bowels, among other applications. Externally, the herb has been a reliable remedy for healing wounds and arresting the blood flow from shaving cuts, nosebleeds, etc. Because it is believed to be so effective and quick when used in this manner, it is always wise to clean a cut first (before applying Yarrow), because the herb may begin the healing process while the dirt and infection are still within the wound. Of course, all deep or infected wounds should be treated by a doctor.

In recent tests, Yarrow demonstrated antibiotic and antibacterial qualities that appeared to kill many kinds of bacteria found on human skin and destroyed pain-causing

infection. It was also effective against yeast infections and microbial infections and boils.

When used externally, Yarrow makes an excellent tonic lotion for oily skin (with eruptions), inflamed eyes, ulcers and wounds, and is a fine addition to a relaxing bath and steam facial.

Contraindications:

Pregnant or nursing women should not use Yarrow, as it is a uterine stimulant, nor should women with heavy periods or pelvic inflammatory disease. Continued or long-term use of Yarrow may cause skin irritation and/or allergic reactions. If so, discontinue its use. Yarrow may produce photosensitivity. If using Yarrow to treat wounds, be sure to clean the affected area first, as the herb can stop blood flow so quickly that it may seal in dirt or other contaminants. People with gallstones should avoid its use. Yarrow may cause severe allergic skin rashes when applied topically.

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