



# Sweet Woodruff Herb

*Tonic for liver disorders, laxative,  
antiarthritic digestive disorders,  
diuretic, anti-inflammatory.*

**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](http://www.VibrantHealthCommunity.com) (or call 1-866-378-8253) before starting/changing your program.

**Other Common Names:** *Asperula odorata*, *Galium odoratum*, herb walter, kiss-me-quick, master of the forest, master of the woods, our lady's lace, sweet scented bedstraw, Waldmeister, wood rove, wuderove.

Sweet woodruff has a long herbal history for use in a variety of ailments, including liver problems and jaundice. Used for stomach aches, and a poultice from the brewed, crushed leaves was applied to wounds to promote healing.

Sweet woodruff was widely used in herbal medicine during the Middle Ages, gaining a reputation as an external application to wounds and cuts and also taken internally in the treatment of digestive and liver problems. Today, it is valued mainly for its tonic, diuretic and anti-inflammatory affects.

This plant has also long been used as an insect repellent, and it was scattered in sick rooms and root cellars to keep the air smelling sweet. Secure the dried leaves in muslin sacks and

place in drawers, closets or the pantry. Or, sprinkle the dried leaves around the outside of windows and doors, and in your cellar.

You can also use woodruff as a natural plant dye; the leaves will produce a light brown dye, and the roots a light red (it is in the same family as madder) when used with alum as a mordant.

## **Pregnancy and Breastfeeding**

Sweet woodruff is not recommended in pregnant or breastfeeding women due to a lack of available scientific evidence.

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