



Yarrow TINCTURE

FEMALE TONIC
Gynecological problems

NPN 80015579

50 ml

Each ml contains

Yarrow	fresh leaf	<i>Achillea millefolium</i>	1:3	302 mg	Organic
Alcohol 40% certified organic					

DOSAGE

INTERVENTION: 1,5 ml, 4 to 5 times per day.

TREATMENT: 2 ml, 3 times per day.

DIRECTIONS FOR USE

Shake well before using. Take in a mouthful of water 15 to 30 minutes before meals. For long-term use, take 6 days out of 7.

MODE OF ACTION

Yarrow is a versatile herb with multiple therapeutic actions. It is used mainly to regulate the functions of the female reproductive system, from puberty to menopause. As both a hormone regulator and a liver tonic, it is very efficient to restore hormonal balance. It is both progesteronomic and estrogenic and therefore regulates the menstrual cycle and relieves symptoms of menopause (abnormal bleeding, varicose veins, hot flashes, agitation). As an emmenagogue, it stops overabundant bleeding and brings on delayed menses. *Achillea millefolium* is astringent and relieves uterine and pelvic congestion. Its toning action is helpful for prolapsed uterus or prolapsed rectum. It reduces inflammation of the reproductive system and relieves the pain of endometriosis.

The bitter principles of yarrow stimulates appetite, increases hepatic functions and the production of gastric juices. Yarrow is choleric, a liver protector and tones digestion. As an astringent and anti-inflammatory, yarrow keeps the lining of the digestive tract healthy and relieves digestive conditions caused by inflammation (diverticulitis, colitis, irritable bowel, leaky gut, gastritis, peptic ulcer). It is antispasmodic, anthelmintic and relieves dyspepsia and cramps of the digestive tract. It also reduces intestinal putrefaction and contributes to the treatment of SIBO.

Yarrow promotes venal return by toning the blood vessels. It relieves venal congestion (varicose veins, hemorrhoids) and regulates blood pressure. It is a wonderful hemostatic herb that stops all kinds of bleeding (uterine, intestinal, gastric).

It treats pathogens of the urinary system and is diuretic. It is a useful support in the treatment of bladder infections, urinary incontinence, frequent micturition and kidney stones.

The main constituents of yarrow are essential oils (1,8-cineole, pinenes, camphor, eugenol, azulenes), flavonoids (resveratrol, apigenin, luteolin, quercetin, artemetin, rutin), sesquiterpene lactones, tannins, alkaloids (achilleine), phytosterols, polysaccharides, fatty acids, vitamins, minerals and trace elements.

HELPFUL ASSOCIATIONS

RED RASPBERRY infusion for all troubles of the female reproductive system.

SHEPHERD'S PURSE for excess menstrual bleeding.

HORMONATOP for hormone imbalance, PMS, symptoms of menopause.

FEMINATOP for fibroids, cysts, endometriosis.

CHAMOMILE infusion for inflammatory digestive troubles.

CARDIOTOP for troubles of blood circulation.

ETHNOBOTANY

Reproductive and endocrine systems: PMS, leucorrhea, menstrual cycle too long, late menses, symptoms of menopause, prolapsed uterus, endometriosis.

Digestive system: liver's health, loss of appetite, gastritis, colitis, diverticulitis, irritable bowel, SIBO, dyspepsia, intestinal cramps.

Cardio-vascular system: weak blood vessels, varicose veins, hemorrhoids, high blood pressure.

Other: bladder infection, urinary incontinence, kidney stones, nasal congestion, allergies, bleeding, multiple sclerosis.

HISTORY

Yarrow has been used for a very long time throughout the world. It was already present in Greek mythology, mostly as a vulnerary to heal wounds and stop nosebleeds. Dioscorides recommended it as a hemostatic herb. In America, the Cherokee applied fresh leaves on wounds to stop the bleeding, they used the infusion for fevers and insomnia and smoked the dried leaves as a decongestant. The Mohawks used the decoction against cramps, nausea and vomiting. Grievés tells us that yarrow was used during the war to treat wounds on the battlefield where medication was scarce. In Germany, yarrow seeds were added to beer barrels as a conservation agent.

CONTRA-INDICATIONS

Consult a health-care practitioner if symptoms persist. Do not take during pregnancy and breastfeeding.

INTERACTIONS

Do not take with antacids drugs or gastric acid inhibitors.

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