



Yarrow INFUSION

HELPS DIGESTION
Diaphoretic

Ingredient			
Yarrow	flower	<i>Achillea millefolium</i>	Organic

DOSAGE

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

TREATMENT: 1 cup, 3 to 4 times per day.

DIRECTIONS FOR USE

Pour 1 litre of boiling water over 3 tablespoons of herbs, cover and let steep 20 minutes. Filter.

MODE OF ACTION

Yarrow infusion contains bitter principles that help digestion and absorption by stimulating appetite, increasing the production of gastric juices and hepatic functions. Rich in anti-inflammatory volatile oils (azulenes), it calms inflammation of all the mucus membranes of the body. In the digestive tract, it relieves the symptoms of colitis, diverticulitis, irritable bowel and gastritis. The complementary actions of its astringent tannins and its anti-inflammatory azulenes repair the mucus membranes. Yarrow infusion reduces excess heat and humidity in the body, relieves diarrhea and decreases putrefaction in the intestines. It is antispasmodic, carminative and calms gastric upsets, intestinal cramps and flatulence.

As a warm infusion, yarrow is an excellent diaphoretic which helps relieve fever. It decreases inflammation of the respiratory tract mucus membranes and those of the ear, nose and throat. It is also antimicrobial and mildly expectorant.

As a cold infusion, yarrow is a tonic of the female reproductive system. As both a hormone regulator and a liver tonic, it is very efficient to restore hormonal balance. It regulates levels of both progesterone and estrogen. It is used in all phases of a woman's life to regulate the menstrual cycle, decrease PMS and relieve symptoms of menopause (abnormal bleeding, hot flashes). As an emmenagogue, it stops excess menstrual bleeding and brings on delayed menses. *Achillea millefolium* is astringent and tonic and relieves uterine and pelvic congestion. It is helpful for prolapsed uterus, leukorrhea, endometriosis and fibroids accompanied by bright red bleeding. Its anti-inflammatory action relieves pain caused by those conditions and its antispasmodic action relieves menstrual cramps. It can also be used as a sitz bath to relieve cramps of the pelvic region.

Achillea millefolium stimulates blood circulation and tones the blood vessels (varicose veins, hemorrhoids). As a hemostatic, it stops all types of bleeding. Its diuretic, anti-inflammatory and antimicrobial effects of the urinary system are much appreciated in cases of bladder infections.

The main constituents of yarrow and 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, leukorrhea, excessively long menstrual cycle, late menses, symptoms of menopause, prolapsed uterus, endometriosis, fibroids, menstrual cramps, spasmodic pelvic pain.

Digestive system: liver health, loss of appetite, gastritis, colitis, diverticulitis, irritable bowel, SIBO, dyspepsia, diarrhea, flatulence, intestinal cramps, prolapsed rectum.

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

Other: bladder infection, urinary incontinence, kidney stones, nasal congestion, fever, 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. It is used today as a cholagogue in many products for the liver and for gastro-intestinal health.

CONTRA-INDICATIONS

Do not use during pregnancy.

INTERACTIONS

None known.

REFERENCES

- AHPA. Botanical Safety Handbook, 2nd Edition. Boca Raton: CRC Press; 2013.
- Ali S. I., Gopalakrishnan B., Venkatesalu V. Pharmacognosy, Phytochemistry and Pharmacological Properties of *Achillea millefolium* L.: A Review. *Phytotherapy Research*, 31(8), 1140–1161. doi:10.1002/ptr.5840; 2017.
- Ayoobi F. et al. *Achillea millefolium* is beneficial as an add-on therapy in patients with multiple sclerosis: a randomized placebo-controlled clinical trial. *Phytomedicine*. doi:10.1016/j.phymed.2018.06.017; 2018.
- Bafrani H.H., Parsa Y., Yadollah-Damavandi S., Jangholi E., Ashkani-Esfahani S., Gharehbeglou M. Biochemical and Pathological Study of Hydroalcoholic Extract of *Achillea millefolium* L. on Ethylene Glycol-Induced Nephrolithiasis in Laboratory Rats. *N Am J Med Sci*. 2014 Dec; 6(12): 638–642. doi: 10.4103/1947-2714.147981; 2014.
- Barnes J., Anderson L.A., Phillipson J.D. *Herbal medicines*, 3rd Edition. London: Pharmaceutical Press; 2007.
- Blumenthal, Goldberg, Brinckmann. *Herbal Medicine: Expanded Commission E Monographs*. Newton: Integrative Medicine Communications; 2000.
- Bone Kerry. *A clinical Guide to Blending Liquid Herbs*. St. Louis: Churchill Livingstone; 2003.
- Borrelli F. et al. Prokinetic effect of a standardized yarrow (*Achillea millefolium*) extract and its constituent choline: studies in the mouse and human stomach. *Neurogastroenterology & Motility*, 24(2), 164–e90. doi:10.1111/j.1365-2982.2011.01827.x; 2011.
- British Herbal Medicine Association. *A Guide to Traditional Herbal Medicines*, 2003 Edition. Bournemouth: BHMA Publishing; 2003.
- Dall'Acqua S., Bolego C., Cignarella A., Gaion R. M., Innocenti G. Vasoprotective activity of standardized *Achillea millefolium* extract. *Phytomedicine*, 18(12), 1031–1036. doi:10.1016/j.phymed.2011.05.005; 2011.
- Felter H.W., Lloyd J. U. *King's American Dispensatory*. Portland: Eclectic Medical Publications; 1983.
- Foster S., Johnson L. R. *Desk Reference to Nature's Medicine*. Washington: National Geographic Society, 2006.
- Gagnon C., Lanctôt-Bédard V. *Materia Medica: Flora Medicina*; 2009.
- Gladstar Rosemary. *Herbal Healing for Women*. New York: Fireside; 1993.
- Gray Beverley. *The Boreal Herbal*. Whitehorse: Aroma Borealis Press; 2011.
- Hobbs C., Keville K. *Women's Herbs, Women's Health*. Loveland: Interweave Press Inc.; 1998.
- Holmes Peter. *The Energetics of Western Herbs*, Vol. 2, 3rd Edition. Boulder: Snow Lotus Press; 1998.
- Hoffmann David. *Medical Herbalism*. Rochester; Healing Arts Press; 2003.
- Innocenti G. et al. In vitro estrogenic activity of *Achillea millefolium* L. *Phytomedicine*, 14(2-3), 147–152. doi:10.1016/j.phymed.2006.05.005. 2007.
- Jenabi E., Fereidoony B. Effect of *Achillea Millefolium* on Relief of Primary Dysmenorrhea: A Double-Blind Randomized Clinical Trial. *Journal of Pediatric and Adolescent Gynecology*, 28(5), 402–404. doi:10.1016/j.jpog.2014.12.008; 2015.
- McIntyre Anne. *The Complete Woman's Herbal*. New York: Henry Holt and Company; 1994.
- Miranzadeh S., Adib-Hajbaghery M., Soleymanpoor L., Ehsani M. Effect of adding the herb *Achillea millefolium* on mouthwash on chemotherapy induced oral mucositis in cancer patients: A double-blind randomized controlled trial. *European Journal of Oncology Nursing*, 19(3), 207–213. doi:10.1016/j.ejon.2014.10.019; 2015.
- Romm Aviva. *Botanical medicine for women's health*. St. Louis; Churchill Livingstone; 2010.
- Weiss R.F., Fintelmann V. *Herbal Medicine*, 2nd Edition. New York: Thieme; 2000.
- Wichtl Max. *Herbal Drugs and Phytopharmaceuticals*. Boca Raton: CRC Press; 1994.
- Williamson E., Driver S., Baxter K. *Stockley's Herbal Medicines Interactions*. Grayslake: Pharmaceutical Press; 2009.
- Wood Matthew. *The Practice of Traditional Western Herbalism*. Berkeley: North Atlantic Books; 2004.

Certified organic ingredients.

Made according to GMP.

Kosher, vegan and non-irradiated.

NO additives, colouring, added sugar, gluten, soy or GMOs.

