

Herb	Pharmacological actions	Suggested uses	Directions and safety precautions
Yarrow <i>Achillea millefolium</i>	Diaphoretic, hypotensive, astringent, anti-inflammatory, antispasmodic, diuretic, antimicrobial, bitter, hepatic	Haemorrhoids, painful menstruation, lowers blood pressure. Fever, stimulates digestion and tones blood vessels. Cystitis Externally good for wound healing	Not when pregnant People sensitive to the asteraceae family may have allergic reactions. Tincture: 2-4ml Infusion: 1-2tsp of herb three times per day.

NB This information is not intended to substitute a competent Health Care professionals advice or treatment.