



Yarrow Flower

Yarrow has stood the test of time. Although few people know of yarrow today it grows easily in a garden and has many home remedies. It is a staple herb to grow and dry and use year round. It is very easy to do this, harvest in late July or early August, lay cut flowers with leaves to dry or hang to dry. After a few weeks, cut off the flower heads and slip the feathery leaves off the stems. Put in a mason jar and save for use year round.

After doing just this for an hour or two outside in my garden shed, I had to take a break from the heat. Having yarrow on my body & mind I sat down to my computer to compile some research. Here is the result:

It is good for the “wounded warrior” . . . those who are tough on the outside and wounded on the inside. Interesting history of Yarrow, in science yarrow is *Achillea Millefolium*; It is the tea that Greek Myth Achilles was dipped in to protect him from poisonous arrows, in the tale his mother held him by the heel and dipped him in the vat. In battle a poisonous arrow was shot into his heel to his demise.

To use Yarrow Flower Preventatively make tea from your dried leaves and flowers (they grow easily in a garden) once or twice per week.

Benefits of Yarrow:

- ॐ Can stop bleeding, in old days the leaves were used to stop nosebleeds. It was easy as taking some leaves, crushing them in your hands and placing them wherever you are bleeding.
- ॐ Yarrow can protect you from radiation. It is Cyto-Protective which means it protects your cells from toxins! Especially radiation, i drink extra yarrow tea when flying. (<http://www.greenmedinfo.com/article/extracts-yarrow-can-contribute-reduce-genotoxicity-induced-ionizing-radiation>)
- ॐ Reduces painful menstruation AND Stimulates or increases menses known as emmenagogue. This can help normalize periods. (<http://www.greenmedinfo.com/article/millefolium-effective-minimizing-pain-severity-primary-dysmenorrhea>) (<http://www.greenmedinfo.com/article/yarrow-has-estrogenic-activity-which-explains-its-traditional-use-emmenagogue>)
- ॐ Helps to keep tumors from spreading. (<http://www.greenmedinfo.com/article/flavonoids-found-yarrow-have-antiproliferative-effects-against-human-tumor>)
- ॐ Anti-Inflammatory (<http://www.greenmedinfo.com/article/yarrow-contains-compounds-anti-inflammatory-activity-similar-or-higher-nsaid-indomethacine>)
- ॐ Anti-Microbial broad spectrum - yarrow was tested against Staph, E-coli, Klebsiella, Pseudomonas (which can lead to pneumonia), and Salmonella — all of which yarrow was able to cure. (<http://www.greenmedinfo.com/article/yarrow-has-broad-spectrum-antimicrobial-activity>).
- ॐ Can help gastro-intestinal disorders (diarrhea and dysentery). (<http://www.greenmedinfo.com/article/yarrows-traditional-use-gastrointestinal-disorders-are-confirmed-recent-findings>)

How to use Yarrow

Yarrow contains salicylic acid (active ingredient in aspirin) making it useful to relieve pain.





I like to use yarrow as a tea or compress, although there are other ways to use it. I also use Yarrow Essential Oil.

In tea form yarrow is good for upper respiratory phlegm, reducing fevers, stimulating digestion, and fighting off the common cold, flu, and infections. Tea can also be used for bleeding ulcers, regulating menstruation aiding in reducing cramps and preventing endometriosis, and for anti-biotic purposes. When making tea use a mix of leaves and flowers for a better flavor. A nice night time tea is to steep 1/2 cup dried yarrow along with some lemon balm for about 17 minutes. You can steep longer but a longer steeping may make it taste bitter. This tea combination will also lead to a nice nights sleep.

As a compress: The most common use is to stop bleeding and assist in wound healing like cuts. You can put dry or fresh plant part (flower or leaf) on any bleeding wound, and hold pressure. Usually within 10-30 seconds it will stop bleeding. It is also useful for hemorrhoids as a compress.

Yarrow due to its salicylic acid is good for complexion, it breaks up acne and blackheads and is used by the cosmetic industry for these reasons. You can make your own skin wash by pouring 2 cups of boiling water over about 1 cup of dried yarrow flowers, cool, and strain. Pat on skin or wash your face with it. It has also been used for eczema and varicose veins; to use for varicose veins soak a pad in the above yarrow tea and hold on legs. You can also use it in the bath for skin irritations or menstrual cramps — to use in the bath make the tea and pour in your bath or use the essential oil mixed in a carrier oil or milk before putting in the bath.

Chest Rub: Using yarrow essential oil to alleviate chest colds or the flu dilute 20 drops of yarrow essential oil in 25 ml of a carrier oil such as jojoba and blend it with eucalyptus, peppermint, hyssop, and/or thyme. Rub the mixture on your chest.

I also chop the feathery leaves up and add them to my salads.

ReCap of HOW TO USE YARROW:

As a tea for curing or preventing.

As a poultice or bath for skin issues — or stop bleeding, rashes, itches.

As a wash for acne (make a strong tea).

In the bath for fever or menstrual cramps.

As Preventative medicine I occasionally make yarrow tea to prevent all these issues I just wrote about! Making the tea once or twice per week, is all that you need for prevention purposes.

WHEN USING INTERNALLY STEEP ONLY, DO NOT BOIL YARROW AS IT CAN CAUSE SEVERE AND DANGEROUS HALLUCINATIONS.

Other precautions:

Avoid in pregnancy.

Can cause skin reactions in sensitive people who suffer from allergies related to the Daisy family or aspirin.

Use in moderation — not every day.

Do NOT boil for internal use.