PERFECT HERBS

Herb Monograph Latin Name: Achillea millefolium

Common Name: Yarrow

Primary Action	alterative
Secondary Actions	antimicrobial, vulnerary
System Affinities	digestive, kidney
Conditions Treated	digestive congestion, skin conditions, infections
Constituents	sesquiterpenes, volatile oils
Tincture Daily Dose	6 mL to 12 mL
Tea Daily Dose	4 g to 12 g
Parts Used	aerial parts
Can Be Substituted With	N/A
Pairs Well With	Arctium lappa and Angelica sinensis for insufficient digestion and Urtica dioica folia and Iris versicolor for acne and eczema



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