PERFECT HERBS

Herb Monograph Latin Name: Ceanothus americanus

Common Name: Red Root

Primary Action	lymphatic
Secondary Actions	alterative
System Affinities	lymphatic
Conditions Treated	recurrent infections with lymphatic congestion
Constituents	alkaloids
Tincture Daily Dose	4 mL to 12 mL
Tea Daily Dose	4 g to 6 g
Parts Used	root
Can Be Substituted With	Phytolacca americana (poke)
Pairs Well With	Salvia officinalis and Rosmarinus officinalis for acute URTIs with congestion and swollen lymph nodes



Disclaimer: This information is provided for educational purposes only.