PERFECT HERBS

Herb Monograph Latin Name: Houttuynia cordata

Common Name: Houttuynia

Primary Action	antimicrobial, mucolytic
Secondary Actions	anti-inflammatory, antitussive, anti-viral, anti-bacterial, demulcent, diuretic
System Affinities	respiratory system, mucuous membranes
Conditions Treated	upper respiratory infections, pneumonia, cough, lung absesses, chronic bronchitis, urinary tract infections, colitis,
Constituents	alkaloids, essential oils, phenolic acids, flavanoids
Tincture Daily Dose	3 mL to 12 mL
Tea Daily Dose	15 g to 30 g
Parts Used	leaf
Can Be Substituted With	N/A
Pairs Well With	N/A



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