PERFECT HERBS

Herb Monograph Latin Name: Stellaria media

Common Name: Chickweed

Primary Action	demulcent
Secondary Actions	laxative, vulnerary, topical demulcent, anti-inflammatory, pulmonary tonic
System Affinities	skin, gastrointestional system, respiratory system
Conditions Treated	eczema, psoriasis, constipation, asthma, bronchitis
Constituents	saponins, alkaloids, cardiac glycosides, fatty acids, tannins and terpenoids
Tincture Daily Dose	5 mL to 15 mL
Tea Daily Dose	3 g to 9 g
Parts Used	leaf
Can Be Substituted With	N/A
Pairs Well With	N/A



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