PERFECT HERBS

Herb Monograph Latin Name: Thuja occidentalis

Common Name: Cedar

Primary Action	antimicrobial
Secondary Actions	antifungal, antiparasitic
System Affinities	renal, respiratory
Conditions Treated	URTI, UTI
Constituents	essential oils, thujone
Tincture Daily Dose	3 mL to 9 mL
Tea Daily Dose	3 g to 9 g
Parts Used	leaf
Can Be Substituted With	Salvia officinalis (sage)
Pairs Well With	Juniperus communis for difficult UTIs and Syzygium aromaticum and Artemisia absinthum for GI infections and Baptisia tinctoria for sinusitis and fungal infections



Disclaimer: This information is provided for educational purposes only.