PERFECT HERBS

Herb Monograph Latin Name: Zea mays

Common Name: Cornsilk

Primary Action	urinary demulcent
Secondary Actions	anti-inflammatory, diuretic, vulnerary
System Affinities	urinary
Conditions Treated	inflammation anywhere in the urinary tract, kidney stones
Constituents	allantoin, saponins, volatile oils
Tincture Daily Dose	5 mL to 15 mL
Tea Daily Dose	2 g to 8 g
Parts Used	inner floss
Can Be Substituted With	Hydrangea arborescens (hydrangea)
Pairs Well With	Hydrangea arborescens for easing passing of kidney stones



Disclaimer: This information is provided for educational purposes only.