

# Yarrow

*Achillea millefolium*

JW Farms 7



Yarrow is one of the oldest herbs known to man. This plant grows wild throughout the Northern hemisphere and has a very recognizable appearance – a sturdy stem with small white flowering heads at the top, as well as delicate, feather-like leaves. Yarrow is a hardy plant that can survive in difficult environments, which may explain its prevalence in so many countries and cultural traditions.

Yarrow's number one thing that it is so powerfully known for is how effective it is for STOPPING BLEEDING. Every household should keep a supply for emergencies as well as women's monthly cycles. It only slows over zealous flows for women's cycles.

Herbalist Rosalee de la Foret once said that yarrow (*Achillea millefolium*) is the one plant she would take with her if she was stranded on a deserted island!



In herbalism, it is used to describe a plant with seemingly opposite actions. For example, yarrow is known both as a hemostatic (stops the flow of blood) and a diffusive (blood moving) herb.

Yarrow is one of several herbs that herbalists call “amphoteric”. This term is borrowed from chemistry, where it is used to describe a substance that can both increase and decrease the pH of a solution.

There are thousands of constituents in herbs, most unknown to us, it becomes a little easier to imagine that when we consume or use whole herbs, the body takes what it needs to accomplish what is required for healing. This in part explains the amphoteric nature of yarrow. Herbalist Sam Coffman offers another explanation. He says that yarrow appears to support clotting in wound healing by the exact same mechanism with which it works on moving the blood in, say, varicose veins: by breaking up stagnation and supporting the movement of new blood cells to the area, thus speeding up the healing process. So, while from our perspective yarrow may appear amphoteric (both clotting and moving blood simultaneously), at the cellular level it may be accomplishing both things with just one approach – to help break up stagnation and support the creation of new healthy cells (aka: angiogenesis), thus expediting the healing process.

Wounds  
 Stops Bleeding  
 Blood Moving  
 Potent SEDATIVE  
 Anxiety  
 Menstruation Issues  
 Mastitis  
 Gastrointestinal Issues  
 HBP  
 Asthma  
 Colds  
 Skin  
 Hypotensive  
 Hemostatic  
 Vulnerary  
 Tonic  
 Stomach  
 Emollient  
 Digestive Issues  
 Carminative  
 Astringent  
 Antiseptic  
 RA  
 Immune System  
 Fevers  
 Headache  
 Cardiovascular Support  
 Colds & Flu  
 Postpartum  
 Hair



In Greek mythology, It is believed that a Greek warrior Achilles used this herb to heal his wounded soldiers in the battlefield and stop their bleeding in around 1200 BC and the use of Yarrow was taught to him by the centaur, Chiron who was a master of healing. A legend also goes that this knowledge of the use of Yarrow helped Achilles during the siege of Troy and the other battles. This is not the only instance in the history of Yarrow being used to stop bleeding in a mythological story.

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The Anti' s:

Antioxidant  
 Anti-inflammatory  
 Antibiotic  
 Antibacterial

"Wherever Yarrow grows, one need not fear wild beasts or poisonous plants" is an ancient Asian saying which refers to Yarrow' s ability to repel harmful insects from the surrounding.

With so many benefits, Yarrow has found many uses in the medicinal field and also agriculture. This was the reason it was also called "life medicine" by a Native American tribe.

Dehydrate its flowers and leaves for the teas, tinctures, and soaps. It has many health benefits if used both internally and externally. Its flower stems and leaves have high medicinal value when the plant is blooming. Yarrow was originated from Europe and Asia; it spread to North America and other parts of the world during colonization.

### Caution

SEDATIVE use caution  
 Do not mix with Pharma. Seek an MD.  
 DO NOT take if pregnant, may cause miscarriage.