



By Sadie @allnaturalme Purchase yarrow seeds: <http://allnaturalme.seedsnow.com/products/yarrow>

### **My favorite things about yarrow:**

- it's anti-viral
- stops bleeding
- helps you sweat to manage a fever

### **Ideas on ways to use yarrow:**

- drink as a warm tea for a fever
- drink as a cold tea to stimulate digestion
- apply fresh or dried leaves to a nosebleed or cut
- use the tincture to kill flu & cold germs
- use the tincture to brush teeth & tighten gums
- drink tea or tincture for heavy menstrual flow or hemorrhoids
- spray tincture in mouth before eating as a bitter remedy