



EDUCATION GUIDE

Vervain ~ the “Everything” Healer

Vervain has been said to have “something for everything”, in terms of being a healing herb. The Romans used it to purify their temples and their homes. In the 1900’s, Vervain was one of the 12 original Bach Flower remedies.

Benefits include:

Liver

- Helps clear congestion and stagnation issues
- Can provide beneficial liver stimulation
- Helps prevent gallstones

As an Infusion

- Can improve and speed recovery from severe colds and flu’s
- Stimulates sweating to help remove toxins
- May enhance immune response to help clear other feverish conditions
- Used as a mouthwash, helps heal mouth ulcers and spongy gums

Cleanser and Clearing

- Beneficial as a urinary cleanser and astringent
- May assist in clearing phlegm from lungs

Healing

- Helps heal pulmonary issues such as asthma, pneumonia, tuberculosis
- Works as an anti-inflammatory for sore and inflamed eyes
- Helps reduce and/or eliminate obstructions in bowels and bladder
- Can expel phlegm from the throat
- As an ointment, may improve eczema, wounds, weeping sores and painful neuralgia
- As a poultice, may help heal insect bites, sprains and bruises
- Has been used for gout and skin infections

Sleep Issues

- Can help improve insomnia, especially when used as a hot infusion

Hormonal/Child Birth

- Assists with painful and/or irregular menstrual cycles

Nursing and Child Birth

- Helps support milk production
- May support contractions during labor

Nerve Support and Stress

- As a Bach Flower Essence, was used to treat mental stress and overexertion
- Can function as a beneficial nerve rebuilder
- Helps minimize nervous tension

Parts of the plant used include for therapeutic purposes: Tops

Information sources:

“The Little Herb Encyclopedia, the Handbook of Natures Remedies for a Healthier Life” by Jack Ritchason N.D.

“Medical Herbalism – the Science and Practice of Herbal Medicine” by David Hoffmann, FNIMH, AHG

“Prescription for Herbal Healing” by Phyllis A. Balch

<http://www.livestrong.com/>



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