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**100% Effective Natural Hormone Treatment**  
**Menopause, Andropause And Other Hormone Imbalances**  
**Impair Healthy Healing In People Over The Age Of 30!**

**Yarrow Tea (Achillea Millefolium)**

**By Simon Mitchell**

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Thanks to C. Esplan, D. Hoffman, J. Lust, R. Phillips

<http://www.simonthescribe.co.uk/yarrow.html>

**Yarrow the I Ching Herb**

**By Judi Singleton**

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Use flowers, leaves and stems.

A piece of the plant held against a wound will staunch bleeding.

An infusion can help to break a fever.

Yarrow can be of benefit in mild cystitis.

Promotes digestion.

Improves circulation by acting as a vasodilator.

Lowers blood pressure.

## Yarrow Tea (Achillea Millefolium)

Do not use yarrow during pregnancy, for undiagnosed bleeding, or for more than two weeks. Infusion

Gleaned From:

Grieve M. A Modern Herbal. Vol. II. New York, NY: Dover; 1971:863–865.

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