



HAWTHORN (*crataegus oxyacantha*)

Parts Used:

Leaves and berries

Common Uses

Hawthorn is a VERY valuable herb. It is most popularly used today to treat heart and circulatory disorders. It increases blood flow to the heart muscle and restores a normal heartbeat. A number of trials have confirmed Hawthorn's value in treating chronic heart failure. A really amazing attribute of Hawthorn is its ability to regulate blood pressure. If you have high blood pressure it can lower it, if you have low blood pressure, it will bring it back up to where it needs to be. Hawthorn is prescribed by herbalists to treat angina and coronary artery disease. Combined with Ginkgo, Hawthorn is used to enhance poor memory, it works by increasing circulation of the blood to the head, therefore increasing the amount of oxygen to the brain.

Precautions:

There are no known health risks or contraindications associated with Hawthorn. Drinking a strong tea of the berries has been known to cause a stomach ache in sensitive individuals.

Tincture Dosage:

Take 2 droppers-full per day until gone. Most people take the dosage under the tongue, one dropper-full in the morning and one in the evening. People with particularly picky taste buds or those who don't like the taste of alcohol, generally take their dosages in something they normally drink. Depending on what you put it in (juice works great), the taste of your drink won't be affected.

This information is for informational purposes only. This information has not been evaluated by the Food and Drug Administration. This information is not intended to diagnose, treat, cure or prevent any disease. Always consult your physician before taking any medicine, herbal or otherwise.

