

Yarrow tea



100% natural and organic Italian product

Ingredients: Organic *Achillea Millefolium* flowers

Origin: Pietradefusi (AV), Italy

Net weight: 15 g

Features: yarrow has been known for thousands of years and is considered one of the most valuable plants to alleviate female disorders related to the menstrual cycle and menopause. Thanks to its aromatic flavor, slightly bitter, it gives relief after meals.

Benefits and uses: Achillea flowers are used to make tea or infusion for its stomachic, antispasmodic, tonic, cholagogue, choleric, astringent and

healing properties. In folk medicine yarrow is used to make herbal tea as an antispasmodic and specific anti-inflammatory for the digestive tract.

Yarrow tea is one of the most effective and beneficial to health as it has astringent and antibacterial properties useful to regulate upset stomach and remove toxins from the blood.

Nowadays it is commonly used to relieve vaginal inflammation and menstrual pain.

In addition it supports the elimination of fluid and helps to fight cellulite.

It has many beneficial effects in case of digestive problems, irritation, heartburn, hemorrhoids, nosebleeds, loss of appetite, dysmenorrhea.

Achillea Millefolium is not recommended for use in pregnant women, nursing mothers and patients receiving treatment with oral anticoagulants, heparin, antiplatelet and / or fibrinolytic.