

# Agrimony

"*Agrimonia eupatoria* L."

## Therapeutic Actions

Astringent, tonic, bitter, diuretic, vulnerary, antispasmodic, carminative, hepatic & cholagogue.

## Medicinal Uses

When astringent activity is needed in the digestive system, also contributes a tonic action through bitter stimulation of digestive and liver secretions. Agrimony may be used to treat indigestion, and is a specific for childhood diarrhea.

## Magickal Uses

A powerful protection herb, to break jinxes. Agrimony is a useful herb in rituals to break gossip, slander or the Evil Eye. In spellwork, it can be used to balance your emotions, explore true feelings, and as an ingredient in spells to banish negativity and boost your psychic shield. Additionally, Agrimony is a beneficial addition to healing spells to boost their strength. Add it to a ritual bath before spellwork, or steep to cleanse your tools before beginning.

Considerations None known of

# Different Types of Herbal Remedies

Herbal Infusions: This is probably the most common way people consume herbs.

To make an herbal infusion you simply place your chosen herbs in a vessel and add in either hot or cold water.

Hot Infusion: Water based made by steeping leaves, flowers and other non-woody parts in Hot H<sub>2</sub>O.

Cold Infusion: Water based made by steeping leaves, flowers and other non-woody parts in Cold H<sub>2</sub>O.

Decoction: Water based made by gently simmering herbs in water for a short amount of time, more appropriate for tougher plant parts like Bark, Roots, & Seeds.

# Different Herbal Remedies

## Infusion Recipe

Tisane:

(Has no Tea Leaves Herbs Only)

For Anxiety & Depression

1 part Oat straw

1 part Lemon balm

1 part Chamomile

1/2 part Skullcap

Use 1 tbs of herb for every 8oz of H<sub>2</sub>O

Steep for 10-20 mins up to over night

Best results by drinking 3 cups a day.

