

Phytodiuretic

Actions:

This formula is a restorative, nutritive tonic, soothing diuretic, and vulnerary.

Indications:

This formula is used for edema.

Contraindications, cautions and words of wisdom:

Edema may indicate heart or kidney disease. All unexplained and untreated edema should be brought to the attention of a health care practitioner immediately. This formula is contraindicated in pregnancy.

Profiles of herbs used in this formula:

Dandelion leaf, *Taraxacum officinalis*, is a nutritious diuretic that is high in potassium. 408

Corn silk, *Zea mays*, is a soothing diuretic, mild antimicrobial, vulnerary and demulcent. 162

Parsley root, *Petroselinum crispum*, is a nutritious diuretic and an antispasmodic.

Chickweed, *Stellaria media*, is a nutritious diuretic with a tonifying effect on the urinary tract.