

Hawthorn (*Crataegus oxycanthus*)

Other Common Names:

May Blossom, Tree of Mars, Whitethorn, Quickthorn.

Origin:

It is a native of Europe, North Africa and Western Asia as well.

Origin description:

Records of Hawthorn's association with Beltaine (spring festival) and other earth religion celebrations go back thousands of years. For the Celts these were the faery trees often inhabited by those who could pass between the worlds. The berries are still harvested today for eating. They help those who consume them to retain their powers of resilience and joy, and are endowed with many nutrients and minerals.

What's in it?











Hawthorn contains many minerals and saponins, glycosides, flavonoids, acids including ascorbic acid and tannin. One of the main chemical constituents is rutin.

Are all Hawthorn remedies the same?

Hawthorn remedies vary greatly. They are available in capsule, dried and in tincture form. Liquid extracts are more easily absorbed by the body.

How does it work?

Hawthorn is adaptogenic which means it works on the body according to the specific needs of the person taking it especially with respect to blood pressure. Hawthorn has the amazing ability to effectively lower blood pressure within a short space of time. In cases of very low blood pressure it will also raise the blood pressure levels. Hawthorn is recommended for obesity. It is also an excellent cardiac tonic. The berries in particular increase the muscular action of the heart.

Problem	Women	Men
High blood pressure.		
Irregular blood sugar levels.		
Anxiety.		
Stress.		
Poor circulation.		
Heart dis-ease.	