

# Feverfew (*Tanacetum parthenium*)

## Other Common Names:

Feverfew is also called whitewort.

## Origin:











Originally thought to have come from Southwest Europe.

## What's in it?

Farnesene, essential oils, niacin, manganese, phosphorous, magnesium.

## How it works.

When dealing with headaches and/or migraines, Feverfew is best taken 1/2 dropperfuls in water as soon as one feels the symptoms coming on. Otherwise, for the other above conditions, Feverfew is best taken at a dose of 20/30 drops twice a day.

| Problem                       | Women  | Men   |
|-------------------------------|--|---|
| Migraines/Headaches.          |    |    |
| Circulation.                  |    |    |
| Nasal congestion, runny nose. |    |    |
| Low spirits.                  |    |    |
| Liver Heat.                   |   |   |
| Repressed Energy.             |  |  |