

# Chickweed (*Stellaria media*)

## Other Common Names:

Little Star.

## Origin:

Thought to have its origins in Europe but is now spread throughout the world.

## Origin description:

Has been used by wise women through the years as one of three plants in a divining potion, in which Chickweed plays the maiden role. Excellent crushed up and placed on inflamed eyes.

## What's in it?










Coumarins, carboxylic acids and triterpenoids, flavonoids and saponins. Rich in iron, copper, calcium, sodium, manganese, phosphorous and zinc. Also contains vitamins B, C and D.

## Are all Chickweed remedies the same?

Chickweed remedies vary greatly. It can be used as an ointment, taken in food fresh or dried, taken as a tincture or a tea. The medicinal constituents of the plant are most available in tincture form.

## How does it work?

Chickweed is a plant of the Moon that works in a similar way to Garnet stone, balancing and harmonizing the energy centres within the body. Chickweed especially helps heal and balance the thyroid gland. This can be useful in cases of trauma or shock or simply when out of alignment. It is important to note that this plant works on a very subtle and gentle level. Meaning for some, although it may not be physically felt immediately, its gentle energy will be noticed after a period of time.

Problem	Women	Men
Excess body heat.		
Balances energy centres.		
Helps regulate metabolism.		
Healing to the ovaries.		
Awakens thymus gland.		
Brings in child-like, playful energy.	