

# Self-heal (*Prunella vulgaris*)

## Other Common Names:

Woundwort.

## Origin:

Self-heal is native to Europe, temperate Asia and North Africa. It is now well naturalized throughout North America and other parts of the world.

## Origin description:




Self-heal was once regarded in parts of Europe as one of the best liver herbs around. In China, it has been a renowned herb to help disturbed liver energy.

## What's in it?

Flavonoids, saponins, cell salts, and glycosides. Rich in potassium, magnesium and others.

## How does Self-heal work?

Self-heal works strongly energetically in the sense that the plant helps one to reconnect with parts of themselves they have lost or become disassociated with. This is a plant that works with people on a spiritual level in such a way that it is easier to be on this planet in a grounded fully functional way. Self-heal specializes in fostering our wholeness on many levels with a focus on communication and right relationship. Dosage is 1-5 drops as needed.

Problem	Women	Men
Fragmented aspects of self.		
Low energy.		
Liver disturbance.		
Schizophrenia.		
Digestion.	