

# Vervain (*Verbena officinalis*)

## Other Common Names:

Herb of Grace, Herbe Sacree, Herba veneris, Ma Bian Cao.

## Origin:

Vervain originally comes from Europe.

## Origin description:

This sacred plant is strongly connected with the old earth religions. The druids regarded it as highly as mistletoe. It was dedicated to Isis, Goddess of birth, and was a famous ingredient in love potions.

## What's in it?

Bitter iridoids (verbenin, verbenalin), volatile oils, alkaloids, mucilage, tannins, glycosides (such as aucubin). Rich in flavonoids.













## How does it work?

Vervain is a plant that teaches us to trust our own inner knowing and intuition - despite what remedy form it is made into.

Dose: 5 drops as needed up to 5 times daily.

In tincture form Vervain also holds the image of the gall-bladder. In this way, it particularly helps with fat digestion.

Dose: 10-15 drops 1-3 times daily.

Problem	Women	Men
Digestive problems (especially fat digestion).		
Gall bladder problems.		
Acid reflux.		
Nervous tension.		
Insomnia.		
Depression.		
Poor appetite.	