

QUICK REFERENCE SHEET

BLESSED THISTLE

Cnicus benedictus



Part Utilized:
Leaf and Stem

PROPERTIES:

Tonic (especially reproductive and immune),
Diaphoretic, Sudorific, Hormone Balancing

SYSTEMS AFFECTED:

hormonal issues, menstrual difficulties, nursing,
fevers, scar tissue prevention

POSSIBLE USES:

any fungal or viral infestation, parasites
(maybe), wounds



INGREDIENT IN:

ESS, FSW, NF, PHB, YW

GENERAL INFORMATION:

Blessed Thistle is one of nature's best hormone balancing herbs. Often thought of in connection with nursing mothers, it is also useful for most types of menstrual difficulties. The bitters in Blessed Thistle aid the digestive tract and are known to have antimicrobial activity. Blessed Thistle strengthens the immune system and hinders the formation of abnormal cells. This makes it potentially useful for people with cancer, and in the prevention of the growth of scar tissue.

Blessed Thistle is wonderful for fevers in nursing mothers without reducing their milk supply as a side effect of the fever and sweating.