

## QUICK REFERENCE SHEET

# BLUE VERVAIN

*Verbena hastata*



Part Utilized:  
Aerial Portion before Flowering



### PROPERTIES:

Nervine, Sedative, Sudorific, Alterative,  
Expectorant, Pectoral

### SYSTEMS AFFECTED:

Nervous, Immune, Urinary, Digestive

### POSSIBLE USES:

at the onset of a cold or other illness, fevers,  
settle the stomach, upper respiratory problems,  
asthma, diarrhea, menstrual problems

### INGREDIENT IN:

ASP, BBL, CR, LB, MULC, PL

### GENERAL INFORMATION:

Blue Vervain contains, among other things I am sure, vitamins C and E as well as calcium and manganese.

Blue Vervain promotes sweating during a fever. Sweating and fever at the onset of an illness often burns off the invaders and produces a very rapid healing. If the oncoming illness is respiratory, Blue Vervain is excellent for preventing inflammation and expelling phlegm from the throat and chest. This wonderful herb is a natural sedative, relieving the headache and joint pain that often accompanies illness and fever.