

## QUICK REFERENCE SHEET

# CHICKWEED

*Stellaria media*



Part Utilized:  
Aerial Portion



### PROPERTIES:

Demulcent, Pectoral, Alterative, Expectorant,  
Mucilaginous, Antipyretic

### SYSTEMS AFFECTED:

Circulatory, Digestive/Colon, Respiratory, Liver

### POSSIBLE USES:

soften the stool, bronchitis, pleurisy, coughs,  
colds, hoarseness

### GENERAL INFORMATION:

Chickweed is one of the most nutrient-dense herbs available. It contains Vitamins A, B1, B2, B3, C, D, magnesium, choline, copper, iron, calcium, manganese, potassium, zinc, phosphorus, rutin, silicon, sodium, and bioflavonoids.

As an expectorant, it acts upon the bronchials and lungs to promote the expulsion of mucus from the respiratory tract, and expels mucus from the digestive system. As a demulcent and alterative, Chickweed soothes and reduces the irritations of the mucous membranes. Chickweed is valued for dissolving plaque in blood vessels.

Chickweed is a blood purifier and useful in treating fevers, skin ailments, and inflammations. Its mucilaginous elements have proven valuable in resolving stomach ulcers and inflamed bowels.