

QUICK REFERENCE SHEET

CORN SILK

Zea mays



Part Utilized:
Flower



PROPERTIES:

Tonic, Diuretic, Demulcent, Expectorant,
Antiseptic, Antilithic

SYSTEMS AFFECTED:

Urinary

POSSIBLE USES:

acne, bed-wetting, gout, arthritis, high blood
pressure

INGREDIENT IN:

KB, KS, PRT

GENERAL INFORMATION:

Corn Silk is one of the most soothing, relaxing, and demulcent diuretics in the herbal world and has been used for this purpose for many years. Because Corn Silk is also antiseptic, it is at its finest whenever there is infection with irritation and inflammation in any part of the urinary system—cystitis, urethritis, any similar condition. While Corn Silk is very effective, it is also very mild—a first choice remedy for children and pregnant women. Excellent for bed-wetting in children, and too frequent urination or general weakness of the urinary tract in adults. Corn Silk has the added advantage of encouraging the dissolving of small stones and the passing of gravelly bits and pieces from the kidney.

Because Corn Silk aids the kidneys in eliminating waste products and uric acid crystals from the body, and reduces fluid retention, it may bring relief from such conditions as gout and arthritis, as well as reducing blood pressure.