

## QUICK REFERENCE SHEET

# GOLDENROD

*Solidago virgaurea-gigantea*



Part Utilized:  
Aerial portion



### PROPERTIES:

Antifungal, Antibacterial, Antioxidant, Diuretic, Astringent, Antilithic

### SYSTEMS AFFECTED:

Urinary Tract (predominantly), Respiratory

### POSSIBLE USES:

kidney ailments, allergies, candida overgrowth

### INGREDIENT IN:

AL, BP, EW, KS

### GENERAL INFORMATION:

Goldenrod is primarily a remedy for the urinary tract, but is also used for allergies that bring on itching eyes and running noses. Because Goldenrod is antimicrobial, astringent, antilithic, and diuretic all at the same time, it is absolutely perfect for any type of kidney infection. Goldenrod contains some saponins that act specifically against *Candida albicans*, the bacteria responsible for yeast infections and oral thrush. A small amount of *Candida* occurs naturally in the body and is necessary for proper digestion. However, it tends to over produce, and an overgrowth of *Candida* has many associated nasty symptoms. Goldenrod is a great aid in controlling *Candida*. Goldenrod also eliminates any gravel and small calcium deposits that would otherwise likely become stones in the future.

Goldenrod can also be taken, best as a tea, for sore throats, chronic nasal congestion, and diarrhea. Because it is so mild (but effective) in its action, Goldenrod is particularly appropriate for children in both urinary and gastrointestinal complaints.