

QUICK REFERENCE SHEET

IRISH MOSS

Chondrus crispus



Part Utilized:
Entire plant



PROPERTIES:

Demulcent, Emollient, Nutritive, Tonic, Convalescent

SYSTEMS AFFECTED:

Respiratory, Urinary, Digestive, Endocrine/
Glandular (thyroid), Integumentary

POSSIBLE USES:

thyroid disorders, kidney issues

INGREDIENT IN:

TY

GENERAL INFORMATION:

Contrary to what the name implies, Irish Moss is not a moss but is a seaweed, and a very nutritious plant. It contains 15 of the 18 essential nutrients that make up our bodies. These nutrients include vitamins A, D, E, F, and K, as well as sulfur, iodine, iron, calcium, selenium, magnesium, potassium, and folate. Of course, Irish Moss, being a seaweed, is very good for the thyroid and, because of its iodine content, is said to allay the side effects of radiation poisoning.

Because of its long list of nutrients, Irish Moss has many cosmetic uses from wrinkles to varicose veins. These nutrients make Irish Moss the perfect food for recovering from any debilitating illness and may help with chronic conditions as well.