

QUICK REFERENCE SHEET

MOUNTAIN MAHOGANY

Cercocarpus ledifolius



Part Utilized:
Leaf and Twigs

PROPERTIES:

Antihemorrhagic, Cardiac, Stomachic, Tonic

SYSTEMS AFFECTED:

Digestive, Muscular, Respiratory

POSSIBLE USES:

Burns, Coughs, Colds, Cuts, Pneumonia, Stomach Aches, Diarrhea, Food overindulgence, tonic for strained or over-used muscles



GENERAL INFORMATION:

Mountain Mahogany has been used by Native American Indians tribes for centuries for a variety of complaints including for coughs, colds, pneumonia, stomach aches, diarrhea, and recovering from childbirth. It was ground into a powder and applied to the ear to treat earaches. Navajo Indians drank an extract of Mountain Mahogany when they had eaten too much. Shoshone and Paiute peoples crushed up dried or slightly burned bark and used it as a dressing for burns. It is virtually not used in modern herbalism. For whatever reason, it seems to be extremely helpful for strained or over-used muscles, with feedback from people saying that they wouldn't be without it!