

QUICK REFERENCE SHEET

OATSTRAW

Avena sativa



Part Utilized:
Leaf and Stem



PROPERTIES:

Tonic, Nervine, Nutritive, Convalescent

SYSTEMS AFFECTED:

Glandular, Nervous

POSSIBLE USES:

depression, anxiety, insomnia, convalescence, stamina

INGREDIENT IN:

HP, MIN, NT

GENERAL INFORMATION:

The principal uses for Oatstraw are to treat general fatigue and debility, improve stamina, and to treat a variety of nervous conditions. The straw and the grains are mildly anti-depressant, gently raising energy levels, improving mood, and lending support to an over-taxed and depleted nervous system. Oatstraw is helpful for insomnia and for recovering from nervous exhaustion.

Oats and Oatstraw are one of the principal agents recommended during convalescence from serious illness. Oatstraw contains low amounts of vitamins E, and K, and is rich in calcium, chromium, iron, magnesium, phosphorus, selenium, silicon, sodium, cobalt, manganese, potassium, tin, and zinc.