

QUICK REFERENCE SHEET

PEACH LEAF

Prunus Persica



Part Utilized:
Leaf



PROPERTIES:

Diuretic, Expectorant, Sedative, Laxative and Cathartic (mildly)

SYSTEMS AFFECTED:

Digestive, Urinary, Integumentary (wounds), Respiratory

POSSIBLE USES:

nausea, chest congestion, insomnia, nervousness, constipation, detox, wounds

INGREDIENT IN:

NAUS, RC, RC-L

GENERAL INFORMATION:

Peach Leaves should be gathered in the early spring before the tree begins to flower.

Peach Leaf is a remedy for any kind of nausea, and in small amounts it is especially useful for nausea that comes with pregnancy. Peach Leaves are also mildly laxative and cathartic, and while this can be helpful when used for constipation and intestinal parasites, it also means that you do not want to use too much at one time. Peach Leaves can be used for cough, chest congestion, bronchitis, to stimulate the flow of urine, and for a gentle detox. They are a mild sedative, so they are useful for various nervous conditions and insomnia. Peach Leaves have been used for skin conditions such as sores, ulcers, and wounds.