

QUICK REFERENCE SHEET

PIPSISSEWA

Chimaphila umbellata



Part Utilized:
Leaf



PROPERTIES:

Diuretic, Sudorific, Antilithic, Astringent, Tonic

SYSTEMS AFFECTED:

Urinary Tract

POSSIBLE USES:

kidney ailments and troubles, cystitis, kidney stones, arthritis, gout, fevers

GENERAL INFORMATION:

Pipsissewa is an herb I was acquainted with on an herb walk many years ago. This herb is good for treating fevers and is helpful to the kidneys and bladder (which is what drew it to my attention). By increasing urine flow, Pipsissewa increases the removal of waste products from the body. Removing waste products from the body often benefits the joints, making this an excellent remedy for arthritis and gout.

Early research with animals suggests that Pipsissewa may have the ability to lower blood sugar levels.