

QUICK REFERENCE SHEET

RED ROOT

Ceanothus americanus



Part Utilized:
Root



PROPERTIES:

Astringent, Expectorant, Antispasmodic,
Sedative

SYSTEMS AFFECTED:

Cardiovascular, Mucous membranes,
Respiratory, Lymphatic

POSSIBLE USES:

sore throat, bronchitis, asthma, cough, diarrhea,
sinus congestion, colds, lymph congestion

GENERAL INFORMATION:

This plant is not a very well known one. It grows in the Cache Valley area of southeast Idaho (where I am from) and, for a time, I made use of its astringent properties for the ailments listed above. It is a very effective astringent in those situations. However, a couple of people of my acquaintance who used Red Root experienced what appeared to be allergic reactions to it, so I removed it from the formulas and kept it as a single ingredient to be added as needed. I, for myself, find this herb quite effective at reducing mucus.