

QUICK REFERENCE SHEET

SLIPPERY ELM

Ulmus rubra



Part Utilized:
Bark



PROPERTIES:

Demulcent, Emollient, Nutritive, Tonic, Laxative, Astringent, Mucilaginous, Pectoral

SYSTEMS AFFECTED:

Integumentary, Digestive, Urinary, Respiratory

POSSIBLE USES:

wounds, fevers, bowel complaints, diarrhea, gastroenteritis, hemorrhoids, constipation, diverticulitis, irritable bowel syndrome, chest complaints, coughs, bronchitis, pleurisy, as a drawing poultice

INGREDIENT IN:

AP, CD, ESS, GI, HP, LCON, MP, PL, PPAC, WC

GENERAL INFORMATION:

Slippery Elm is extremely mucilaginous. Made into a tea it turns to the consistency of egg whites if allowed to cool even a little bit before using. Slippery Elm, made into a gruel, is so nutritious that it is used as a food in convalescence and for those who are extremely debilitated, especially if the problems are connected with an overly sensitive digestive tract.

Slippery Elm will bring almost instant relief from acidity, diarrhea, and gastroenteritis, and will help alleviate colic, constipation, hemorrhoids, diverticulitis, and irritable bowel syndrome. I know personally how much this herb helps in so many ways and situations.