

## QUICK REFERENCE SHEET

# USNEA

*Usnea barbata*



Part Utilized:  
Lichen



### PROPERTIES:

Adaptogenic (improves immune function),  
Antibacterial, Antifungal, Tonic (immune)

### SYSTEMS AFFECTED:

Respiratory, Urinary, Immune

### POSSIBLE USES:

immune system tonic, infections such as  
those in lungs, sore throat, strep throat, staph  
infections, kidney and bladder infections, yeast  
infections, chronic fatigue

### INGREDIENT IN:

BAC, BRON, CAN, CF, EO, EUST, IF, PL, SS, Yarrow/Usnea

### GENERAL INFORMATION:

Usnea has been one of my favorite herbs ever since I first became acquainted with it. Usnea is specific for strep and staph infections and is strongly antifungal. It mixes well with other herbs such as Pau D'Arco and Yarrow. The antibacterial properties of Usnea, combined with the astringent properties of Yarrow, dries out the mucous membranes of the lungs and bronchial tubes in pneumonia and bronchitis better than anything else I know. Pau D'Arco and Usnea combine to make a powerful antifungal remedy, to be taken internally or applied topically.

Usnea is an immune system tonic that can be used in acute situations as well as for long term immune enhancement and general prevention of autoimmune disorders.

The immune properties of Usnea do not "pull" well in water; it is best to use them as a tincture. When applying topically, the tincture will need to be heated to remove the alcohol (to prevent the alcohol from causing the wound to sting and burn).