

## QUICK REFERENCE SHEET

# WHITE BIRCH

*Betula pubescens*



Part Utilized:  
Bark



### PROPERTIES:

Tonic, Stimulant, Antidepressant, Analgesic, Antispasmodic, Anti-inflammatory, Diuretic, Antiseptic, Astringent, Febrifuge

### SYSTEMS AFFECTED:

Circulatory, Digestive (intestines), Urinary, Endocrine/Glandular, Integumentary

### POSSIBLE USES:

arthritis, gout, muscle pain, diabetes, eczema, hair loss, cystitis, increasing metabolism

### INGREDIENT IN:

CB

### GENERAL INFORMATION:

Birch is a natural pain reliever containing salicylate, the compound isolated to produce aspirin. Salicylate slows the body's production of certain prostaglandins that are linked to inflammation, pain, and fever (among other things). Besides relieving the pain of arthritis, Birch has an astringent, and antibacterial, diuretic property that eliminates toxins and excess water. Birch can have good results against cellulite.