

## QUICK REFERENCE SHEET

# WINTERGREEN

*Gaultheria procumbens*



Part Utilized:  
Leaf

### PROPERTIES:

Anti-inflammatory, Antiseptic, Carminative and Soothing to the digestion

### SYSTEMS AFFECTED:

Digestive, Muscular, Nervous

### POSSIBLE USES:

as a liniment for sore muscles and arthritic conditions, sciatica and TMJ pain, flatulence and colic

### INGREDIENT IN:

PARA

### GENERAL INFORMATION:

Wintergreen is strongly anti-inflammatory and soothing to the digestive system, which are the only explanations I can find for its addition to a parasite formula—perhaps Wintergreen is there to reduce the inflammation caused by both the parasites and the cathartic “cure” for them. Wintergreen is an effective remedy for arthritic conditions and, when taken as a warm tea, relieves flatulence and colic. Wintergreen’s analgesic and anti-inflammatory properties can be comforting for sciatic pain and trigeminal neuralgia.