

QUICK REFERENCE SHEET

YERBA MANSA

Anemopsis Californica



Part Utilized:
Leaf

PROPERTIES:

Astringent, Anti-inflammatory

SYSTEMS AFFECTED:

Mucous membranes, Respiratory, Digestive

POSSIBLE USES:

allergies, inflamed sinuses, sore throats, canker sores, arthritis, gum disease

INGREDIENT IN:

SN

GENERAL INFORMATION:

The astringent properties of Yerba Mansa have a particular affinity for the mouth, sinuses, gum problems, lungs, urinary tract, and digestive system.

Yerba Mansa has a reputation for toning mucous membranes by removing any matter (dirt, pus, pollen) that inhibits proper tissue repair. Next Yerba Mansa improves the transport of fluids and nutrients to that area. Yerba Mansa is said to be a substitute for Goldenseal in uses having to do with membranes. The astringent and anti-inflammatory properties of Yerba Mansa make it appropriate for arthritis