



Yarrow Blood Stop Powder

Yarrow is astringent. Called "Soldier's Wound Wort" it is the best herb to use to stop bleeding. Yarrow is antimicrobial, analgesic, anti-inflammatory, and styptic. All you need to make this remedy is fresh or dried yarrow.

Yield 1 ounce

Ingredients:

- 25 to 30 long yarrow leaves

Directions:

Gather the long yarrow leaves from the base of the plant in midsummer. Bundle the leaves in small bouquets. Secure with an elastic band at the stem base. Hang up the bundles upside down. Allow to dry at room temperature, in the shade. This will take only a few days.

When the plants are fully dry, strip the fine leaflets from the center leaf stem. Put through a coffee grinder to powder the herbs. Let the herb settle in the coffee grinder before opening the lid so you don't end up with a powdery mess.

(Note if you don't have fresh yarrow, dried yarrow flowers and leaves can be used instead of the leaves from the base. They are more difficult to powder at home though. In this case run them through a coffee grinder and sift the powder through a coarse sieve. Retain the finer particles and run the remaining herb through the grinder again. Repeat until you have 1 ounce of fine yarrow powdered herb.)

Place the powdered yarrow leaf in a jar with a screw top lid. Label "Blood Stop Powder" and date. This blood stop powder will last a year if kept out of sunlight, and protected from high temperatures. As long as the scent and colour remain, the plant will be effective.

To use:

For nose bleed: Take a pinch of the powder and put it against the inside of the nostril, where the blood vessel is leaking. The bleeding will stop in seconds.

For cuts or scrapes: Place the yarrow powder directly on the wound. The bleeding will stop quickly. Yarrow has antimicrobial actions and helps blood clots form to stop bleeding. Yarrow also has a numbing action that stops the pain at the wound site. The scab will form around the yarrow and the yarrow will come out of the wound when the scab falls off.