

## Herbal Medicine Club Newsletter June 2018

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### Wednesday June 6th

*We will meet at the Organic Farm entrance  
and learn how to make a Lung Syrup. 3-4:30pm*

### Herbal Spotlight: White Peony root

*Paeonia lactiflora (Bai Shao Yao)*



**Medicinal benefits:**[\(source- Daisy Jean\)](#)

***Blood builder & purifier***

***Anti-inflammatory and  
Analgesic properties***

***Boosts memory***

***Improves circulation***

***Balances immune  
system***

***Reduces painful  
muscle spasms***

### Peony as Medicine

The ancient Chinese discovered that the peony's bark, roots, seeds and flowers served as medicine. Mu Dan Pi, a remedy made from the bark of the tree peony, was believed to cool the blood and provide antiseptic properties. Chi Shao Yao, made from the roots of the herbaceous peony, was believed to cool the blood and provide pain relief. When the peony was brought to Europe in the 1200s, it was used to ease childbirth, ward off evil spirits and cure gallstones. Although peonies have been used continually in traditional Eastern medicine, they have not been used in Western medicine since medieval times. The buds and leaves of the peony are used in China to make a delicate white tea which many believe to have medicinal qualities. -[Gwen Bruno](#)

