

## MUGWORT, MOUNTAIN



*Artemisia franserioides*

**Family:** Asteraceae

**Names:** Altamisa, Ajenjo, Estafiate, ragged sagebrush, ragweed sagebrush

**Description:** This plant grows in the high mountains, in the moist shade of spruce stands. Grows to an arching two feet with an abundance of tiny orbs of white/green flowers. Although the plant is very slender and easily lost in a forest green floor, its large, gently and deeply lobed leaves are very easy to spot. Lovely, sweet fragrance.

**Medicinal Uses:** As a cold and flu medicine it is drunk cold to settle the stomach, and hot to bring on and to reduce fever. It also is brewed as a bitter tonic for stomach pains and acidosis from greasy and rancid foods. Also used for diarrhea.

**Dosage:** Cold infusion or standard infusion (depending on use): 2-4 fluid ounces up to 3 times a day

**Toxicity:** Not for use during pregnancy

### **References:**

Los Remedios, Michael Moore, Red Crane Books, 1990; ISBN: 1-878610-06-6

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