

# Mugwort Herb

*A strong traditional bitter herb for digestion, dreams, and cycles.*

**Official Botanical Name:** *Artemisia vulgaris*

**Brief Description:** Mugwort is an aromatic bitter herb traditionally used for digestion, dream work, and menstrual wellness. It is a strong herb and not suitable for everyone.

## Benefits

- Traditionally used as a digestive bitter
- Often used in dream pillows and ritual blends
- Used historically for menstrual flow support
- Aromatic herb for seasonal and spiritual herbalism

## Ways to Use

- Bitter tea in small amounts
- Dream pillows or sachets
- Smoke-free aromatic bundles
- Topical foot soaks

## Instructions

- Tea: Use 1/4-1/2 tsp dried herb, steep 5-10 minutes.
- Dream pillow: Add dried herb to a small cloth sachet.
- Use small amounts and avoid daily long-term use.

**Suggested Adult Use:** Small amounts only. Not recommended for pregnancy or children.

**Medication Warnings & Safety Notes:** Do not use during pregnancy or breastfeeding. Avoid with ragweed-family allergies, seizure disorders, blood thinners, or if trying to conceive. Large amounts may be unsafe.

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Educational use only. These statements have not been evaluated by Health Canada or the FDA. This product is not intended to diagnose, treat, cure, or prevent disease. Herbal information is based on traditional use and general wellness education. Check with a qualified healthcare professional before use if pregnant, nursing, taking medication, preparing for surgery, or managing a medical condition. Keep out of reach of children.