

## Amaranth

**MEDICINAL:** Amaranth is used to battle stomach flu, diarrhea, and gastroenteritis. It was used by Native Americans to stop menstruation and for contraception. Applied externally, it can reduce tissue swelling from sprains and tick bites. Not to be used by pregnant or lactating women.

**MAGICKAL:** Amaranth is used to repair a broken heart. It is also associated with immortality, and is used to decorate images of gods and goddesses. It is sacred to the god Artemis. Woven into a wreath, it is said to render the wearer invisible. Also used in pagan burial ceremonies.