

Artemisia (*Artemisia capillaris*)

Common Names: Capillaris, yen chen hao, Chinese wormwood.

Location: This herb can be found in Japan, Northern China and Taiwan.

Description: This herb grows as a tiny shrub with yellow-green flowers in the autumn season. The top portions of the leaves are used medicinally.

Properties: Artemisia stimulates the production of bile and has antimicrobial functions.

Uses: This herb can be used to treat bladder and parasitic infections, constipation and diarrhea. It also aids in the treating of hepatitis and jaundice.

Doses: Artemisia is used in teas or tinctures.