

Chinese Senega Root (*Polygala tenuifolia*)

Common Names: Polygala, polygala tenuifolia root.

Description: This herb's white root is used medicinally.

Properties: This herb can be used to cure a hangover, release bronchial secretions and kill certain types of bacteria.

Uses: Use this herb to cure seizure disorders and to treat hangovers.

Doses: You can find this herb as a tincture or tea.

Warnings: Do not use this herb if you are pregnant, have gastritis or ulcers.