

Wild Angelica (*Angelica dahurica*)

Common Names: Bai zhi, Chinese angelica root.

Location: Wild Angelica is a sturdy three-to-seven foot shrub topped with flowers similar to those found on Queen Anne's lace.

Description: It has a hollow stem and bears three-branched leaves. The herb is harvested between summer and fall, when the leaves turn yellow. Wild angelica is considered a warm herb, with a spicy flavor.

Properties: The root is cut lengthwise into thin slices for use in teas.

Uses: Wild angelica inhibits bacteria and viruses, reduces fever, and stimulates respiration. It acts as a

disinfectant against a number of infectious microorganisms, including *E. coli*, a common cause of diarrhea. It helps to open the coronary blood vessels and increase circulation to the heart. Benefits of wild angelica for specific health conditions include treatment of the following: diabetes, obesity and fractures.

Doses: Wild angelica is used in capsules and teas. The easiest way to get the herb is from practitioners of traditional Chinese medicine (TCM). The Chinese term for the herb is bai zhi. It is also included in some formulas manufactured by Pacific BioLogic.

Warnings: This herb should not be used during pregnancy. Wild Angelica should not be put on open sores.