



Birch

BETULA PENDULA

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Scientific classification

Name : Bouleau

Scientific name : Betula pendula

Kingdom : Plantae

Under reign: Tracheobionta

Division: Magnoliophyta

Class: Magnoliopsida

Order : Fagales

Family : Betulaceae

Gender : Betula

Habitat:

It grows in Europe, Asia or even North America.

In temperate climate, they can live up to 30-40 years. But further north, they can live up to 100 years.

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Therapeutic effects

Organs involved: liver and kidneys

Effets :

Diuretic, disinfectant of the urinary tract, depurative, choleric, antioxidant.

Constituants:

Flavonoids, tannins, saponins

Indications :

Urinary infections, cystitis, gout, rheumatism, in prevention of kidney stones, liver disorders.

Side effects :

Allergies to birch -> do not take as a precaution.

Contra-indications:

Pregnancy, young children.

Parts used:

Dried leaves and bark.

Galenic forms:

In the form of herbal tea, juice, capsules.



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INFORMATIONS AND SOURCES

INFORMATIONS

The information contained in this file does not replace a doctor's consultation and diagnosis.

We are not responsible for any misuse of the plant or for any side effects.

For more detailed information on its use, ask your pharmacist for advice.

THE ORIGINS EARTH

SOURCES

Creapharma.ch; infoflora.ch

PHOTOS

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