

Heather (*Calluna vulgaris*)



Origin: Heathers are native to Ireland, Scotland, Scandinavia, Russia, and northern North America. The young juicy shoots and the seeds of heather are the principal food of the red grouse, and ripe seeds of heather are eaten by many species of birds

Element: Water

Gender: Feminine

Planet: Venus

Zodiac: Gemini

Magical Properties

Pick a sprig of white Heather at midnight, place it in a glass of river water in the darkest corner of your home. Sit and think of a departed loved one and it is said that the loved one's shadow will visit you.

Heather can be used at Midsummer to promote love. Carry red Heather for passion or white Heather for cooling the passion of unwanted suitors. Heather is also often worn or carried as a good luck charm.

Medicinal Properties

This herb is an ancient remedy for urinary tract problems. It is thought to be good for inflammation of the urinary passages, prostate problems, such as prostate enlargement, bladder ailments and kidney stones.

Tea made from the flowers is used as an herbal remedy for diarrhea, stomach pain and colic. In the form of tea, it can act as a mild sedative and as a sleep aid. Colds and coughs have been treated with an herbal infusion made from the flowering shoots.

Contraindications: *Heather can act as a diuretic so it is not wise to overdo the intake of the tea before going to bed.*