

Chickweed Is a Star
Nutrition – Susan S. Weed
Pathways #41, page 72



Talking Points

- ❖ Chickweed—*Stellaria media*—means “little stars.” This bright green creeping plant helps us when we need to “gently dissolve something or to cool off inflamed tissues.”
- ❖ Chickweed contains a soapy substance, called saponins. These “emulsify and increase the permeability of cellular membranes.” They help us absorb nutrients, dissolve and breakdown unwanted matter, “including disease-causing bacteria, cysts, benign tumors, thickened mucus in the respiratory and digestive systems, and excess fat cells.”
- ❖ Susan Weed explains how to make a tea, a tincture or a poultice with dried and fresh chickweed. She also gives a great recipe for a salad using fresh chickweed.
- ❖ She reminds us that if you are using chickweed to dissolve a cyst or benign tumor, it is a slow process which requires consistency. It also requires fresh, not dried, plant material.
- ❖ Susan Weed explains her belief that “sub-clinical inflammations are responsible for many of the chronic problems we have, including joint pain, digestive upsets, blood vessel disease, memory problems, and even some cancers. Regular use of chickweed takes the heat out and allows optimum functioning.”

Resources

Interested in learning how to identify Chickweed? It grows in shady areas in many yards and fields.

<http://www.wikihow.com/Identify-Chickweed>

“*Stellaria media*” Plants for a Future.

<http://www.pfaf.org/user/Plant.aspx?LatinName=Stellaria+media>