

Slippery Elm

Botanical Name: *Ulmus rubra*

Family: Ulmaceae

Energetics: Cooling, demulcent

Taste: Mucilaginous, mild, slightly sweet

Actions: Demulcent, digestive support, throat and mucous membrane soothing, anti-inflammatory

Overview

Slippery Elm is traditionally used as a gentle, cooling demulcent to soothe digestive tract irritation, support mucous membranes, and provide relief for sore throats and coughs.

Uses

Internal Uses

- Soothes the digestive tract and mild inflammation
- Supports throat and mucous membrane health
- Mild anti-inflammatory and nutritive properties

External Uses

- Poultices for skin irritation or inflammation
- Bath infusions for soothing skin conditions

Medication Interactions

- May slow absorption of oral medications; take separately from other drugs
- Generally safe

Contraindications

- Pregnancy: generally safe
- Children: safe in teas and poultices
- Allergy to Ulmaceae family

Caution & Safety

- Moderate internal use recommended
- Avoid taking simultaneously with oral medications without spacing

Herbal Pairings

Blends Well With

- Marshmallow Root (demulcent synergy)
- Chamomile (soothing and anti-inflammatory)
- Lemon Balm (mucous membrane support)

Avoid Combining With

- Oral medications at the same time (space doses by 1-2 hours)

Possible Side Effects

- Rare allergic reactions
- Mild digestive upset if overconsumed

Forms & Dosage

Tea / Infusion

- 1-2 tsp powdered bark per cup water
- Steep 10-15 minutes
- 1-3 cups daily

Tincture (1:5)

- 2-4 mL, 1-2 times daily

External / Poultice

- Apply as needed to skin or mucous membrane areas

Notes

Slippery Elm is a gentle, cooling demulcent ideal for soothing the digestive tract, throat, and mucous membranes. Use in teas, tinctures, or poultices.

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