

White Willow Bark

Botanical Name: *Salix alba*

Family: Salicaceae

Energetics: Cooling, astringent

Taste: Bitter, slightly astringent

Actions: Analgesic, anti-inflammatory, antipyretic, mild sedative, circulatory support

Overview

White Willow Bark is traditionally used for pain relief, inflammation reduction, and mild fever management. It contains natural salicylates, which are chemically related to aspirin, and supports circulatory and musculoskeletal health.

Uses

Internal Uses

- Pain relief (headache, joint, muscle)
- Anti-inflammatory support
- Mild fever reduction
- Circulatory support

External Uses

- Infused oils or poultices for sore muscles or joint pain
 - Bath infusions for aches and inflammation
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Medication Interactions

- Avoid with anticoagulants or antiplatelet medications
 - Avoid with NSAIDs or aspirin
 - Caution if diabetic or taking blood pressure medications
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Contraindications

- Pregnancy: avoid medicinal doses
- Children under 12: avoid (risk of Reye's syndrome)
- Allergy to Salicylates or aspirin



Caution & Safety

- Moderate internal use only
 - Avoid combining with other salicylate-containing medications
 - Monitor for stomach irritation or bleeding tendencies
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Herbal Pairings

Blends Well With

- Turmeric (anti-inflammatory synergy)
- Ginger (circulatory and digestive support)
- Devil's Claw (musculoskeletal support)

Avoid Combining With

- Aspirin, NSAIDs, or anticoagulants without supervision
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Possible Side Effects

- Stomach upset or bleeding
 - Allergic reactions in sensitive individuals
 - Tinnitus if overconsumed
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Forms & Dosage

Tea / Decoction

- 1–2 tsp dried bark per cup water
- Simmer 10–15 minutes
- 1–2 cups daily

Tincture (1:5)

- 2–4 mL, 1–2 times daily

External / Poultice or Infused Oil

- Apply to sore joints, muscles, or skin as needed
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Notes

White Willow Bark is a cooling, analgesic herb ideal for pain and inflammation support. Use cautiously internally, and externally for musculoskeletal relief.

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