



# WILD CHERRY BARK

*Prunus serotina*

## Quick Guide for Herbal Practice

### RESPIRATORY REGULATION

- Calms persistent dry coughs and respiratory tension
- Moderates reflex overactivity and irritation

### PREPARATIONS

- **Syrup** Traditional preparation for soothing and regulating persistent coughs
- **Herbal Tea** Prepared as a decoction to support respiratory balance
- **Tincture** Preserved preparation for long-term respiratory support
- **Powder** Occasionally used in blended formulations

### KEY CONSTITUENTS

- **Cyanogenic Glycosides (Prunasin)** Regulation of cough reflexes and respiratory rhythm
- **Flavonoids** Antioxidant and tissue-supportive activity
- **Tannins** Contributing mild astringent and calming qualities
- **Bitter Principles** Supporting digestive and systemic tone
- **Volatile Compounds** Supporting respiratory soothing qualities

### WILD CHERRY TEMPERS OVERACTIVITY

Moderates persistent cough cycles and restless respiratory reflexes, returning overstimulated pathways to a state of quiet balance.