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Cultivation

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Botany

Botany

Botany

From Wikipedia

"Plant biology" (Functional Plant Biology).

For other uses - Botany and Botanic.

Botany, plant science(s), or plant biology (from Ancient Greek β ο τ ν η botane,"pasture, grass, β σ κ ε ι ν boskein, "to feed or to graze"), a discipline of biology, is the science of plant life. It includes the study of fungi, algae, and viruses. A **botanist** is a person engaged in the study of **b**

Botany covers a wide range of scientific disciplines including structure, growth, reproduction, metabolism, development, and relationships among taxonomic groups.

Botany began with early human efforts to identify edible, medicinal and poisonous plants, making it one of the oldest branches about 400,000 species of living organisms.

The beginnings of modern-style classification systems can be traced to the 1500s–1600s when several attempts were made. In the 20th centuries, major new techniques were developed for studying plants, including microscopy, chromosome counting, and in the decades of the 20th century, DNA was used to more accurately classify plants.

Botanical research focuses on plant population groups, evolution, physiology, structure, and systematics. Subdisciplines of botany include horticulture, and paleobotany.

Insertion:

<http://en.wikipedia.org/wiki/Paleobotany>

Paleobotany, also spelled as **palaeobotany** (from the Greek words *paleon* = old and "botany", study of plants), is the branch of paleontology or paleobiology dealing with the recovery and biological contexts, and their use for the biological reconstruction of past environments (paleogeography), plants, with a bearing upon the evolution of life in general. A synonym is **palaeophytology**. Paleobotany includes, as well as the study of prehistoric marine photoautotrophs, such as photosynthetic algae, seaweeds and cyanobacteria, which is the study of fossilized and extant spores and pollen.

Paleobotany is important in the reconstruction of ancient ecological systems and climate, known as paleoecology and paleoclimatology respectively; and is fundamental to the study of plant development and evolution. Paleobotany has also become important to the field of archaeology, primarily through its application in dendrochronology and in paleoethnobotany.

Key scientists in the history of botany include Theophrastus, Ibn al-Baitar, Carl Linnaeus, Gregor Johann Mendel, and Norman

History of botany

Early botany

The history of botany includes many ancient writings and classifications of plants found in several early cultures.

Examples of early botanical works have been found in ancient sacred texts from India, ancient Zoroastrian writings, and an

Modern botany traces its roots back more than twenty three centuries, to the Father of Botany, Theophrastus (c. 371–287 BC) described many of the principles of modern botany. His two major works, Enquiry into Plants and On the Causes of Plants c botanical science during **antiquity**

Antiquity (noun) and **ancient** (adjective of antiquity, or obsolete noun for an old person) may refer to:

- Any period before the **Middle Ages** (476–1453), but still within the period of **Western civilization-based human history** or **prehistory**. The term is most often used of **Classical antiquity**, the classical civilization of **Ancient Greece** and **Ancient Rome**.

and the Middle Ages, and held that position for some seventeen centuries after they were written.

Also from Greece, Pedanius Dioscorides, in the middle of the first century, wrote De Materia Medica, a five-volume encyclopedia that was widely read for more than 1,500 years.

Works from the **medieval**

In European history, the Middle Ages, or **Medieval** period, lasted from the 5th to the 15th century. It began with the collapse of the Western Roman Empire and the Age of Discovery.

Muslim world included Ibn Wahshiyya's Nabatean Agriculture, **Abū** **Yū** **ʿ** **Alī** **fa** **Dī** **nawarī**'s (828 - 896) the Book of Plants. In the early 13th century, **Abu al-Abbas al-Nabati**, and **Ibn al-Baitar** (d. 1248) also wrote on botany.

Early modern botany

By the 18th century an increasing number of new plants had arrived in Europe from newly discovered countries and the number of plants became available for study.

00001. Botanical guides from this time were sparsely illustrated. In 1754 Carl von Linné (Carl Linnaeus) divided the plant

00002. http://en.wikipedia.org/wiki/Taxonomy_%28biology%29

There is no generally accepted definition of algae. One definition is that algae "have chlorophyll as their primary photosynthetic covering of cells around their reproductive cells". Other authors exclude all prokaryotes and thus do not consider cyanobacteria.

Algae constitute

a polyphyletic group since they do not include a common ancestor, and although their plastids seem to have a common origin, they were acquired in different ways. Green algae are examples of algae that have primary chloroplasts derived from an endosymbiotic cyanobacterium. Diatoms are examples of algae with secondary chloroplasts derived from an endosymbiotic

and fungi.

<http://www.microbiologyonline.org.uk/about-microbiology/introducing-microbes/fungi>

Fungi can be single celled or very complex multicellular organisms. They are found in just about any habitat but most live on the land, mainly in fresh water. A group called the decomposers grow in the soil or on dead plant matter where they play an important role in the cycling of carbon. Some fungi cause diseases such as mildews, rusts, scabs or canker. In crops fungal diseases can lead to significant monetary loss for the farmer. A very common one in humans these include skin diseases such as athlete's foot, ringworm and thrush.

00004. <https://www.google.co.za/#q=cryptogamia>

A cryptogam is a plant that reproduces by spores, without flowers or seeds. "Cryptogamae" means hidden reproduction, referring to the fact that they do not represent the non-seed bearing plants.

The ideas of natural selection as a mechanism for evolution required adaptations to the Candolle system, which started the phylogenetic classifications of plants.

Botany was greatly stimulated by the appearance of the first "modern" text book, Matthias Schleiden's Grundzüge der Wissenschaftlichen Botanik as Principles of Scientific Botany.

The cell nucleus was discovered by Robert Brown in 1831.

Modern botany

A considerable amount of new knowledge today is being generated from studying model plants like *Arabidopsis thaliana*.

Arabidopsis thaliana is a small flowering plant native to Eurasia. A winter annual with a relatively short life cycle, *Arabidopsis* is a popular model organism. [Wikipedia](#)

Scientific name: *Arabidopsis thaliana*

Higher classification: *Arabidopsis*

Rank: Species

Lower classifications: arabidopsis apetala

00001. <https://www.google.co.za/#q=Arabidopsis+thaliana>

This weedy species in the mustard family (Brassicaceae) was one of the first plants to have its genome sequenced. The sequenced relatively small genome, and a large international research community have made rice an important cereal/grass/**monocot** model plant.

00001. Brachypodium distachyon

Plant

Brachypodium distachyon, commonly called purple false brome, is a grass species native to southern Europe, northern Africa and southwest Asia.

Scientific name: Brachypodium distachyon

Rank: Species

Higher classification: Brachypodium

is also an experimental model for understanding genetic, cellular and molecular biology.

Other commercially important staple foods like wheat, maize, barley, rye, pearl millet and soybean

00001. Soybean

Legume

The soybean or soya bean is a species of legume native to East Asia, widely grown for its edible bean which has numerous uses. The plant is a member of the Fabaceae family. UN Food and Agricultural Organization. Wikipedia

Polyploidy and novelty in flowering plants

DA Levin - American Naturalist, 1983 - JSTOR

The role of **polyploidy** per se in the development of evolutionary novelty remains one of the outstanding questions in flowering **plant** evolution. Since chromosome doubling usually is associated with hybridization, the effects of doubling are difficult to uncouple from those of ...

are also having their genomes sequenced.

Some of these are challenging to sequence because they have more than two haploid (n) sets of chromosomes, a condition known as polyploidy.

Polyploidy in plants

JA Tate, DE Soltis, PS Soltis - The evolution of the genome, 2005 - books.google.com

According to the classic definition of Grant (1981, p. 283), which actually traces back to

research conducted in the early 1900s (eg, Winkler, 1916; Winge, 1917), **polyploidy**

represents "the formation of a higher chromosome number... by the addition of extra whole ...

A green alga, *Chlamydomonas reinhardtii*, is a model organism that has proven important in advancing knowledge of cell bi

In 1998 the Angiosperm Phylogeny Group published a phylogeny of flowering plants based on an analysis of DNA sequenc
a result of this work, many of the questions such as which families represent the earliest branches of angiosperms have now

Investigating how plant species are related to each other allows botanists to better understand the process of evolution in pla

Despite the study of model plants and increasing use of DNA evidence, there is ongoing work and discussion among taxono
various taxa.

Scope and importance of botany

Molecular, genetic and biochemical level through organelles, cells, tissues, organs, individuals, plant populations, and comm
that are studied. At each of these levels a botanist might be concerned with the classification (taxonomy), structure (anatomy
of plant life.

Historically, all living things were grouped as either animals or plants, and botany covered the study of all organisms not co
considered to be organisms that obtain their energy from sunlight by means of photosynthesis and some closely related, chlc

Other organisms previously included in the field of botany include bacteria, (studied in bacteriology), fungi, (mycology) inc
non-chlorophyte algae (**phycology**) and viruses (virology). However, attention is still given to these groups by botanists, and
protists are usually covered in introductory botany courses.

The study of plants is vital because they are a fundamental part of life on Earth, which generates the oxygen and food that al

Through photosynthesis, plants absorb carbon dioxide, a greenhouse gas that in large amounts can affect global climate.

Just as importantly for us, plants release oxygen into the atmosphere during photosynthesis. Additionally, they prevent soil e
Plants are crucial to the future of human society as they provide food, oxygen, medicine, and products for people; as well as

Paleobotanists study ancient plants in the fossil record. It is believed that early in the Earth's history, the evolution of photos
of the earth, changing the ancient atmosphere by oxidation.

Human nutrition

Nearly all the food we eat comes (directly and indirectly) from plants.

Virtually all foods come either directly from plants, or indirectly from animals that eat plants.

Plants are the fundamental base of nearly all food chains because they use the energy from the sun and nutrients from the soil in a form that can be consumed and utilized by animals; this is what ecologists call the first **trophic level**

Trophic levels

www.bcb.uwc.ac.za/sci_ed/grade10/ecology/trophics/troph.htm

Trophic levels are the feeding position in a food chain such as primary producers, herbivore, primary carnivore, etc.

00001. Who eats what in the food chain? Trophic levels of food chains

00002. eschooltoday.com/ecosystems/ecosystem-trophic-levels.html

The **levels** of a **food chain** (food pyramid) is called **Trophic levels**. ... **ecology** space ... Green plants, usually the **first level** of any **food chain**

Botanists also study how plants produce food we can eat and how to increase yields and therefore their work is important in providing food security for future generations, for example, through plant breeding.

Botanists also study weeds, plants which are considered to be a nuisance in a particular location. Weeds are a considerable part of some of the basic science used to understand how to minimize 'weed' impact in agriculture and native ecosystems.

Ethnobotany is the study of the relationships between plants and people. When this kind of study is turned to the investigation of ancient plants it is referred to as **archaeobotany** or paleoethnobotany.

Fundamental life processes

Botanical research has long had relevance to the understanding of fundamental biological processes other than just botany.

Fundamental life processes such as cell division and protein synthesis can be studied using plants without the moral issues that arise with animals or humans.

Gregor Mendel discovered the genetic laws of inheritance in this fashion by studying *Pisum sativum* (pea) inherited traits such as

The pea is most commonly the small spherical seed or the seed-pod of the pod fruit *Pisum sativum*. Each pod contains several peas. Peas are developed from the ovary of a flower. Wikipedia

What Mendel learned from studying plants has had far reaching benefits outside of botany.

Similarly, 'jumping genes' were discovered by Barbara McClintock while she was studying maize.

Medicine and materials

Many medicinal and recreational drugs, like tetrahydrocannabinol, caffeine,

www.ch.ic.ac.uk/vchemlib/mim/bristol/thc/thc_text.htm

Formula: C₂₁H₃₀O₂

Tetrahydrocannabinol (THC) is the active chemical in cannabis and is one of the oldest hallucinogenic drugs known.

and nicotine come directly from the plant kingdom.

Others are simple derivatives of botanical natural products; for example, the pain killer aspirin is derived from salicylic acid willow trees.

As well, the narcotic analgesics such as morphine are derived from the opium poppy.

There may be many novel cures for diseases provided by plants, waiting to be discovered.

Popular stimulants like coffee, chocolate, tobacco, and tea also come from plants.

.Most alcoholic beverages come from fermenting plants such as barley (beer), rice (sake) and grapes (wine).

Hemp, cotton, wood, paper, linen, vegetable oils, some types of rope, and rubber are examples of materials made from plant

Silk can only be made by using the mulberry plant.

Sugarcane, rapeseed, soy are some of the plants with a highly fermentable sugar or oil content which have recently been put important alternatives to fossil fuels (biodiesel).

Environmental changes

In many different ways, plants can act a little like the 'miners' canary', an early warning system alerting us to important changes that provide understanding of changes in the environment:

Plant systematics and taxonomy are essential to understanding habitat destruction and species extinction.

Ultraviolet radiation causes changes in plants which help in studying problems like ozone depletion.

Analyzing pollen found in fossils and sediment from thousands or millions of years ago allows reconstruction of past climate essential to climate change research.

Study of plant life cycles is an important part of **phenology**, which is used in climate-change research.

Ecology

The biology of a population is greater than the collective biologies of its individuals. Multiple members of the same species in different populations in proximity constitute a community, which in conjunction with its non-living environment constitute

An **ecosystem** is a community of living organisms (plants, animals and microbes) in conjunction with the nonliving components of their environment interacting as a system.

The relation of each organism to all other organisms and factors in its habitat and environment make up its ecology. This includes metabolism, diversity, fitness, adaptation, climate, water, and soil condition.

The conditions that constitute an organism's life cycle is its habitat. Both negative and beneficial interactions with other organisms are part of this cycle.

Herbivores eat plants, but plants can also defend themselves. Some other organisms form beneficial relationships with plants, such as **mycorrhizal fungi** that provide nutrients, and honey bees that pollinate flowers.

A **biome** is a large part of the earth that has very similar **abiotic and biotic** factors.

www.blueplanetbiomes.org/world_biomes.htm

What is a **Biome**? A **biome** is a large geographical area of distinctive plant and animal groups, which are adapted to that particular environment.

factors,

http://www.diffen.com/difference/Abiotic_vs_Biotic

Abiotic factors refer to non-living physical and chemical elements in the ecosystem. Abiotic resources are usually obtained from the lithosphere. Abiotic factors are water, air, soil, sunlight, and minerals.

Biotic factors are living or once-living organisms in the ecosystem. These are obtained from the biosphere and are capable of reproduction. Biotic factors include plants, fungi, and other similar organisms.

climate, and geography, creating a typical ecosystem over that area that is characterized by its dominant plants. Examples include the tundra, desert, and rainforest.

Evolution

DNA provides the information for a plant's structure, metabolism, and biology. Genetics is the science of inheritance and the study of how traits are passed from one generation to the next.

The same basic laws of genetics apply to both plants and animals. In sexual reproduction, offspring are often more fit than their parents because they inherit a combination of genes from both parents.

Mutations and natural selection result in a species acquiring new traits and eventually evolving into one or more new species.

Population genetics is the study of allele frequency distribution and change under the influence of the four main evolutionary forces: mutation, natural selection, genetic drift, and gene flow.

Changes can also be caused by natural events such as a large meteor hitting Earth and selective breeding (artificial selection).

Since the mid-20th century, there has been considerable debate over how the earliest forms of life evolved and how to classify domain levels and organisms that are or have been considered bacteria. For example, the three-domain system separates Archaea from the single kingdom Monera (bacteria). Archaea was separated because it was shown to have a different evolutionary history

However, Thomas Cavalier-Smith rejects the three-domain system and places the Archaea as a sub-kingdom of Bacteria.

"Archaeobacteria." World Encyclopedia. 2005. Encyclopedia.com. 3 Nov. 2014 <<http://www.encyclopedia.com>>.

Archaeobacteria Sub-kingdom of the kingdom

Prokaryote, which, on the basis of both RNA and DNA composition and biochemistry, differs significantly from or resemble ancient bacteria that first arose in extreme environments such as sulphur-rich, deep-sea vents. Archaeobacteria have unique protein-like cell walls and cell membrane chemistry, and distinct from photosynthetic bacteria, which use simple organic compounds such as methanol and acetate as food, combine hydrogen gas from the air, and releasing methane as a by-product. The bacteria of hot springs and saline areas have a variety of ways of obtaining food and energy from a wide range of organic compounds. They include both aerobic and anaerobic bacteria. Some hot springs bacteria can tolerate high temperatures and acidities as low as pH 0.9. One species, Thermoplasma, may be related to the ancestor of the nucleated eukaryote cells. Some taxonomists consider archaeobacteria to be so different from other living organisms that they have proposed a new domain called Archaea. See also taxonomy

Cyanobacteria

Bacteria

Cyanobacteria, also known as Cyanophyta, is a phylum of bacteria that obtain their energy through photosynthesis. The name "cyanobacteria" is derived from the Greek word "cyanos" (blue) and "bacteria" (rod).

were once believed to be related to algae and hence studied by botanists. Even now they are studied by both botanists and biologists (Myceteae)

http://pachamamatrust.org/f2/1_K/SB_biology/Nd_fungi_macro_KSB.htm

Fungi categories:

↳ **Micro**

- molds
- yeast

↳ **Macro**

- mushrooms
- toadstools (poisonous mushrooms)

Definition

The Kingdom Mycophyta/Fungi (Myceteae): multicellular eukaryota with absorptive heterotrophic (osmophilic) nutrition.

However, there is no undisputed definition of fungi, so here are the sum of properties:

↳ **eukaryotic:**

nucleus is contained within its own membrane

↳ **achlorophyllous:** achlorophyllous (= without chlorophyll) with unique absorptive nutrition

↳ **spore-bearing** (Non-vascular plants also spore.)

↳ **reproducing usually asexually and sexually**

↳ **chitin or cellulose cell walls:** Their usually filamentous, branched vegetative structures are typically surrounded by cell walls made up of chitin or cellulose, complex organic molecules.

The fungi are clearly delineated from the plants and other autotrophs because the vegetative body or thallus of the fungus, even when it forms tissues, is not important of all, has no specialised vessels for internal transport of nutrients.

While closer to animals than plants, fungi are different from the metazoa in many ways. They are eukaryotic organisms and, in contrast to monerans (prokaryotes), their nuclei are surrounded by nuclear membrane and containing chromosomes.

The fungi are chemo-organo-trophic organisms, having no chlorophylls and performing no function like photosynthesis. They cannot use carbon dioxide as a source for organic carbon.

Whether the fungi represent a single phylum of organisms with a common ancestor is a matter of debate among students for their phylogeny and classification. Unicellular structures, whose single cell becomes the organ of reproduction to massive perennial mycelia giving rise to great fructification as in some of the algae, and the saprophytic or parasitic mode of life, these two extremes have no single character in common: manner of reproduction, structure of vegetative body.

The simplicity of one type of fungus might indicate either a lower position in evolutionary hierarchy, or simplification from a complex organization. The

were once considered plants but there is now uncertainty about how to classify them.

The various divisions of algae are also taxonomically problematic as some are more clearly linked to plants than others. The biochemistry, pigmentation, and nutrient reserves show that they diverged very early in evolutionary time.

The division **Chlorophyta** (green algae) is considered the ancestor of true plants.

<https://www.google.co.za/#q=Chlorophyta>

Chlorophyta is a division of green algae, informally called chlorophytes. The name is used in two very different senses, so care is needed to determi

Non-vascular plants are **embryophytes**

<http://en.wikipedia.org/wiki/Embryophyte>

Embryophyte

The **Embryophyta**, or **Metaphyta**, are the most familiar subkingdom of green plants that form vegetation on earth. The embryophytes include hornworts, liverworts, mosses, and angiosperms, but exclude the green algae. The Embryophyta are informally called land plants because they live primarily on land. All related green algae are primarily aquatic. All are complex multicellular eukaryotes with specialized reproductive organs. The name derives from their innovative characteristic of developing a multicellular embryo during the early stages of its multicellular development within the tissues of the parent gametophyte. Embryophytes obtain their energy by photosynthesis, that is by using the energy of sunlight to synthesize their food fi

that do not have **vascular tissue**:

<https://www.google.co.za/#q=vascular+tissue>

Vascular tissue is a complex conducting tissue, formed of more than one cell type, found in vascular plants. The primary components of vascular tissue are xylem and phloem. These two tissues transport fluid and nutrients internally.

mosses, liverworts,

http://www.biology4kids.com/files/plants_moss.html

Mosses and liverworts

and hornworts.

Many plants that are called "moss" are not true mosses. For example, Spanish moss (*Tillandsia usneoides*) is actually in the Bromeliaceae (pineapple) fam

Nonvascular plants do not have xylem nor phloem. After the development of xylem and phloem, vascular plants developed along two lines: cryptogams and spermatophytes, which reproduce by seed. The spermatophytes further developed into gymnosperms, plants that produce seeds not enclosed in an ov:

Modern gymnosperms include conifers, cycads, Ginkgo, and Gnetales. Gymnosperms are the ancestors of the Angiosperms or flowering plants which pro

Limited in Size

Without a vascular system, mosses, and liverworts cannot grow very large. If you have seen mosses, you know that they are rarely taller than one inch high. Another important characteristic of these little guys is that they require water to their low place in plant evolution. While all plants need water, mosses and bryophytes need droplets of water to enable them to grow. They are all known as the bryophytes.

Mosses

With no vascular tissues, mosses thrive in areas high in moisture.

Mosses reproduce with spores that mature in capsules.

Let's start with mosses. These are waxy little plants with no leaves and no stem that use each other to stay upright. Their stems are one little moss plant; it's always a group. That grouping also helps them retain water in the area. A waxy covering across the stems helps prevent evaporating. You will usually find them in moist areas out of the direct sunlight.

Good Worts

We'll cover liverworts and hornworts together. If you can believe it, the worts are even simpler than mosses. These are called thallophytes and often grow flat along the ground in large leaf-like structures. None of the bryophytes have roots. They all have rhizoids (root-like structures). Like mosses, they are found in very moist areas, and some species even spend their whole lives in the water.

Physiology

Five key areas of study within plant physiology.

Plant physiology encompasses all the internal chemical and physical activities of plants associated with life. Sunlight, either through photosynthesis, and respiration, is the basis of all life.

Photoautotrophs

Photoautotrophs are organisms that carry out photosynthesis. Using energy from sunlight, carbon dioxide and water are converted into organic matter through photosynthesis and respiration.

Photoautotrophs gather energy directly from sunlight. This includes all green plants, cyanobacteria and other bacteria that can photosynthesize.

Photosynthesis

The process by which

green plants and certain other organisms transform light energy into chemical energy. During photosynthesis it is used to convert water, carbon dioxide, and minerals into oxygen and energy-rich organic compounds.

Heterotrophs

take in organic molecules and respire them. This includes all animals, all fungi, all completely parasitic plants,

Parasitic plant

A parasitic plant is one that derives some or all of its nutritional requirements from another living plant. Wikipedia

and non-photosynthetic bacteria.

<http://www.whatarebacteria.com/photosynthetic-bacteria/>

The purple photosynthetic bacteria and their relatives constitute a major "phylum" of eubacteria, within which there are three recognized subdivisions: subject of the present communication, comprises three major subgroups, gamma-1, gamma-2 and gamma-3. Gamma-1 contains the purple photosynthetic bacteria (the rhodospirillum and the ectothiorhodospiras) as well as the non-photosynthetic species Nitrosococcus oceanus (not related to other species of that genus) those organisms implicated in Legionnaire's disease. Gamma-3 is a pot pourri of non-photosynthetic species — the enterics, vibrios, various pseudomonads, Beggiatoa, and others.

Respiration is the oxidation of carbon whereby it is broken down into simpler structures; essentially the opposite of photosynthesis.

Transport processes are those by which molecules are moved within the organism, such as: membranes transporting materials and electrons. This is how minerals and water get from roots to other parts of the plant.

Diffusion,

osmosis, and active transport are different ways transport can occur. Examples of elements that plants need are: nitrogen, phosphorus, potassium, calcium, magnesium, iron, and zinc. Chemicals from the air, soil, and water in combination with sunlight form the basis of plant metabolism.

Most of these elements come from minerals in a process called mineral nutrition. Few plants live in stable unchanging environments of environmental factors, including changes in temperature, light and moisture.

The better a plant can cope with these changing conditions, the more likely it is to be able to survive over both the short and wider geographic range.

Structure

Plant anatomy is the study of the internal cells and tissues of a plant; whereas plant **morphology**

dictionary.reference.com/browse/morphology

the branch of biology dealing with the form and structure of organisms. 2. the form and structure of an organism considered as a whole

is the study of their general and external form.

Understanding the structure and function of cells is fundamental to all of the biological sciences.

All organisms have cells, the cell types are unique and their nuclei store most of the DNA.

Cell biology studies their structural and physiological properties.

This includes responses to stimuli, reproduction, and development on the macroscopic scale, microscopic scale, and molecular scale. The relationship between the function of a cell are quite varied.

Plant cells are **eukaryotic**,

<http://dictionary.reference.com/browse/eukaryotic>

Eukaryote

any organism having as its fundamental structural unit a cell type that contains specialized organelles in the cytoplasm, a membrane organized into chromosomes, and an elaborate system of division by mitosis or meiosis, characteristic of all life forms except bacterial micro-organisms.

ie, have a membrane-encased **nucleus**

<http://biology.about.com/od/geneticsglossary/g/Nucleus.htm>

The

[nucleus](#) is a membrane bound structure that contains the cell's hereditary information and controls the cell. It is only the most prominent organelle in the [cell](#).

The nucleus is surrounded by a structure called the nuclear envelope. This membrane separates the contents of the nucleus from the [cytoplasm](#). The cell's [chromosomes](#) are also housed within the nucleus. Chromosomes contain [DNA](#) which provides the instructions for the production of other cell components and for the reproduction of life.

that carries genetic material.

With rare exceptions, plant cells also have a central vacuole, cytoplasm, cytosol, dictyosomes, endoplasmic reticulum, mitochondria, plasma membrane, plastids, protoplasm, ribosomes, storage products, and a cell wall. Cells divide by process

<https://wikispaces.psu.edu/display/bio110/mitosis#Mitosis-Cytokinesis>

Cytokinesis

Cell division includes the division of chromosomes (karyokinesis), as well as the division of the cytoplasm (cytokinesis). Reformat daughter cell chromosomes marks the completion of karyokinesis. However, cell division is not complete until the cytoplasm has divided (cytokinesis begins during telophase).

The process of karyokinesis has been conserved throughout evolution. However, cytokinesis can be accomplished in more than one way but constraints on cytoplasmic partitioning.

The body of a plant contains three basic parts: roots, stems, and leaves. Roots anchor it to the ground, gather water and mine hormones. Roots which spread out close to the surface, such as those of willows, can produce shoots and ultimately new plants.

<http://en.wikipedia.org/wiki/Taproot>

In a plant with a taproot system, the taproot is the largest, most central, and most dominant root. Typically a taproot is somewhat straight and very thick, is tapering in shape, and grows directly downward. The taproot is the central root from which other roots sprout laterally.

such as those of beets and carrots, store carbohydrates. Stems provide support to the leaves and store nutrients. Leaves gather water and nutrients. Flat, flexible, green leaves are called foliage leaves.

Gymnosperms are seed-producing plants which have open seeds, such as **conifers**,

00001. en.wikipedia.org/wiki/Pinophyta

The conifers, division Pinophyta, also known as division Coniferophyta or Coniferae, are one of 12 extant division-level taxa within the Kingdom Plantae.

00002. simple.wikipedia.org/wiki/Conifer

Conifers are Gymnosperms. They are cone-bearing seed plants with vascular tissue; all living **conifers** are woody plants, the great majority being trees.

<http://dictionary.reference.com/browse/conifer>

any of numerous, chiefly evergreen trees or shrubs of the class **Coniferinae** (or group Coniferales), including the pine, fir, spruce, cedar, larch, and juniper, also the yews and their allies that bear drupelike seeds.

http://wwf.panda.org/about_our_earth/ecoregions/about/habitat_types/habitats/coniferous_forests/

[Coniferous Forests](#)

[Evergreen regions](#)

Coniferous forests are made up mainly of cone-bearing or coniferous trees, such as spruces, hemlocks, pines and firs. The leaves of these trees are evergreen all year around (evergreen). All are softwoods able to survive cold temperatures and acidic soil.

Coniferous forests are found mainly in the northern hemisphere, although some are found in the southern hemisphere.

The northern coniferous forests are called taiga or boreal forests. They cover vast areas of North America from the Pacific to the Atlantic, and range across Asia through Siberia and Mongolia to northern China and northern Japan.

Short summers and long winters

Coniferous trees thrive where summers are short and cool and winters long and harsh, with heavy snowfall that can last as long as 6 months. The snow prevents water loss in freezing weather and the branches are soft and flexible and usually point downwards, so that snow slides off them. Larches are the coldest regions. Unusually for coniferous trees they are deciduous, that is they shed their leaves in winter.

Coniferous trees such as cypresses, cedars and redwoods are found in warmer regions.

Life on the forest floor

Even evergreen trees eventually shed their leaves and grow new ones. The needles fall to the forest floor and form a thick springy mat. Thread-like fungi provide nutrients from the decomposed needles back to the roots of the trees. But because pine needles do not decompose easily

These forests grow under widely differing conditions of climate and soil - from the tropics to the subarctic, and from heavy clays to poor sands. However, in a winter climate. The trees of the taiga grow at the highest latitude of any forest. The most common are spruce, pine and firs.

Reach for the sky!

Cypresses, cedars and redwoods grow upright; the tallest of them can reach 20m in height. The trees are usually pyramid-shaped. Short, lateral branches are flexible that the snow simply slides off. The leaves are small, hard and evergreen.

Little light penetrates the thick canopy of trees to reach the forest floor. Because of this gloom, only ferns and a few herbaceous plants grow here. Mosses grow on the forest floor and grow on tree trunks and branches. There are few flowering plants.

cycads, Ginkgo, and **gnetophyta**.

• en.wikipedia.org/wiki/Gnetophyta

The plant division **Gnetophyta** or gnetophytes consists of three genera of woody plants grouped in the gymnosperms. The living **Gnetophyta** comprise (family Gnetaceae), Welwitschia (family Welwitschiaceae), and Ephedra (family Ephedraceae)

www.memidex.com/gnetophyta

"**Gnetophyta**" definition: a taxonomic group of gymnospermous flowering plants. supposed link between conifers and angiosperms.

Angiosperms are seed-producing plants that produce flowers, having enclosed seeds. **Some of the gymnosperms became the**

Woody plants, such as azaleas and oaks, undergo a secondary growth phase resulting in two additional types of tissues: wood (**phloem and cork**). All gymnosperms and many angiosperms are woody plants. Some plants reproduce sexually, some **asexually**.

Systematics

Scientific classification in botany is a method by which botanists group and **categorize organisms by biological type, such as a form of scientific taxonomy**. Modern taxonomy is rooted in the work of Carolus Linnaeus, who grouped species according

These groupings have since been revised to improve consistency with the Darwinian principle of common descent. While scientists classify organisms, molecular **phylogenetics**, which uses DNA sequences as data, has driven many recent revisions along with molecular systematics to continue to do so.

Botanical classification belongs to the science of plant systematics. The dominant classification system is called the Linnaean **nomenclature**. The classification, taxonomy, and nomenclature of botanical organisms is administered by the **International Code of Botanical Nomenclature (ICBN)**.

The five-kingdom system has largely been superseded by modern alternative classification systems. Textbooks generally use the following kingdoms: Archaeobacteria (originally Archaeobacteria); Bacteria (originally Eubacteria); Eukaryota (including protists, fungi, plants, and animals). These are based on differences in the chemical composition of the cell exteriors and **ribosomes**.

Further, each kingdom is broken down recursively until each species is separately classified. The order is: Domain; Kingdom; Phylum; Class; Order; Family; Genus; Species. The scientific name of an organism is generated from its genus and species, resulting in a single world-wide name. For example, the Lily is listed as *Lilium columbianum*. *Lilium* is the **genus**, and *columbianum* the specific **epithet**. When writing the scientific name, capitalize the first letter in the genus and put all of the specific epithet in lowercase. Additionally, the entire term is ordinarily italicized. The study of similarities among different species.

Subdisciplines of botany

Agronomy — Application of plant science to crop production

Bryology — Mosses, liverworts, and hornworts

Cryptobotany — Study of plants largely considered nonexistent

Dendrology — Study of woody plants, shrubs, trees and **lianas**

Economic botany — Study of plants of economic use or value

Ethnobotany — Relationship between humans and plants

Forestry — Forest management and related studies

Horticulture — Cultivated plants

Lichenology — **Lichens**

Mycology — Fungi
Paleobotany — **Fossil** plants
Palynology — Pollen and spores
Phycology — Algae
Phytochemistry — Plant secondary chemistry and chemical processes

Phytopathology — Plant diseases
Plant anatomy — Cell and tissue structure
Plant ecology — Role of plants in the environment
Plant genetics — Genetic inheritance in plants
Plant morphology — Structure and life cycles
Plant neurobiology — Behavioral-like aspects
Plant physiology — Life functions of plants
Plant systematics — Classification and naming of plants

Notable botanists

The following botanists made major contributions to the ways in which botany has been studied.

Theophrastus (c. 371 – c. 287 BC), "The Father of Botany", established **botanical science** through his lecture notes, *Enquiry*

Pedanius Dioscorides (c. 40–90 AD), Greek physician, pharmacologist, toxicologist and botanist, author of *De Materia Medica*

Abū anīfa Dīnawarī (828 – 896), Persian, Kurdish or Arab botanist, historian, geographer, astronomer

Su Song (1020–1101), **Chinese polymath**, botanist, compiled the *Bencao Tujing* ('Illustrated Pharmacopoeia'), a treatise on **mineralogy**.

Abu al-Abbas al-Nabati (c. 1200), Andalusian-Arab botanist and **agricultural scientist**,

<http://www.jobguide.thegoodguides.com.au/occupation/Agricultural-Scientist> Agricultural scientists study commercial plants, animals and cultivation techniques to improve agricultural industries.

and a pioneer in **experimental botany**.

Ibn al-Baitar (1197–1248), Andalusian-Arab scientist, botanist, pharmacist, physician, and author of one of the largest botanical encyclopedias

Leonardo da Vinci (1452–1519), Italian **polymath**; a scientist, mathematician, engineer, inventor, anatomist, painter, sculptor

John Ray (1627–1705), English **naturalist**, botanist, and zoologist; father of **natural history**.

Augustus Quirinus Rivinus (1652–1723), German physician and botanist; introduced the concept of classifying plants based on their morphology, influenced de Tournefort and Linnaeus.

Joseph Pitton de Tournefort (1656–1708), French botanist; first to clearly define the concept of genus for plants.

Carl Linnaeus (1707–1778), Swedish botanist, physician and zoologist who laid the foundations for the modern scheme of **E** of modern taxonomy and also considered one of the fathers of modern **ecology**.

Jean-Baptiste Lamarck, (1744–1829), French naturalist, botanist, biologist, academic, and an early proponent of the idea that accordance with **natural laws**.

Aimé Bonpland (1773–1858), French explorer and botanist, who accompanied Alexander von Humboldt during five years of

Augustin Pyramus de Candolle (1778–1841), Swiss botanist, originated the idea of "**Nature's war**", which influenced Charles

David Douglas (1799–1834), **Scottish botanical explorer** of North America and China, who imported many **ornamental plants**

Richard Spruce (1817–1893), English botanist and explorer who carried out a detailed study of **the Amazon flora**.

Joseph Dalton Hooker (1817–1911), English botanist and explorer; second winner of Darwin Medal.

Gregor Johann Mendel (1822–1884), Austrian Augustinian priest and scientist, and is often called the father of genetics for his plants.

Charles Sprague Sargent (1841–1927), American botanist, the first director of the Arnold Arboretum at Harvard University.

Agustín Stahl (1842–1917), Puerto Rican doctor, who conducted investigations and experiments in the fields of botany, **ethnobotany**

Luther Burbank (1849–1926), American botanist, **horticulturist**, and a pioneer in **agricultural science**.

George Ledyard Stebbins, Jr. (1906–2000), American widely regarded as one of the leading **evolutionary biologists** of the 20th century. **synthesis of plant evolution incorporating genetics**.

Norman Borlaug (1914–2009), American **agronomist**, known for breeding **high yielding wheat varieties**. Dubbed the "father of the Green Revolution"

Richard Evans Schultes (1915–2001), American botanist and explorer, known as "The Father of **Ethnobotany**", Linnean Society

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Herbology

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Herbal Medicine

Herbal Medicine

<http://www.integrativemedicine.co.za/herbal-medicine.html>

DIFFERENT KINDS OF HERBS

There are many classifications of herbs used in medicine. There is often overlap between the groups and one finds some her

Most commonly used herbs are included in the following groups:

Western herbs

These herbs usually have a traditional usage in **Western European culture** extending back for 500 years.

http://en.wikipedia.org/wiki/Western_culture

Western culture, sometimes equated with **Western civilization**, **Western lifestyle** or **European civilization**, is a term used very broadly to refer to the heritage of social norms, ethical values, traditional customs, belief systems, political systems, and specific artifacts in or association with Europe. The term has come to apply to countries whose history is strongly marked by European influence, such as the countries of the Americas and Australasia, and is not restricted to the continent of Europe.

Chinese herbs

Often combined with classical Acupuncture for optimal effect. Traditional Chinese Medicine is a broad range of medicine practices that have been developed in China and are based on a tradition of more than 2,000 years, including various forms of herbal medicine and dietary therapy. http://en.wikipedia.org/wiki/Traditional_Chinese_medicine

African herbs

Exciting discoveries involving the benefits of some African herbs have yet to be thoroughly researched.

Such herbs include:

Sutherlandia frutescens is a southern African legume which has traditionally been used as an indigenous medicine for a variety of ailments. **Red-orange flowers appear in spring to mid-summer.** [Wikipedia](#)

African Ginger

This rare southern African plant, is an ancient traditional herb regarded as Africa's best natural anti-inflammatory remedy. <http://herbalafrica.co.za/Herbs/African-Ginger>

Warburgia salutaris

is a species of tree in the Canellaceae family. It is found in Botswana, Namibia, Tanzania, Zambia, Mozambique, South Africa, Swaziland, Malawi and Zimbabwe. [Wikipedia](#)

Buchu,

Agathosma is a

genus of about 140 species of flowering plants in the family Rutaceae, native to the southern part of Africa. [Combr](#) [Bookoo](#) and [Diosma](#). <http://en.wikipedia.org/wiki/Agathosma>

Sceletium tortuosum (Mesembryanthemaceae)

is a succulent herb commonly found in South Africa, which is also known as Kanna, Channa, Kougoed (Kauwoed/ 'kou tortuosum [2]) -

which literally means, 'chew(able) things' or 'something to chew'. The plant has been used by South African gatherers as a mood-altering substance from prehistoric times. http://en.wikipedia.org/wiki/Sceletium_tortuosum

Hoodia gordonii

Hoodia gordonii is a leafless spiny

succulent plant with medicinal properties. It grows naturally in South Africa and Namibia. The flowers smell like lilacs. The indigenous San people (Bushmen) of the Namib desert call this plant *hoba* (pronounced [k ba] - 1) and the Afrikaans *Ghaap*. http://en.wikipedia.org/wiki/Hoodia_gordonii

which are very useful in modern clinical practice.

Ayurvedic herbs

These belong to an Indian traditional medical system going back 5000 years.

Unani Tibb herbs

Relatively new on the health scene, this system of medicine originates in India and was used in ancient Greek times and was

QUALITY OF HERBS

Herbs can vary enormously in quality, with resultant variance in their effects. It is important to use the best quality, organic

<http://www.epa.gov/pesticides/food/organics.htm>

"Organically grown" food is food grown and processed using no synthetic fertilizers or pesticides. Pesticides derived from natural sources may also be used in producing organically grown food. Increasingly, some consumers are purchasing organically grown products to avoid exposure to synthetic pesticides and fertilizers. Many supermarkets now stock organic products for their consumers.

herbs, which have been produced according to Good Manufacturing Procedures. The result is a dependable,

certain, sure, tested, time-tested, tried

effective herbal product. Poor outcomes from herbal treatment are most often due to the use of poor quality herbs.

WHEN ARE HERBS USED?

Herbs are used in a wide variety of conditions, including detoxification, liver support, regulation of the immune system, org metabolic functions [e.g. blood sugar balance], emotional support, and virus and fungus elimination.

What is the difference between a herb and a hom o eopathic medicine?

HERBAL MEDICINES

HOMEOPATHIC MEDICINES

Made from plants

Made from plants & other substances

Have a physiological effect on the body

Have an energetic effect on the body

Have colour and taste

Have no intrinsic

synonyms:

colour or taste

The more concentrated the more powerful the effect

The more dilute the more powerful the effect

Caution: may interact with certain drugs

Caution: do not take with/near food. Do not expose to strong odours or sunlight

Follow laws of Newtonian physics

Follow laws of Quantum physics

Relax. Take a Deep Breath. We Have the Answers You Need.

SymptomFind.com/NeckPain

Leaves of Eucalyptus ...

<http://en.wikipedia.org/wiki/Herbalism>

Tisanes,

Herbal tea, or tisane, is any beverage made from the infusion or decoction of herbs, spices, or other plant material in hot water, and usually does not

or "herbal teas", are the resultant liquid of extracting herbs into water, though they are made in a few different ways. **Infusio**

Infusion is the process of extracting chemical compounds or flavors from plant material in a solvent such as water, oil or alcohol, by allowing the material to steep in the solvent. Wikipedia

are hot water extracts of herbs, such as chamomile or mint, through steeping. **Decoctions**

Decoction is a method of extraction by boiling of dissolved chemicals from herbal or plant material, which may include stems, roots, bark and then boiling in water to extract oils, volatile organic compounds and other chemical substances. <http://en.wikipedia.org/wiki/Decoction>

are the long-term boiled extracts, usually of harder substances like roots or bark. Maceration is the old infusion of plants with water etc. To make macerates, plants are chopped and added to cold water. They are then left to stand for 7 to 12 hours (depending on the herb).

When you **macerate** something, you soften it by soaking it in a liquid, often while you're cooking or preparing food.

10 hours is used.

Tinctures are alcoholic extracts of herbs, which are generally stronger than tisanes. Usually obtained by combining 100% pure alcohol (with water) with the herb. A completed tincture has an ethanol percentage of at least 25% (sometimes up to 90%). Herbal wine is usually with an ethanol percentage of 12-38% Herbal wine is a maceration of herbs in wine, while an elixir is a maceration of herbs in a sweetened liquid.

Grappa is an alcoholic beverage, a fragrant, grape-based pomace brandy of Italian origin that contains 35%–60% alcohol by volume. Wikipedia

etc.)**[citation needed]** Extracts include liquid extracts, dry extracts and **nebulisates**.

normal joints with the following conditions of use: **Dried leaf extract (nebulisate)**.....https://www.google.co.za/search?biw=1230&bih=561&nojs=1&ab&q=nebulisate+dry+extract&oq=nebulisate+dry+extract&gs_l=serp.1.0.33i21.31818.38532.1.42356.11.11.0.0.0.0.445.2565.2-4j2j2.8.0....0...

Liquid extracts are liquids with a lower ethanol percentage than tinctures. They can (and are usually) made by vacuum distilling plant material which is evaporated into a dry mass. They can then be further refined to a capsule or tablet. A nebulisate is a **needed**] Vinegars are prepared the same way as tinctures, except using a solution of acetic acid as the solvent. **[citation needed]** Syrups or honey. Sixty five parts of sugar are mixed with 35 parts of water and herb. The whole is then boiled and macerated

The exact composition of a herbal product is influenced by the method of extraction. A tea will be rich in polar components other hand is a non-polar solvent and it will absorb non-polar compounds. Alcohol lies somewhere in between.

Many herbs are applied topically to the skin in a variety of forms. Essential oil extracts can be applied to the skin, usually dilute to avoid burning the skin or are simply too high dose used straight – diluting in olive oil or another food grade oil such as almond oil can **unreliable source?**] Salves, oils, balms, creams and lotions are other forms of topical delivery mechanisms. Most topical applications use a food grade oil and soaking herbs in it for anywhere from weeks to months allows certain **phytochemicals**

Phytochemicals are chemical compounds that occur naturally in plants (phyto means "plant" in Greek). Some are responsible for color and other properties of blueberries and the smell of garlic. Wikipedia.

to be extracted into the oil. This oil can then be made into salves, creams, lotions, or simply used as an oil for **topical application**

A **topical medication** is a **medication that is applied to body surfaces such as the skin or mucous membranes to treat ailments via a large range of modalities including ointments, creams, foams, gels, lotions, and ointments.** http://en.wikipedia.org/wiki/Topical_medication

Any massage oils, antibacterial salves and wound healing compounds are made this way. One can also make a **poultice or cataplasm**

A **poultice**, also called **cataplasm**, is a soft moist mass, often heated and medicated, that is spread on cloth over the skin to treat **inflamed, or painful part of the body.** It can be used on wounds such as cuts. It can also be a porous solid filter made from porous stone such as marble or granite.

The word "poultice" comes from the Latin *puls*, *pultes*, meaning "porridge". <http://en.wikipedia.org/wiki/Poultice>

using whole herb (or the appropriate part of the plant) usually crushed or dried and re-hydrated with a small amount of water or just as is.[[citation needed](#)]

Inhalation as in aromatherapy can be used as a mood changing treatment to fight a sinus infection or cough [[citation needed](#)] (steam rather than direct inhalation here)[[citation needed](#)]

Safety

Datura stramonium

Datura stramonium, known by the common names Jimson weed, Devil's snare, or datura, is a plant in the Solanaceae family. It is believed to have originated in the world. Wikipedia

is a highly effective treatment for asthma symptoms when smoked, because it contains **atropine**,

Atropine is a naturally occurring tropane alkaloid extracted from deadly nightshade (*Atropa belladonna*), Jimson weed (*Datura stramonium*), mandrake of the family Solanaceae. It is a secondary metabolite of these plants and serves as a drug with a wide variety of effects

which acts as an **antispasmodic**

An **antispasmodic** (synonym: spasmolytic) is a drug or an herb that suppresses muscle spasms

in the lungs. However, datura is also an extremely powerful **hallucinogen**

A hallucinogen is a psychoactive agent which can cause hallucinations, perception anomalies, and other substantial subjective changes in thoughts,

and overdoses of the **tropane alkaloids**

Tropane alkaloids are a class of bicyclic [3.2.1] alkaloids and secondary metabolites that contain a tropane ring in their chemical structure. Tropane is a plant family Solanaceae.

in it can result in hospitalization or death.

For partial list of herbs with known adverse effects, see List of herbs with known adverse effects.

A number of herbs are thought to be likely to cause adverse effects. Furthermore, "adulteration, inappropriate formulation, contamination, and drug interactions have led to adverse reactions that are sometimes life threatening or lethal." Proper double-blind clinical trials are needed for each plant before they can be recommended for medical use. Although many consumers believe that herbal medicines are safe, herbal medicines and synthetic drugs may interact, causing toxicity to the patient. Herbal remedies can also be dangerously contaminated. Herbal remedies, which may have established efficacy, may unknowingly be used to replace medicines that do have corroborated efficacy.

Standardization of purity and dosage is not mandated in the United States, but even products made to the same specification variations within a species of plant. Plants have chemical defense mechanisms against **predators**

In **ecology**, **predation** is a **biological interaction** where a **predator** (an organism that is hunting) feeds on its **prey** (the organism attacked). [1] **Predators** may or may not kill their prey prior to **feeding** on them, but the act of predation often results in the eventual absorption of the prey's tissue through consumption

that can have adverse or lethal effects on humans. Examples of highly toxic herbs include poison **hemlock**

Conium Maculatum or Poison Hemlock has a mystique that goes far beyond that which is in fact the true reality of this unique plant. It has medicinal values that have been used in these modern times, historic medical use of this plant is largely forgotten and supplanted by grave warnings of deadly toxicity to be found everywhere in all herbal texts. http://www.racehorseherbal.com/Wild_Herbs/Hemlock/hemlock.html

and **nightshade**.

The **Solanaceae**, or **nightshades**, are an economically important family of **flowering plants**. The family ranges from annual and perennial herbs to vines, lianas, epiphytes, shrubs, and trees. Some members are of important **agricultural** crops, medicinal plants, spices, weeds, and ornamentals. Many members of the family are highly **toxic**, but many cultures eat nightshades, in some cases as **staple foods**

They are not marketed to the public as herbs, because the risks are well known, partly due to a long and colorful history in Europe and intrigue. Although not frequent, adverse reactions have been reported for herbs in widespread use. On occasion serious reactions have occurred after consumption. A case of major **potassium**

Potassium is a **chemical element** with symbol **K** (derived from Neo-Latin *kalium*) and **atomic number 19**. Elemental potassium is a **white alkali metal** that **oxidizes** rapidly in **air** and is very reactive with **water**, generating sufficient heat to ignite and burning with a **lilac flame**.

depletion has been attributed to chronic licorice ingestion., and consequently professional herbalists avoid the use of licorice **Black cohosh**

Actaea racemosa is a species of flowering plant of the family Ranunculaceae. It is native to eastern North America from the extreme south of Ontario to Arkansas.

has been implicated in a case of liver failure. Few studies are available on the safety of herbs for pregnant women, and one study of alternative medicines are associated with a 30% lower ongoing pregnancy and live birth rate during fertility treatment. Explanatory relationships with adverse events include **aconite**,

Aconitum, also known as aconite, monkshood, wolf's bane, leopard's bane, women's bane, devil's helmet or blue rocket, is a genus of over 250 species in the Ranunculaceae family. Wikipedia

which is often a legally restricted herb, ayurvedic remedies, **broom**,

Brooms form a tribe, **Genisteae**, of **evergreen**, **semi-evergreen**, and **deciduous shrubs** in the subfamily **Faboideae** of the **legume** family **Fabaceae**, mainly in the three genera **Genista**, **Genista**, and **Genista** also in many other small genera. These genera are all closely related and share similar characteristics of dense, slender green stems and **leaves**, which are adaptations to dry growing conditions. Most of the species have yellow **flowers**, but a few have white flowers.

The term *broom* is also used more exclusively, for species of the genera *Cytisus* and *Genista*, or specifically for *Cytisus scoparius*, native to Western Europe.

[http://en.wikipedia.org/wiki/Broom_\(plant\)](http://en.wikipedia.org/wiki/Broom_(plant))

chaparral,

Chaparral is a

shrubland or heathland plant community found primarily in the U.S. state of California and in the northern portion of Chile, shaped by a Mediterranean climate (mild, wet winters and hot dry summers) and wildfire, featuring summer-drought tolerant plants with hard sclerophyllous evergreen leaves, as contrasted with the associated soft-leaved, drought deciduous, scrub community of Coastal sage scrub, found below the chaparral biome. Chaparral and associated Mediterranean shrubland an additional 3.5%. The name comes from the Spanish word *chaparral*.
<http://en.wikipedia.org/wiki/Chaparral>

Chinese herb mixtures, **comfrey**,

Comfrey (*Symphytum officinale* L.) is a perennial herb of the family [Boraginaceae](#) with a black, turnip-like root and large, hairy broad leaves that bears small bell-shaped flowers of various colours, typically cream or purplish, which may be striped. It is native to Europe and is locally frequent throughout Ireland and Britain on river banks and ditches. More common is the hybrid *S. asperum*, *Symphytum × uplandicum*, known as Russian Comfrey, which is widespread in the British Isles, and which interbreeds with *S. × uplandicum* is generally more bristly and has flowers which tend to be more blue or violet . <http://en.wikipedia.org/wiki/Comfrey>

herbs containing certain **flavonoids**,

Flavonoids (or bioflavonoids) (from the Latin word flavus meaning yellow, their color in nature) are a class of plant secondary metabolites.

Germander

Teucrium chamaedrys is native to many parts of Europe, the Greek Islands, and Syria. The name is believed to be a corruption of *chamaedrys*, which means oak. <http://www.superherbs.net/Germander.htm>

, **guar gum**,

Guar gum, also called guaran, is a galactomannan. It is primarily the ground endosperm of guar beans. The guar seeds are dehusked, milled and screened to produce a free-flowing, off-white powder. [Wikipedia](#)

liquorice root, and **pennyroyal**.

Mentha pulegium, commonly pennyroyal, also called squaw mint, mosquito plant and pudding grass, is a species of flowering plant in the family Lamiaceae. [Wikipedia](#)

Examples of herbs where a high degree of confidence of a risk long term adverse effects can be asserted include **ginseng**

Ginseng is any one of 11 species of slow-growing perennial plants with fleshy roots, belonging to the genus *Panax* of the family Araliaceae. Ginseng is typically found in cooler climates. [Wikipedia](#)

which is unpopular among herbalists for this reason, the endangered herb **goldenseal**,

Goldenseal, also called orangeroot or yellow puccoon, is a perennial herb in the buttercup family Ranunculaceae, native to southeastern Canada and the United States by its thick, yellow knotted rootstock. [Wikipedia](#)

milk thistle,

Silybum marianum has other common names include *cardus marianus*, milk thistle, blessed milk thistle, Marian Thistle, Mary Thistle, Saint Mary's Thistle and Scotch thistle. [Wikipedia](#)

senna,

Senna (from Arabic *sanā*), the **sennas**, is a large genus of flowering plants in the legume family Fabaceae, and the subfamily Caesalpinioideae. This diverse genus is a number of species in temperate regions. The number of species is estimated to be from about 260^[1] to 350.[[] *alexandrina*. About 50 species of *Senna* are known in cultivation

against which herbalists generally advise and rarely use, **aloe vera**

Aloe vera is a succulent plant species. The species is frequently cited as being used in herbal medicine since the beginning of the first century AD. V

00001. What is interesting about aloe vera juice is that despite the huge market in its benefits, there is very little scientific data to support its use in humans. While toxicity research done in animals is alarming. <http://www.shape.com/weight-loss/fitness-doctor-truth-about-aloe-vera-juice>

juice, **buckthorn bark**

Rhamnus is a genus of about 150 species, which are shrubs or small trees, commonly known as buckthorns. It is part of the family Rhamnaceae. W

and berry, **cascara sagrada bark**,

Rhamnus purshiana (cascara buckthorn, cascara, bearberry, and in the Chinook Jargon, chittem and chitticum; syn. *Frangula purshiana*) is a buckthorn native to western North America from southern British Columbia south to central California, and eastward

The dried bark of cascara has been used for centuries as an herbal

laxative – first by Native Americans in the Pacific Northwest, and then later by European/U.S. colonizers. The active ingredients for the laxative action are the **hydroxyanthracene glycosides** (particularly **cascarosides A, B, C and D**), and **emodin**. The **anthracene glycosides** stimulating **peristalsis**, and **emodin** exciting **smooth muscle cells in the large intestine**.

http://en.wikipedia.org/wiki/Rhamnus_purshiana

saw palmetto,

Saw palmetto extract is an extract of the fruit of *Serenoa repens*. It is rich in fatty acids and phytosterols. It has been used in traditional, eclectic, and alternative medicine notably benign prostatic hyperplasia (BPH). Review of clinical trials, including those conducted by the Journal of Alternative Medicine, found the extract to be no more effective than placebo for BPH. http://en.wikipedia.org/wiki/Saw_palmetto_extract

valerian,

Valerian is a perennial flowering plant, with heads of sweetly scented pink or white flowers that bloom in the summer months. Valerian flower extract [Wikipedia](#)

kava, which is banned in the European Union,

Kava or kava-kava is a crop of the western Pacific. The name kava is from Tongan and Marquesan; other names for kava include 馱awa, ava, yaqona. It produces a drink with sedative and anesthetic properties. [Wikipedia](#)

St. John's wort,

Common St John's wort is a flowering plant species of the genus Hypericum. It is a medicinal herb with antidepressant properties and potential antibiotic activity. [Wikipedia](#)

Khat,

Catha edulis is a flowering plant native to the Horn of Africa and the Arabian Peninsula. Among communities from these areas, khat chewing has a long history. [Wikipedia](#)

Betel nut,

The areca nut is the seed of the areca palm, which grows in much of the tropical Pacific, Asia, and parts of east Africa. It is commonly referred to as betel nut. [Wikipedia](#)

the restricted herb Ephedra, and

Ephedra is a medicinal preparation from the plant *Ephedra sinica*. Known in Chinese as **ma huang**; pinyin: mǎ huáng, which literally translates to traditional Chinese medicine for 5,000 years. ^[*unreliable source?*] Several additional species belonging to the genus *ephedra* have traditionally been used for a variety of medicinal purposes, and are a possible candidate for the stimulant used in the **Iranian religion**. Native Americans and Mormon pioneers drank a tea brewed from other *ephedra* species, called "Mormon tea" and "Indian tea". [Wikipedia](#)

Guarana.

Guarana, *Paullinia cupana*, syn. *P. corymbosa*, *P. sorbilis* is a climbing plant in the maple family, Sapindaceae, native to the Amazon basin and especially in Brazil. [Wikipedia](#)

There is also concern with respect to the numerous well-established interactions of herbs and drugs. In consultation with a p clarified, as some herbal remedies have the potential to cause adverse drug interactions when used in combination with vari pharmaceuticals, just as a patient should inform a herbalist of their consumption of orthodox prescription and other medicati

For example, dangerously low blood pressure may result from the combination of an herbal remedy that lowers blood pressu has the same effect. Some herbs may amplify the effects of **anticoagulants**.

Anticoagulants (antithrombics, fibrinolytic, and thrombolytics) are a class of drugs that work to prevent the **coagulation (clotting)** of blood. Such substances occur naturally in leeches and blood-sucking insects. A group of pharmaceuticals called anticoagulants can be used *in vivo* as a medication f are used in medical equipment, such as **test tubes, blood transfusion bags, and renal dialysis equipment**. <http://en.wiki>

Certain herbs as well as common fruit interfere with **cytochrome P450**,

Cytochromes P450 (CYPs) belong to the superfamily of proteins containing a **heme cofactor** and, therefore, are **hemoproteins**. CYPs use a variety of small and large **molecules** as **substrates** in c al, the terminal oxidase enzymes in **electron transfer chains**, broadly categorized as **P450-containing systems**. Th **spectrophotometric peak** at the wavelength of the absorption maximum of the enzyme (450 nm) when it is in **h CO**. http://en.wikipedia.org/wiki/Cytochrome_P450

an enzyme critical to much drug metabolism.

Herbalism - Wiki ...

Herbalism

<http://en.wikipedia.org/wiki/Herbalism>

Herbal medicine (or "herbalism") is the study and use of medicinal properties of plants. The scope of herbal medicine is son

Fungi are ideal food because they have a fairly high content of protein (typically 20-30% dry matter as crude protein) which contains all of the essential amino acids. Fungal biomass is also a source of dietary fibre, and is virtually free of cholesterol. http://www.fungi4schools.org/Reprints/Mycologist_articles/Post-16/Foods/Fungi_as_Food.pdf

and bee products, as well as **minerals**,

A **mineral** is a naturally occurring substance that is solid and inorganic representable by a chemical formula, usually abiogenic, and has an ordered lattice structure. It is an aggregate of **minerals** or non-**minerals** and does not have a specific chemical composition.

shells and certain animal parts. **Pharmacognosy**

Pharmacognosy is the study of

medicines derived from natural sources. The American Society of Pharmacognosy defines pharmacognosy as "the study of the chemical and biological properties of drugs, drug substances or potential drugs or drug substances of natural origin from natural sources."^[1] It is also defined as the study of crude drugs. <http://en.wikipedia.org/wiki/Pharmacognosy>

is the study of all medicines that are derived from natural sources.

The bark of willow trees contains large amounts of **salicylic acid**,

Salicylic acid is a monohydroxybenzoic acid, a type of phenolic acid and a beta hydroxy acid. This colorless crystalline organic acid is widely used in medicine. It is derived from the metabolism of salicin. Wikipedia

which is the active metabolite of **aspirin**.

Aspirin (BAN, USAN), also known as **acetylsalicylic acid** (/ˈsitlsælsɪk/ –see–tl–sal–i–sɪl–ik) [ASA], is a **salicylate drug**, often used as an **analgesic** to relieve minor aches and pains, as an **antipyretic** to reduce fever, and as an **inflammatory medication** <http://en.wikipedia.org/wiki/Aspirin>

Willow bark has been used for **millennia**

A **millennium** (plural **millennia**) is a period of time equal to 1000 years. It derives from the **Latin** *mille*, thousand, and *annus*, year, to a particular **dating system**.

Sometimes, it is used specifically for periods of thousand years that begin at the starting point (initial reference point) of the "1", or in later years that are whole number multiples of a thousand years after it. The term can also refer to an interval of time in the latter case (and sometimes also in the former) it may have religious or theological implications (see millenarianism). Sometimes in use, such an interval called a "millennium" might be interpreted less precisely, in a longer. It could be, for example, 1050, 1500, etc.

<http://en.wikipedia.org/wiki/Millennium>

as an effective pain reliever and fever reducer.

Plants have the ability to synthesize a wide variety of chemical compounds that are used to perform important biological functions for predators such as insects, fungi and herbivorous mammals. Many of these phytochemicals have beneficial effects on long-term health and can be used to effectively treat human diseases. At least 12,000 such compounds have been isolated so far; a number estimated to be 100,000. Some compounds in plants mediate their effects on the human body through processes identical to those already well understood for drugs; thus herbal medicines do not differ greatly from conventional drugs in terms of how they work. This enables herbal medicines to be effective, but also gives them the same potential to cause harmful side effects.

The use of plants as medicines predates written human history. **Ethnobotany**

Ethnobotany (from ethnology, study of culture, and botany, study of plants) is the scientific study of the relationships that exist between peoples and

plants (the study of traditional human uses of plants) is recognized as an effective way to discover future medicines. In 2001, researchers discovered modern medicines which were derived from "**ethnomedicinal**"

Ethnomedicine is a study or comparison of the traditional medicine practiced by various ethnic groups, and especially by indigenous peoples. The word *ethnomedicine* is a synonym for *traditional medicine*. <http://en.wikipedia.org/wiki/Ethnomedicine>

plant sources; 80% of these have had an ethnomedicinal use identical or related to the current use of the active elements of the plants. Many of the plants available to physicians have a long history of use as herbal remedies, including **aspirin**,

Aspirin (BAN, USAN), also known as **acetylsalicylic acid** (/ˈsɪtlsəlsɪk/ -seɪ-tl-sal-i-sɪl-ik) [ASA], is a **salicylate** drug, often used as an **analgesic** to relieve minor aches and pains, as an **antipyretic** to reduce fever, and as **anti-inflammatory** medication <http://en.wikipedia.org/wiki/Aspirin>

digitalis,

Digitalis is a genus of about 20 species of herbaceous perennials, shrubs, and biennials commonly called foxgloves. Wikipedia

quinine, and

Quinine is a natural white crystalline alkaloid having antipyretic (fever-reducing), antimalarial, analgesic (painkillin; inflammatory properties and a bitter taste. It is a stereoisomer of quinidine, which, unlike quinine, is an antiarrhythmic ring systems: the aromatic quinoline and the bicyclic quinuclidine.

<http://en.wikipedia.org/wiki/Quinine>

Opium.

Opium (poppy tears, *lachryma papaveris*) is the dried latex obtained from the opium poppy (*Papaver somniferum*). Opium latex alkaloid morphine, which is processed chemically to produce heroin and other synthetic opioids for medicinal use also contains the closely related opiates codeine and thebaine and non-analgesic alkaloids such as papaverine and noscapine. An intensive, method of obtaining the latex is to scratch ("score") the immature seed pods (fruits) by hand; a yellowish residue that is later scraped off, and dehydrated. <http://en.wikipedia.org/wiki/Opium>

The use of herbs to treat disease is almost universal among non-industrialized societies,

nonindustrial - not having highly developed manufacturing enterprises; "a nonindustrial society"

industrial - having highly developed industries; "the industrial revolution"; "an industrial nation"

and is often more affordable than purchasing expensive modern pharmaceuticals. The World Health Organization (WHO) estimates that in some Asian and African countries presently use herbal medicine for some aspect of primary health care. Studies in the United States show that use is less common in clinical settings, but has become increasingly more so in recent years as scientific evidence about the effectiveness of herbs has become more widely available.

History

The use of plants as medicines predates written human history. Many of the herbs and spices used by humans to season food are the same as the use of herbs and spices in cuisine

The Ebers Papyrus (ca. 1550 BCE) from Ancient Egypt has a prescription for *Cannabis sativa* (marijuana) applied **topically**

A **topical** medication is a medication that is applied to body surfaces such as the skin or mucous membranes to treat ailments via a large range of forms, gels, lotions, and ointments

for inflammation.

The essential oil of common thyme (*Thymus vulgaris*), contains 20-54% thymol. Thymol, is a powerful **antiseptic**

Something that discourages the growth of microorganisms. By contrast, aseptic refers to the absence of microorganisms

and **antifungal**

Antifungal medicines are used to treat fungal infections, which are most commonly found on the skin, hair and nails

that is used in a variety of products. Before the advent of modern antibiotics, oil of thyme was used to medicate bandages. Treats various types of infections. A tea made by infusing the herb in water can be used for coughs and bronchitis.

In the written record, the study of herbs dates back over 5,000 years to the Sumerians, who created clay tablets with lists of plants (including castor and opium). In 1500 B.C., the Ancient Egyptians wrote the Ebers Papyrus, which contains information on over 850 plant medicines, including **castor bean**,

<http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3087745/>

Castor beans, sometimes used in traditional therapies, contain ricin one of the most toxic substances known. It may cause an acute and potentially fatal gastrointestinal and ophthalmological lesions.

aloe, and **mandrake**.

<http://www.ncbi.nlm.nih.gov/pmc/articles/PMC539425/>

Mandrake was, of course, far from being the only plant with an anthropomorphic root. The herb had another property, however, for the root contains hyoscyamine which causes hallucinations, delirium and, in larger doses, coma. Mandrake's use as a surgical anaesthetic was first described by the Greek physician Dioscorides around 70 AD or in combination with other herbs such as opium, hemlock and henbane is described in documents from pre-Roman times onwards⁴. It was the presence of this alkaloid, as well as the shape of the root, that led to the mandrake's association with magic, witchcraft and the supernatural.

In India, Ayurveda medicine has used many herbs such as **turmeric**

Turmeric is a rhizomatous herbaceous perennial plant of the ginger family, Zingiberaceae. It is native in southeast India, and needs temperate climate and a considerable amount of annual rainfall to thrive.

possibly as early as 1900 BC. Sanskrit writings from around 1500 B.C., such as the Rig Veda, are some of the earliest available knowledge that formed the basis of the Ayurveda system. Many other herbs and minerals used in Ayurveda were later described by Charaka and Sushruta during the 1st **millennium**

A **millennium** (plural millennia) is a period of time equal to 1000 years. It derives from the Latin mille, thousand, and annus

BC. The Sushruta Samhita attributed to Sushruta in the 6th century BC describes 700 medicinal plants, 64 preparations from animal sources.

The Chinese emperor Shen Nung is said to have written the first Chinese herbal, the **Pen Tsao**.

China is renowned for its traditional herbal medicine that date back thousands of years. Legend has it that Emperor Shen Nung, the founder of Chinese herbal medicine, composed the Shen Nung Pen Ts' ao ching or Great Herbal in about 2700 Chinese herbals.

The Pen Tsao lists 365 medicinal plants and their uses

- including **Ephedra**

Ephedra is a medicinal preparation from the plant **Ephedra** sinica. Known in Chinese as ma huang; pinyin: má huáng,

(the shrub that introduced the drug ephedrine to modern medicine), hemp, and chaulmoogra (one of the first effective treatments for leprosy, mentioned in the Shennong Bencao Jing, as in the Yaoxing Lun (Treatise on the Nature of Medicinal Herbs), a 7th century

The earliest known Greek herbals were those of Diocles of Carystus, written during the 3rd century B.C, and one by Krateus. Fragments of these works have survived intact, but from what remains scholars have noted that there is a large amount of overlap between Greek and Roman medicinal practices, as preserved in the writings of Hippocrates (e.g. De herbis et curis) and - especially - Galen (e.g. De Animi Mente in the western medicine. Sometime between 50 and 68 A.D., a Greek physician known as Pedanius Dioscorides wrote his Latin title De Materia Medica), a **compendium**

A **compendium** (plural: compendia) is a concise compilation of a body of knowledge. A **compendium** may summarize a larger work.

of more than 600 plants, 35 animal products, and ninety minerals. De Materia Medica remained the authoritative text for herbals for more than 1500 years. Similarly important for herbalists and botanists of later **centuries**

A **century** (from the Latin centum, meaning one hundred; abbreviated c.) is one hundred years.

was Theophrastus' *Historia Plantarum*, written in the 4th century BC, which was the first systematization of the botanical work

Materia medica (English: medical material/substance) is a Latin medical term for the body of collected knowledge about the therapeutic properties of any substance. The term derives from the title of a work by the Ancient Greek physician Pedanius Dioscorides in the 1st century AD. The term *materia medica* was used from the period of the Roman Empire until the 20th century, but has now been generally replaced in medical education contexts by

Herbal philosophy and spiritual practices ...

Herbal philosophy and spiritual practices

<http://en.wikipedia.org/wiki/Herbalism>

As Eisenburg states in his book, *Encounters with Qi*: "The Chinese and Western medical models are like two frames of reference for health and illness. Each is incomplete and in need of **refinement**."

the process of removing impurities or unwanted elements from a substance

Specifically, the traditional Chinese medical model could effect change on the recognized, and expected, phenomena of **detachment**

Henry Barthes (Adrien Brody) is a substitute teacher who shuns emotional connections, and never stays long enough in one district to bond with disinterested parents have created a frustrated, burned-out group of teachers and administrators. Inadvertently, Henry becomes a role model

to patients as people and **estrangement**

to turn away in feeling or affection; make unfriendly or hostile; alienate the affections of: Their quarrel **estranged** the two friends.

unique to the clinical and impersonal relationships between patient and physician of the Western school of medicine.

Four approaches to the use of plants as medicine include:

1. The magical/shamanic—Almost all non-modern societies recognize this kind of use. The practitioner is regarded as endowed with a quality, ability, or asset.

synonyms:

with gifts or powers that allow him to use herbs in a way that is hidden from the average person, and the herbs

are said to affect the spirit or soul of the person.

are **said to affect the spiritual** life of man

2. The energetic

showing or involving great activity or vitality.

"moderately energetic exercise"

synonyms:

—This approach includes the major systems of Traditional Chinese Medicine, Ayurveda, and Unani. Herbs are regarded as requiring extensive training, and ideally be sensitive to energy, but need not have supernatural powers.

3. The functional dynamic

-This approach was used by early Physio-Medical practitioners. In this approach, it is believed that herbs perform a function, which may not

—This approach was used by early physiomedical practitioners, whose doctrine forms the basis of contemporary practice in terms of a physiological function, but there is no explicit recourse to concepts involving energy.

4. The chemical—Modern practitioners - called Phytotherapists - attempt to explain herb actions in terms of their chemical composition

Chemical Compounds in Herbs & Spices

It is generally assumed that the specific combination of secondary metabolites

Metabolites are the intermediates and products of metabolism. The term **metabolite** is usually restricted to small molecules.

in the plant are responsible for the activity claimed or demonstrated, a concept called synergy.

Synergy is the creation of a whole that is greater than the simple sum of its parts.

en.wikipedia.org/wiki/Synergy

Herbalists tend to use extracts from parts of plants, such as the roots or leaves but not isolate particular phytochemicals. Pha

verb measure

- Ξαπραισεσταρ
- Ξασσεσσταρ
- Ξαλιβρατεσταρ
- Ξχομπυτεσταρ
- Ξεπαλλατεσταρ
- Ξγαυγεσταρ
- Ξσπεχιψσταρ
- Ξηεχκσταρ
- Ξχουντσταρ
- Ξδετερμινεσταρ

It is also possible to patent single compounds, and therefore generate income. Herbalists often reject the notion of a single therapeutic effects of the herb and dilute toxicity. Furthermore, they argue that a single ingredient may contribute to multiple phytochemical interactions and trace components may alter the drug response in ways that cannot currently be replicated wi

Pharmaceutical researchers recognize the concept of drug **synergism**

the interaction or cooperation of two or more organizations, substances, or other agents to produce a combined effect greater than the sum

"the synergy between artist and record company"

but note that clinical trials may be used to investigate the efficacy of a particular herbal preparation, provided the formulatio

In specific cases the claims of synergy and multifunctionality

multifunction

versatile

adaptable

all-purpose

dual-purpose

general-purpose

multipurpose

one-size-fits-all

transferable

universal

<http://www.powerthesaurus.org/multifunctional#ixzz30aliWG9I>

have been supported by science. The open question is how widely both can be generalized. Herbalists would argue that case

A gradual process in which something changes into a different and usually more complex or better form.

www.thefreedictionary.com/evolutionary

history, not necessarily shared by the pharmaceutical community. Plants are subject to similar selection pressures as humans

Radiation is energy that comes from a source and travels through some material or through space. Light, heat and sound are types of **radi**

<https://orise.orau.gov/reacts/guide/define.htm>

and microbial attack

Biological warfare - the use of living organisms or their toxic products to induce death or incapacity in humans and animals and damage to

<http://www.thefreedictionary.com/Microbiological+warfare>

in order to survive. Optimal chemical defenses

HEARING DANGER: PREDATOR VIBRATIONS TRIGGER PLANT CHEMICAL DEFENSES

As the cabbage butterfly caterpillar takes one crescent-shaped bite at a time from the edge of a leaf, it doesn't go unnoticed

This tiny Arabidopsis mustard plant hears its predator loud and clear as chewing vibrations reverberate through leaves and this ability has remained a mystery.

University of Missouri experiments mark the first time scientists have shown that a plant responds to an ecologically relevant

“What is surprising and cool is that these plants only create defense responses to feeding vibrations and not to wind or other sounds.”
MU's Bond Life Sciences Center and senior research scientist in the Division of Plant Sciences in the College of Agriculture

<http://science360.gov/obj/video/7cb6568e-0bc1-48d3-bb83-44557fe0e3d7/hearing-danger-predator-vibrations-trigger-plant-chemical-defenses>

have been selected for and have thus developed over millions of years. Human diseases are multifactorial involving or determined by several factors;

www.memidex.com/multifactor

and may be treated by consuming the chemical defenses that they believe to be present in herbs. Bacteria, inflammation, nutrients

Hardening of the Arteries Is a Red Flag for Vascular Disease, Including Heart Attack and Stroke

Peripheral arterial disease (PAD), also known as peripheral vascular disease (PVD), is a very common condition affecting 10% of the population over 65 years of age. It is characterized by narrowing or hardening of the arteries, which occurs when cholesterol and scar tissue build up, forming a substance called plaque in the arteries, which can result in pain when walking, and eventually gangrene and amputation.

Because atherosclerosis is a systemic disease (that is, affects the body as a whole), individuals with PAD are likely to have aortic aneurysms and stroke. PAD is also a marker for diabetes, hypertension and other conditions.

PAD may also be caused by blood clots.

<http://www.sirweb.org/patients/peripheral-arterial-disease/>

Herbalists claim a single herb may simultaneously address several of these factors. Likewise a factor such as ROS may underlie more than a quest

In mythology and literature, a quest, a journey towards a goal, serves as a plot device and (frequently) as a symbol in national cultures.

<http://en.wikipedia.org/wiki/Quest>

for single cause and a single cure for a single condition.

In selecting herbal treatments herbalists may use forms of information that are not applicable to pharmacists. Because herbal studies

A question frequently asked is, "What is epidemiology"? There are many different definitions of the term. In the main, people attempting to control disease is that given by Schwabe et al (1977), which defines epidemiology as the study of disease in populations. It thus differs from the more conventional study of affected individuals. While the objective of the latter is to find cures for diseases in individuals already affected, epidemiology is basically concerned with

<http://www.fao.org/Wairdocs/ILRI/x5436E/x5436e04.htm>

become feasible.

possible and practical to do easily or conveniently.

"the Dutch have demonstrated that it is perfectly feasible to live below sea level"

synonyms:

Ethnobotanical studies

Botanical data were collected between July and September 2011 through semi-structured interviews, ranking exercises and a sampling method. For the different ranking exercises, key informants were identified with the help of elders and local administrators.

Results

The study revealed 114 medicinal plant species belonging to 100 genera and 53 families. The plants were used to treat 47 ailments. Trees were the most utilized plants, accounting for 44% of the species, followed by shrubs (29%). Leaf was the most commonly used part of the plant. The most common exercise on selected plants used against abdominal pain indicated the highest preference of people for *Solanum marginatum* in the study community. Preference ranking of selected scarce medicinal plants indicated *Myrica salicifolia* as the most scarce species, identified as the most destructive factor of medicinal plants, followed by overgrazing and firewood collection.

<http://www.ethnobiomed.com/content/9/1/65>

are another source of information. For example, when indigenous peoples

Indigenous communities, peoples, and nations are those that, having a historical continuity with pre-invasion and pre-colonial societies that occupy the territories, or parts of them.

en.wikipedia.org/wiki/Indigenous_people

from geographically dispersed areas use closely related herbs for the same purpose that is taken as supporting evidence for indigenous medicinal resources. They favor the use of convergent

The act, condition, quality, or fact of converging. 2. Mathematics The property or manner of approaching a limit, such as a point, line, function, or curve.

www.thefreedictionary.com/convergent

information in assessing the medical value of plants. An example would be when in-vitro

In an artificial environment outside a living organism

www.thefreedictionary.com/in-vitro

activity is consistent with traditional use.

Empty page

Uses of herbal medicines by animals

Uses of herbal medicines by animals

<http://en.wikipedia.org/wiki/Herbalism>

Indigenous healers

Traditional healers

often claim to have learned by observing that sick animals change their food preferences to nibble at bitter herbs they would not eat, such as chickens, sheep, butterflies, and chimpanzee. The habit has been shown to be a physical means of purging intestinal parasites. The ginger plant, that is a potent antimicrobial and apparently keeps shigellosis

Shigellosis, also known as **bacillary dysentery** or **Marlow Syndrome**, in its most severe manifestation, is a foodborne illness caused by infection by bacteria of the genus *Shigella*. Shigellosis rarely occurs in animals

<http://en.wikipedia.org/wiki/Shigellosis>

and similar infections at bay. Current research focuses on the possibility that this plants also protects gorillas from fibrosing

In **cardiomyopathy**, the heart muscle becomes enlarged, thick, or rigid. In rare cases, the muscle tissue in the heart is replaced with scar ti

www.nhlbi.nih.gov/health/health-topics/topics/cm

replacement of the heart muscle by fibrous tissue

which has a devastating effect on captive

the state of being confined to a space from which it is difficult or impossible to escape

animals.

Researchers from Ohio Wesleyan University found that some birds select nesting material rich in antimicrobial

An **antimicrobial** is an agent that kills microorganisms or inhibits their growth. **Antimicrobial** medicines can be grouped according to the mechanism of action against fungi.

agents which protect their young from harmful bacteria.

Bacteria are microscopic organisms whose single cells have neither a membrane-enclosed nucleus nor other membrane-enclosed organelles.

users.rcn.com/jkimball.ma.ultranet/BiologyPages/E/Eubacteria.html

Sick animals tend to forage

Forage is plant material (mainly plant leaves and stems) eaten by grazing livestock.[1] Historically, the term *forage* has been used to describe pasture, crop residue, or immature cereal crops, but it is also used more loosely to include similar plants such as small schooling fish that are preyed on by larger aquatic animals.

en.wikipedia.org/wiki/Forage

plants rich in secondary metabolites, such as tannins and alkaloids. Since these phytochemicals

Phytochemicals are chemical compounds that occur naturally in plants (phyto means "plant" in Greek). Some are responsible for color and

en.wikipedia.org/wiki/Phytochemical

often have antiviral, antibacterial, antifungal and antihelminthic properties, a plausible

(of an argument or statement) seeming reasonable or probable.

"a plausible explanation"

synonyms:

(of a person) skilled at producing persuasive arguments, especially ones intended to deceive.

"a plausible liar"

case can be made for self-medication by animals in the wild.

Some animals have digestive systems especially adapted to cope with certain plant toxins. For example, the koala can live on eucalyptus leaves, a particular animal may not be safe for humans to ingest. A reasonable conjecture

form an opinion or supposition about (something) on the basis of incomplete information.

"many conjectured that she had a second husband in mind"

synonyms:

is that these discoveries were traditionally collected by the medicine men of indigenous tribes, who then passed on safety information

Extinction of medicinal plant species

Because "over 50% of prescription drugs are derived from chemicals first identified in plants," a 2008 report from the Botanical Society of America says that "many things such as cancer and HIV may become 'extinct before they are ever found'." They identified 400 medicinal plants at risk

Deforestation is the permanent destruction of forests in order to make the land available for other uses.

threatening the discovery of future cures for disease. These included Yew trees (the bark is used for the cancer drug paclitaxel, a medicine for 5,000 years to fight cancer, dementia and heart disease); and Autumn crocus (for gout). Their report said that "

Middle Ages ...

Middle Ages

<http://en.wikipedia.org/wiki/Herbalism>

Dandelion (*Taraxacum officinale*) contains a large number of pharmacologically active compounds, and has been used for c

Benedictine monasteries were the primary source of medical knowledge in Europe and England during the Early Middle Ages. Roman and Arabic works, rather than creating substantial new information and practices. Many Greek and Roman writings in monasteries thus tended to become local centers of medical knowledge, and their herb gardens provided the raw materials for uninterrupted,

without a break in continuity.

00001.

"an uninterrupted flow of traffic"

00002.

synonyms:

00003.

(of a view) unobstructed.

"the window gives an uninterrupted view of the mountains"

supporting numerous

great in number; many.

"she had complained to the council on numerous occasions"

synonyms:

00001.

consisting of many members.

"the orchestra and chorus were numerous"

wandering and settled herbalists. Among these were the "wise-women", who prescribed herbal remedies often along with sp

"Powerful Traditional Healer to Help

You with any Kind of Problem."

www.traditionalhealer.co.za/

and enchantments.

1. **charm, fascination, delight, beauty, joy, attraction, bliss, allure, transport, rapture, mesmerism, ravishment, captivation, be**
2. **spell, magic, charm, witchcraft, voodoo, wizardry, sorcery, occultism, incantation, necromancy, conjuration** *an effective cour*

Collins Thesaurus of the English Language – Complete and Unabridged 2nd Edition. 2002 © HarperCollins Publishers 1995, 2002

It was not until the late Middle Ages that women who were knowledgeable intelligent and well informed.

"she is very knowledgeable about livestock and pedigrees"

synonyms:

in herb lore

Herblore is a members only skill. F2P players can train this skill to level 5 and use any of the skills functions up to that level. Free-to-play ite

www.tip.it/runescape/pages/view/Herblore_guide.htm

became the targets of the witch hysteria.

1. Behavior exhibiting excessive or uncontrollable emotion, such as fear or panic. 2. A group of psychiatric symptoms, including heightened

www.thefreedictionary.com/hysteria

One of the most famous women in the herbal tradition was Hildegard of Bingen. A 12th century Benedictine nun, she wrote

Dioscorides' Materia Medica, c. 1334 copy in Arabic, describes medicinal features of cumin and dill.

Medical schools known as Bimaristan

The word **Bimaristan** - which is of Persian origin - has the same meaning of hospital as (Bimar) in Persian means disease and (stan) is loc

www.islamicmedicine.org/bimaristan.htm

began to appear from the 9th century in the *medieval Islamic world*

The Islamic Golden Age refers to the period in the history of Islam during the Middle Ages when much of the Muslim world was ruled by var

en.wikipedia.org/wiki/Islamic_Golden_Age

among Persians and Arabs, which was generally more advanced than medieval Europe at the time. The Arabs venerated

regard with great respect; revere.

"Philip of Beverley was venerated as a saint"

synonyms:

Greco-Roman culture and learning, and translated tens of thousands of texts into Arabic for further study. As a trading cultu
medical texts and translations of the *classics of antiquity*

Classical antiquity (also the **classical era**, **classical period** or **classical age**) is a broad term for a long period of cul
[history](#) centered on the [Mediterranean Sea](#), comprising the interlocking civilizations of [ancient Greece](#) and [anci](#)
[Roman world](#). It is the period in which Greek and Roman society flourished and wielded great influence th

http://en.wikipedia.org/wiki/Classical_antiquity

filtered in from east and west. Muslim botanists and Muslim physicians significantly

in a sufficiently great or important way as to be worthy of attention.

"energy bills have increased significantly this year"

synonyms:

in a way that has a particular meaning.

"significantly, he has refused to give a straight answer to this question"

expanded on the earlier knowledge of materia medica. For example, al-Dinawari described more than 637 plant drugs in the were his own original discoveries, in the 13th century. The experimental

An **experiment** is an orderly procedure carried out with the goal of verifying, refuting, or establishing the validity of a hypothesis. Controlled manipulated.

en.wikipedia.org/wiki/Experiment

scientific method was introduced into the field of materia medica in the 13th century by the Andalusian-Arab botanist Abu al

Knowledge derived from investigation, observation, experimentation, or **experience**, as opposed to theoretic

<http://www.businessdictionary.com/definition/empirical.html>

techniques in the testing, description and identification of numerous materia medica, and he separated unverified reports from develop gradually.

"the company has **evolved into** a major chemical manufacturer"

synonyms:

into the science of pharmacology.

Baghdad was an important center for Arab herbalism, as was Al-Andalus between 800 and 1400. Abulcasis

Spanish Muslim Philosopher

<http://grants.hhp.coe.uh.edu/clayne/HistoryofMC/HistoryMC/Abulcasis.htm>

(936-1013) of Cordoba authored The Book of Simples, an important source for later European herbals, while Ibn al-Baitar

Muslim Scientist and Thinker

<http://muslimmedianetwork.com/mmn/?p=3612>

(1197–1248) of Malaga authored the Corpus of Simples, the most complete Arab herbal which introduced 200 new healing

Persian polymath, physician, philosopher, and scientist

www.crystalinks.com/avicenna.html

The Canon of Medicine (1025) lists 800 tested drugs, plants and minerals. Book Two is devoted to a discussion of the healir Canon of Medicine remained a medical authority, used at many European and Arab medical schools, until the early 19th century [needed] and Ibn Zuhr (Avenzoar) in the 12th century (and printed in 1491), Peter of Spain's Commentary on Isaac, and Johr

Clinical trials are prospective biomedical or behavioral research studies on human subjects that are designed to answer specific questions (about the safety, efficacy, or side effects of drugs, foods, dietary supplements, devices or new ways of using known interventions), generating safety and efficacy data.^[1] They are conducted only after satisfactory information has been gathered that satisfies the

randomized controlled trials,

Randomized controlled trial: (RCT) A study in which people are allocated at **random**(by chance alone) to receive one of several clinical interventions (e.g., a placebo ("sugar pill"), or no intervention at all).

www.medicinenet.com › [home](#) › [medterms medical dictionary az list](#)

and efficacy

the ability to produce a desired or intended result.

"there is little information on the efficacy of this treatment"

tests.

Early modern era ...

Early modern era

<http://en.wikipedia.org/wiki/Herbalism>

The 15th, 16th, and 17th centuries were the great age of herbals, many of them available for the first time in English and other languages.

The first herbal to be published in English was the anonymous Grete Herball of 1526. The two best-known herbals in English were the *Herball or Generall Historie of Plantes* (1653) by Nicholas Culpeper. Gerard's text was basically a pirated translation of a book by the Belgian herbalist Dodoens and Culpeper's faulty matching of the two parts. Culpeper's blend of traditional medicine with astrology, magic, and folklore was ridiculed by contemporaries. The Age of Exploration and the Columbian Exchange introduced new medicinal plants to Europe. The Badianus Manuscript

The *Libellus de Medicinalibus Indorum Herbis*

(Latin for "Little Book of the Medicinal Herbs of the Indians") is an Aztec herbal manuscript, describing the medicinal uses of various plants from a Nahuatl original composed in the Colegio de Santa Cruz de Tlatelolco in 1552 by Martín de la Cruz, a Spanish translator; the *Codex de la Cruz-Badiano*, after both the original author and translator; and the *Codex Barberini*, after

The Badianus Manuscript of 1552 is the first illustrated and descriptive scientific text of

Nahuatl medicine and botany produced in the Americas. The original text was produced in Nahuatl and translated into Latin.

http://en.wikipedia.org/wiki/Libellus_de_Medicinalibus_Indorum_Herbis

was an illustrated Aztec herbal

Originally written in the Aztec language, this 16th-century codex was the first herbal and medical text compiled in the New World. It contains

a countless or extremely great number of people or things.

"myriads of insects danced around the light above my head"

synonyms:

ailments-boils, hair loss, cataracts, insomnia hiccoughs,

Hiccough: Hiccups happen when the diaphragm, the muscle that separates the chest from the abdomen, suddenly contracts.

and gout, to name a few. An extraordinarily

Extraordinarily definition, beyond what is usual, ordinary, regular, or established: extraordinary costs.

rare and valuable document; amazing in its scope,

noun extent or range of something

- Εβρεαδτησταιρ
- Εχαπαχιτψσταιρ
- Εεξτενσιονσταιρ
- Εοππορτυνιτψσταιρ
- Εουτλοοκσταιρ
- Ετυρωειωσταιρ
- Εσπηερεσταιρ
- Εαμβιτσταιρ
- Εαμπλιτυδεσταιρ
- Εαρεασταιρ
- Εχομπασσσταιρ
- Εχομπρεηενσιωενεσσσταιρ
- Εχονφινεσσταιρ
- Εφιελδσταιρ
- Εφρεεδομσταιρ
- Εφυλλνεσσσταιρ
- Ελατιτυδεσταιρ
- Ελεεωαψσταιρ
- Ελιβερτψσταιρ
- Εμαργινσταιρ
- Εορβιτσταιρ
- Επλαψσταιρ
- Εραδιυσσταιρ
- Ερεαχησταιρ
- Εροομσταιρ
- Ερυνσταιρ
- Εσπαχεσταιρ
- Εσπανσταιρ
- Εωιδενεσσσταιρ
- Εελβοωεροομσταιρ
- Εφιελδσοφερεφερενχε

<http://www.thesaurus.com/browse/scope>

detail, careful observation, and accurate description.

http://www.goodreads.com/review/show/307457865?book_show_action=true&page=1

translated into Latin in the 16th century.[citation needed]

The second millennium, however, also saw the beginning of a slow erosion the process of eroding or being eroded by wind, water, or other natural agents.

"the problem of soil erosion"

the gradual destruction or diminution of something.

"the erosion of support for the party"

synonyms:

of the pre-eminent position

dominant position, use of an office with power and influence

<http://dictionary.reverso.net/english-synonyms/preeminent%20position>

held by plants as sources

plural noun: 聽**sources**

a place, person, or thing from which something originates or can be obtained.

"mackerel is a good source of fish oil"

synonyms:

technical

a body or process by which energy or a particular component enters a system.

"major sources and sinks exist for atmospheric oxygen"

of therapeutic effects. This began with the Black Death, which the then dominant Four Element medical system proved pow

without ability, influence, or power.

"troops were powerless to stop last night's shooting"

synonyms:

to stop. A century

A **century** (from the Latin *centum*, meaning one hundred; abbreviated c.) is 100 years.

later, Paracelsus

Paracelsus was a Swiss German Renaissance **physician**, botanist, alchemist, astrologer, and general occultist. He founded the discipli of **toxicology**. He is also known as a revolutionary for insisting upon using observations of nature, rather is also credited for giving **zinc** its name, calling it *zincum*. Modern psychology often also credits him for being the f

<http://en.wikipedia.org/wiki/Paracelsus>

introduced the use of active chemical drugs

An **active ingredient** (AI) is the **ingredient in a pharmaceutical drug or a pesticide that is biologically active**. The **same active substance** may be used for **pesticide formulations**. Some medications and pesticide products may contain (from Greek: (φ ρ μ α κ ο ν), adapted from **pharmacos**) which originally denoted a magical substance or drug.

The term **active constituent** is often chosen when referring to the active **substance of interest in a plant (such as salicylic acid)**. **Salicylic acid** **connotes a sense of human agency (that is, something that a person combines with other substances), which is not found naturally ("a plant doesn't have ingredients")**.

http://en.wikipedia.org/wiki/Active_ingredient

(like arsenic, copper sulfate, iron, mercury, and sulfur). These were accepted even though they had toxic effects because of their medicinal properties.

Modern herbal medicine

Digoxin is a purified cardiac glycoside

In chemistry, a **glycoside** is a molecule in which a sugar is bound to another functional group via a glycosidic bond. **Glycosides** play numerous roles in biology.

Cardiac glycosides are organic compounds containing a glycoside (sugar) that act on the contractile force of the cardiac muscle. **Cardiac glycosides are found as secondary metabolites in several plants, but also in some insects, such as the milkweed (Asclepias speciosa)**.

http://en.wikipedia.org/wiki/Cardiac_glycoside

that is extracted from the foxglove plant, *Digitalis lanata*. Digoxin is widely used in the treatment of various heart conditions.

Atrial fibrillation (AF or A-fib) is the most common

abnormal heart rhythm. It may cause no symptoms, but is often associated with palpitations, fainting, chest pain, and shortness of breath. AF can be intermittent (paroxysmal AF) or may be permanent in nature. AF can result in a reduction of cardiac output or formation of blood clots.

http://en.wikipedia.org/wiki/Atrial_fibrillation

atrial flutter

Atrial flutter (AFL) is an

abnormal heart rhythm that occurs in the atria of the heart. When it first occurs, it is usually associated with a rapid heart rate (tachycardia). While this rhythm occurs most often in individuals with cardiovascular disease (such as coronary artery disease), it can also occur in people with otherwise normal hearts. It is typically not a stable rhythm, and frequently degenerates into atrial fibrillation.

Atrial flutter was first identified as an independent medical condition in 1920 by the British physician Sir Thomas Lewis.

http://en.wikipedia.org/wiki/Atrial_flutter

and sometimes heart failure that cannot be controlled by other medication.

The use of herbs to treat disease is almost universal among non-industrialized

In **sociology, industrial society** refers to a society driven by the use of **technology to enable mass production, supp**

http://en.wikipedia.org/wiki/Industrial_society

societies.

Many of the pharmaceuticals currently available to physicians have a long history of use as herbal remedies, including opium. A large population of some Asian and African countries presently use herbal medicine for some aspect of primary health care. Pharm

prohibitive (tending to discourage (especially of prices))

<http://www.audioenglish.org/dictionary/prohibitively.htm>

serving to **prohibit** or forbid something.

sufficing to prevent the use, purchase, etc., of something: *prohibitive prices.*

<http://www.thefreedictionary.com/prohibitive>

expensive for most of the world's population, half of which lives on less than \$2 U.S. per day. In comparison, herbal medici

The use of, and search for, drugs and dietary supplements derived from plants have accelerated

accelerated; past participle: **accelerated**

(especially of a vehicle) begin to move more quickly.

"the car accelerated towards her"

increase in rate, amount, or extent.

"inflation started to accelerate"

synonyms:

in recent years. Pharmacologists, microbiologists, botanists, and natural-products chemists are combing the Earth for phytochemicals. The World Health Organisation, approximately 25% of modern drugs used in the United States have been derived from plants.

Among the 120 active compounds currently isolated

accelerated; past participle: **accelerated**

(especially of a vehicle) begin to move more quickly.

"the car accelerated towards her"

increase in rate, amount, or extent.

"inflation started to accelerate"

synonyms:

from the higher plants and widely used in modern medicine today, 80 percent show a positive correlation

mutual relation of two or more things, parts, etc.:

Studies find a positive correlation between severity of illness and nutritional status of the patients.

Synonyms: [similarity](#), [correspondence](#), [matching](#); [parallelism](#), [equivalence](#); [interdependence](#), [interrelationship](#), [interconne](#)

the act of [correlating](#) or state of being [correlated](#).

Statistics. the degree to which two or more attributes or measurements on the same group of elements show a tendency

Physiology. the interdependence or reciprocal relations of organs or functions.

Geology. the demonstrable equivalence, in age or lithology, of two or more stratigraphic units, as formations or members

<http://dictionary.reference.com/browse/correlation>

between their modern therapeutic use and the traditional use of the plants from which they are derived. More than two thirds developing countries.[[verification needed](#)] At least 7,000 medical compounds in the modern pharmacopoeia are derived from

- Ειδιστινχιτιωεσταρ
- Ειδιοσπνχρατιχσταρ
- Ειννατεσταρ
- Επεχυλιαρσταρ
- Εσινγυλαρσταρ
- Ευνιθυεσταρ
- Εεσεντιαλσταρ
- Εεξγλυσιωεσταρ
- Εινδιχατιωεσταρ
- Εινδιωιδυαλσταρ
- Ελοχαλσταρ
- Ενατιωεσταρ
- Ενορμαλσταρ
- Εοριγιναλσταρ
- Επαρτιχυλαρσταρ
- Επερσοναλσταρ
- Επριωατεσταρ
- Ερεγυλαρσταρ
- Ερεπρεσεντατιωεσταρ
- Εσπεχιαλσταρ
- Εσπεχιφιχσταρ
- Εαπροπριατεσταρ
- Εδιαγνωστιχσταρ
- Εδιφφερεντιατινγσταρ
- Εδισκριμινατινγσταρ
- Εδισκριμινατιωεσταρ
- Εδιστινγισηινγσταρ
- Εεμβλεματιχσταρ
- Εεσπεχιαλσταρ
- Εφιζεδσταρ
- Εινβορνσταρ
- Εινβρεδσταρ
- Εινδιωιδυαλιστιχσταρ
- Εινδιωιδυαλιζινγσταρ
- Εινγραινεδσταρ
- Εινηερεντσταρ
- Εμαρκεδσταρ

- Επιπεραστά
- Επιμελητικά

<http://www.thesaurus.com/browse/characteristic>

have been ascertained

find (something) out for certain; make sure of.

"an attempt to ascertain the cause of the accident"

synonyms:

with varying soil traits,

In science, *trait* refers to a characteristic that is caused by genetics. Having green eyes or being shorter than average are traits a person m

<http://www.vocabulary.com/dictionary/trait>

and the selective

relating to or involving the selection of the most suitable or best qualified.

"the cow is the result of generations of selective breeding"

•Ε

(of a person) tending to choose carefully.

•Ε

"he is very **selective** in his reading"

•Ε

synonyms:

recovery and subsequent

coming after something in time; following.

"the theory was developed **subsequent to** the earthquake of 1906"

synonyms:

release in food of certain elements

All **compounds** are molecules, but not all molecules are **compounds**. Hydrogen gas (H₂) is a molecule, but not a **compound** because it is oxygen (O) atoms.

as part of their normal metabolic

Metabolic activity refers to the set of chemical reactions that maintain life in any organism. Metabolic activity involves being sustained. Two types of metabolic processes are *anabolism* and *catabolism*.

Anabolism is constructive metabolism, during which small molecules are formed into larger ones, requiring a large amount of energy. Catabolism is the opposite, where large molecules are broken into smaller ones.

activities. These phytochemicals are divided into (1) primary metabolites such as sugars and fats, which are found in all plants and have a specific function. For example, some secondary metabolites are toxins used to deter predation

the preying of one animal on others.

"an effective defence against predation"

the action of attacking or plundering.

"the old story of male predation and female vulnerability"

and others are pheromones

a chemical substance produced and released into the environment by an animal, especially a mammal or an insect, affecting the behaviour

used to attract insects for pollination. It is these secondary metabolites and pigments

the natural colouring matter of animal or plant tissue.

"carotenoid pigments are red, orange, or yellow"

that can have therapeutic actions in humans and which can be refined to produce drugs—examples are inulin from the roots

Plants synthesize

make (something) by synthesis, especially chemically.

"the element was first synthesized by Russian chemists in 1964"

produce (sound) electronically.

"trigger chips that synthesize speech"

a bewildering variety of phytochemicals but most are derivatives

something which is based on another source

"the aircraft is a derivative of the Falcon 20G"

FINANCE

an arrangement or product (such as a future, option, or warrant) whose value derives from and is dependent on the value of an underlying asset

"the derivatives market"

of a few biochemical motifs :

Alkaloids

Alkaloids are a group of naturally occurring chemical compounds (natural products) that contain mostly basic nitrogen atoms. This group also includes some synthetic compounds.

are a class of chemical compounds containing a nitrogen ring. Alkaloids are produced by a large variety of organisms, including plants, fungi, and bacteria (secondary metabolites). Many alkaloids can be purified from crude extracts

Etymology: L, *ex*, out, *trahere*, to draw

1 [ekstrakt] *n*, a substance, usually a biologically active ingredient, prepared by the use of solvents or evaporation to separate the substance from a mixture

2 a concentrated form of an herb that is derived when the crude herb is mixed with water, alcohol, or another solvent and distilled or evaporated

3 [ikstrakt] *v*, to remove a tooth from the oral cavity by means of elevators or forceps or both. **extraction**, *n*.

<http://medical-dictionary.thefreedictionary.com/crude+extract>

by acid-base extraction.

Acid-base extraction is a procedure using sequential liquid–liquid extractions to purify acids and bases from mixtures based on their chem

Many alkaloids are toxic to other organisms. They often have pharmacological effects and are used as medications, as recre

Any part of a plant can have entheogenic god-releasing aspects—roots, bark, resin, leaves, twigs, flowers or vines—but fr

<https://www.wordnik.com/words/entheogenic>

rituals.

Psychedelic or consciousness-expanding drugs have been studied by Western scientific researchers as adjuncts to psychotherapy while their plant-based equivalents are used in traditional ceremonial context for healing and spiritual practice.

<http://eje.wyrdwise.com/ojs/index.php/EJE/article/view/55>

Examples are the local anesthetic and stimulant cocaine; the psychedelic

of or noting a mental state characterized by a profound sense of intensified sensory perception, sometimes accompanied l

of, relating to, or noting any of various drugs producing this state, as LSD, mescaline, or psilocybin.

resembling, characteristic of, or reproducing images, sounds, or the like, experienced while in such a state:

psychedelic painting

psilocin;

Psilocin (also known as **4-HO-DMT**, **psilocine**, **psilocyn**, or **psilotsin**), is a substituted tryptamine alkaloid and a serotonergic psychedelic substance. It is present in most psychedelic mushrooms. [vention on Psychotropic Substances](#). The mind-altering effects of psilocin are highly variable and subjective

<http://en.wikipedia.org/wiki/Psilocin>

the stimulant caffeine; nicotine; the analgesic morphine; the antibacterial berberine; the anticancer compound vincristine; th

Resembling acetylcholine or simulating its physiological action.

A drug with cholinomimetic properties.

<https://www.wordnik.com/words/cholinomimetic>

00001. acetylcholine

a compound which occurs throughout the nervous system, in which it functions as a neurotransmitter.

00002. <https://www.google.co.za/#q=acetylcholine+definition>

galantamine;

galantamine. a drug that, by blocking the action of the enzyme acetylcholinesterase in the cortex of the brain, has been used to slow down

<https://www.google.co.za/#q=galantamine+definition>

the spasmolysis agent

Arrest of a spasm or convulsion.

<http://medical-dictionary.thefreedictionary.com/spasmolysis>

atropine;

Atropine is a naturally occurring

tropane alkaloid extracted from deadly nightshade (*Atropa belladonna*), Jimson weed (*Datura stramonium*), and these plants and serves as a drug with a wide variety of effects.

In general, atropine counters the “rest and digest” activity of

glands regulated by the parasympathetic nervous system. This occurs because atropine is a competitive antagonist (parasympathetic nervous system). Atropine dilates the pupils, increases heart rate, and reduces salivatic

It is on the WHO Model List of Essential Medicines, a list of the most important medications needed in a ba:

<http://en.wikipedia.org/wiki/Atropine>

the vasodilato

Vasodilation (or **vasodilatation**) refers to the widening of blood vessels. It results from relaxation of smooth muscle cells within the vessel

vincamine; the anti-arhythmia

Vincamine is a natural nootropic supplement that is classified as a peripheral vasodilator. This means that it is capable increased mental energy, clarity of thought, intellectual processing and heightened alertness. It is sold under the trade country. Most of the more common formulations are of the sustained release forms. Vincamine also considered to be an indo <http://nootriment.com/vincamine/>

compound quinidine;

Quinidine is a

pharmaceutical agent that acts as a class I antiarrhythmic agent (Ia) in the heart. It is a stereoisomer ofquinine, ori; ation, as well as a prolonged QT interval.

the anti-asthma therapeutic ephedrine;

Ephedrine聽 (

¹/扫轟f執dr瑟n/聽or聽/轟執f扫dri轟/; not to be confused with聽ephedrone) is a聽sympathomimetic聽amine聽commc otension聽associated with anaesthesia.

and the antimalarial drug quinine. Although alkaloids act on a diversity a range of different things.

plural noun: **diversities**

"newspapers were obliged to allow a diversity of views to be printed"

synonyms:

of metabolic systems in humans and other animals, they almost uniformly

- Εχονσιστεντλψσταρ
- Ξενλψσταρ
- Εχονσταντλψσταρ

<http://www.thesaurus.com/browse/uniformly>

invoke

call on (a deity or spirit) in prayer, as a witness, or for inspiration.

synonyms:

cite or appeal to (someone or something) as an authority for an action or in support of an argument.

"the antiquated defence of insanity is rarely invoked in England"

synonyms:

bitter taste.

Polyphenols

Polyphenols are abundant micronutrients in our diet, and evidence for their role in the prevention of degenerative diseases such as cancer bioavailability.

(also known as phenolics) are compounds contain phenol rings. The anthocyanins

Anthocyanins (also **anthocyanins**; from **Greek**: (*anthos*) = flower + (*kyanos*) = blue) are **water-soluble vacuolar pigments** that may appear red, purple, or blue depending on the pH. They belong to a parent class and are nearly flavorless, contributing to taste as a moderately **astringent** sensation. Anthocyanins occur in a wide range of white to yellow counterparts of anthocyanins occurring in plants. Anthocyanins are derived from **anthocyan**

that give grapes their purple color, the isoflavones,

Isoflavones comprise a class of organic compounds, often naturally occurring, related to the isoflavonoids. Many act as phytoestrogens in

the phytoestrogens

Phytoestrogens are plant-derived

xenoestrogens (see **estrogen**) not generated within the **endocrine system** but consumed by eating phytoestrogen **isoflavone** plant compounds that, because of their structural similarity with **estradiol** (17- β -estradiol), have the ability to cause **estrogenic** or/and **antiestrogenic** effects, by binding to and blocking receptors

from soy and the tannins

a yellowish or brownish bitter-tasting organic substance present in some galls, barks, and other plant tissues, consisting of derivatives of gallic acid

that give tea its astringency

Medicine Tending to draw together or constrict tissues; styptic.

Sharp and penetrating; pungent or severe: **astringent remarks**.

A substance or preparation, such as alum, that draws together or constricts body tissues and is effective in stopping the flow of blood or other fluids

[Latin *stringere*, *astringere*, present participle of *astringere*, *to bind fast* : *ad-*, *ad-* + *stringere*, *to bind*; see *string* in Indo-European roots.]

are phenolics.

Definition of PHENOLIC. 1 : a usually thermosetting resin or plastic made by condensation of a **phenol** with an aldehyde and used especially in the manufacture of plastics

Glycosides

is a molecule in which a sugar is bound to a non-carbohydrate moiety,

- Εαφιλιατιονσταρ
- Εχομπονεντσταρ
- Εελεμεντσταρ
- Εφραχτιονσταρ
- Εηαλφσταρ
- Επαρτσταρ
- Επιεχεσταρ
- Επορτιονσταρ
- Εσηαρε

<http://www.thesaurus.com/browse/moiety>

usually a small organic

relating to or derived from living matter.

"organic soils"

synonyms:

(of food or farming methods) produced or involving production without the use of chemical fertilizers, pesticides, or other artificial chemicals

"organic farming"

synonyms:

a food produced by organic farming.

an organic chemical compound.

molecule. Glycosides play numerous important roles in living organisms. Many plants store chemicals in the form of *inactive*

the chemical breakdown of a compound due to reaction with water

which causes the sugar part to be broken off, making the chemical available for use. Many such plant glycosides are used as from the body. An example is the cyanoglycosides

Glycosides. Herbal

Botanical name: Digitalis purpurea Cyanoglycosides, heart glycosides, anthraquinone glycosides, hydroquinone glycosides

Let's get this straight first: Glycosides are not glucosides. But, of course, glucosides are glycosides. Glycosides are composed of a sugar, fructose, in a galactoside the sugar is galactose (dunno how you'd get milk sugar into a plant, though), and so on. Because they are water- and alcohol-soluble. The cyanoglycosides are found in most if not all plants in the rose family. You get cyanide from cyanoglycosides; they'll stop you breathing if you ingest large enough

You'll find **heart glycosides** in foxglove (Digitalis spp.) and a lot of other plants which act on the heart. The glycosides are so close to the deadly dose, and they will kill people who regularly take them -- if these folks suddenly get much weaker.

Foxglove with its toxic glycosides is trotted out every time doctors want to discourage the use of herbs: "Digitalis is a rather a lot, to those with heart trouble.

The various **anthraquinone glycosides** are contact laxatives. You'll find them in senna, rhubarb root, and in the barks of some plants. If you take them into gear regularly for two weeks or more, and your colon won't be able to get into gear at all anymore without them.

Which is why bulk laxatives are a better idea: they don't kick, they tone.

I know of just one **hydroquinone glycoside**, and that's arbutin, which is found in the leaf of uva ursi (Arctostaphylos uva-ursi) and causes prostate inflammations. Also because of the arbutin, you'll get gut upset if you drink your uva ursi leaf tea for too long on the tea, and, if they haven't, to take something else instead.

<http://www.henriettes-herb.com>

in cherry pits that release toxins only when bitten by a herbivore.

Terpenes

Terpenes are a large and diverse class of organic compounds, produced by a variety of plants, particularly **conifers**, though also by some insects such as termites or swallowtail butterflies, which emit terpenes from smelling. They may protect the plants that produce them by deterring herbivores and by attracting predators and a protective function. The difference between terpenes and **terpenoids** is that terpenes are hydrocarbons

<http://en.wikipedia.org/wiki/Terpene>

are a large and diverse class of organic compounds, produced by a variety of plants, particularly conifers, which are often

Resin in the most specific use of the term is a hydrocarbon secretion of many plants, particularly coniferous trees. It is distinct from other liquids and of turpentine produced from resin. (The name "terpene" is derived from the word "turpentine"). Terpenes are major biosynthetic

Anabolic **steroids**, technically known as anabolic-androgenic **steroids**(AAS), are drugs that are structurally related to the cyclic **steroid** ring system. For example, are derivatives of the triterpene squalene. When terpenes are modified chemically, such as by oxidation or rearrangement, terpenoids are the primary constituents of the essential oils of many types of plants and flowers. Essential oils are used widely

Food **additives** are substances added to food to preserve flavor or enhance its taste and appearance. Some **additives** have been used for food preservation, such as sodium dioxide as with wines.

in food, as fragrances in perfumery, and in traditional and alternative medicines such as aromatherapy. Synthetic

Synthesis, the combination of two or more parts, whether by design or by natural processes. Furthermore, it may include the study of variations and derivatives

In finance, a **derivative** is a contract that derives its value from the performance of an underlying entity. This underlying entity can be an asset

A derivative is a contract between two parties which derives its value/price from an underlying asset.

The study of natural terpenes and terpenoids also greatly expand the variety of aromas used in perfumery and flavors used in food additives.

Vitamin A is an example of a terpene. The fragrance of rose and lavender is due to monoterpenes. The carotenoids produce

A consortium

A **consortium** is an association of two or more individuals, companies, organizations or governments (or any combination of these entities) for achieving a common goal.

of plant molecular researchers at Washington State University, the Donald Danforth Plant Science Center, the National Center for Plant Genome Research, and the University of California, San Diego, identified thirty medicinal plant species late 2009. The initial work, to develop a sequence reference for the transcriptome

The **transcriptome** is the set of all RNA molecules, including mRNA, rRNA, tRNA, and other non-coding RNA transcribed in one cell or a population of cells. The study of each, has led to the development of the Medicinal Plant Transcriptomics Database.

Clinical tests

Clinical tests

<http://en.wikipedia.org/wiki/Herbalism>

The bark of the cinchona

Cinchona, common name quina, is a genus of about 25 recognized species in the family Rubiaceae, native to the tropical Andes forests of v
tree contains quinine,

Quinine is a natural white crystalline alkaloid having antipyretic (fever-reducing), antimalarial, analgesic

which today is a widely prescribed treatment for malaria, especially in countries that cannot afford to purchase the more exp

Many herbs have shown positive results in-vitro, animal model or small-scale clinical tests, while studies on some herbal tre

In 2002, the U.S. National Center for Complementary and Alternative Medicine of the National Institutes of Health began fi

the degree to which something is successful in producing a desired result; success.

"the effectiveness of the treatment"

synonyms:

of herbal medicine. In a 2010 survey of 1000 plants, 356 had clinical trials published evaluating
form an idea of the amount, number, or value of; assess.

"the study will assist in evaluating the impact of recent changes"

synonyms:

MATHEMATICS

find a numerical expression or equivalent for (an equation, formula, or function).

"substitute numbers in a simple formula and evaluate the answer"

their "pharmacological activities and therapeutic applications" while 12% of the plants, although available in the Western m

Herbalists criticize the manner in which many scientific studies make insufficient use of historical knowledge, which has be
knowledge can guide the selection of factors such as optimal

best or most favourable; optimum

dose, species, time of harvesting and target population.

Prevalence

the fact or condition of being prevalent; commonness.

"the prevalence of obesity in adults"

synonyms:

of use

A survey released in May 2004 by the National Center for Complementary and Alternative Medicine focused on who used c

restricted in size, amount, or extent; few, small, or short.

synonyms:

(of a monarchy or government) exercised under limitations of power prescribed by a constitution.

synonyms:

to adults, aged 18 years and over during 2002, living in the United States. According to this survey, herbal therapy, or use of all use of prayer was excluded.

past tense: **excluded**; past participle: **excluded**

deny (someone) access to a place, group, or privilege.

synonyms:

remove from consideration.

synonyms:

prevent the occurrence of.

synonyms:

Herbal remedies are very common in Europe. In Germany, herbal medications are dispensed

past tense: **dispensed**; past participle: **dispensed**

distribute or provide (a service or information) to a number of people.

"orderlies went round dispensing drinks"

synonyms:

manage without or get rid of.

"let's dispense with the formalities, shall we?"

synonyms:

by apothecaries (e.g., Apotheke). Prescription drugs are sold alongside

close to the side of; next to.

"she was sitting alongside him"

together and in cooperation with.

"a care assistant was working alongside him"

at the same time as or in coexistence with.

"they aim to encourage coverage of disabled sport alongside able-bodied achievement"

essential oils, herbal extracts, or tisanes.

Herbal tea, or tisane, is any beverage made from the infusion or decoction of herbs, spices, or other plant material in hot water, and usually

Herbal remedies are seen by some as a treatment to be preferred to pure medical compounds which have been industrially
Adverb. (comparative more **industrially**, superlative most **industrially**). In an industrial manner. Concerning industry.

industrially

Variant of industrial

adjective

1. having the nature of or characterized by industries
2. of, connected with, or resulting from industries
3. working in industries
4. of or concerned with people working in industries
5. for use by industries: said of products

Origin of industrial

; from French and amp; ML: French *industriel* ; from Medieval Latin *industrialis*

noun

1. a stock, bond, etc. of an industrial corporation or enterprise: *usually used in pl.*
2. RARE a person working in industry
3. a form of dance music characterized by pulsating rhythms, fragmented vocal lines, and distorted electronic sounds inc

<http://www.yourdictionary.com/industrially>

produced.

**In India, the herbal remedy is so popular that the Government of India has created a separate department - AYUSH - under t
the Govt. of India in order to deal with the herbal medical system.**

Avid

very eager

wanting something very much

desirous to the point of greed : urgently eager : greedy<avid for publicity>

characterized by enthusiasm and vigorous pursuit <avid readers>

public interest in herbalism in the UK has been recently confirmed

(of a person) firmly established in a particular habit, belief, or way of life and unlikely to change their ways.

"a confirmed bachelor"

synonyms:

by the popularity of the topic in mainstream

belonging to or characteristic of the mainstream.

synonyms:

media, such as the prime time

Prime time or **primetime** is the block of **broadcast programming** taking place during the middle of the evening for

hit TV series BBC's Grow Your Own Drugs, which demonstrated how to grow and prepare herbal remedies at home.

Herbal preparations

Medical Definition of PREPARATION

the action or process of preparing

something that is prepared; specifically : a medicinal substance made ready for use <a preparation for colds>

<http://www.merriam-webster.com/dictionary/preparation>

the activity or process of making something ready or of becoming ready for something. **preparations** : things that are done to make someth

There are many forms in which herbs can be administered, the most common of which is in the form of a liquid that is drunk

Economics The using up of goods and services by consumer purchasing or in the production of other goods.

The act or process of consuming.

The state of being consumed.

An amount consumed.

is also practiced either fresh, in dried form or as fresh juice. [citation needed]

Several methods of standardization

Standardization or **standardisation** is the process of developing and implementing technical standards. **Standardization** can help to maxi processes.

may be determining the amount of herbs used. One is the ratio

In mathematics, a **ratio** is a relationship between two numbers of the same kind (e.g., objects, persons, students, spoonfuls, units of whatever two that explicitly indicates how many times ...

of raw materials to solvent. However different specimens of even the same plant species may vary in chemical content. For

00001. a process in which a chemical mixture carried by a liquid or gas is separated into components as a result of differential distributi

00002. www.merriam-webster.com/dictionary/chromatography

a technique for the separation of a mixture by passing it in solution or suspension through a medium in which the components move at diffe

is sometimes used by growers to assess the content of their products before use. Another method is standardization on a sign

Practitioners ...

Practitioners

<http://en.wikipedia.org/wiki/Herbalism>

A herbalist is:

A person whose life is dedicated

wholly committed to something, as to an ideal, political cause, or personal goal: a **dedicated** artist. 2. set apart or reserved for a specific use

to the economic or medicinal uses of plants.

One skilled in the harvesting

Harvesting is the process of collecting the mature rice crop from the field. Paddy **harvesting** activities include cutting, stacking, handling, t

and collection

The hobby of collecting includes seeking, locating, acquiring, organizing, cataloging, displaying, storing, and maintaining

of medicinal plants (*wildcrafter*).

Traditional Chinese herbalist: one who is trained or skilled in the dispensing

of herbal prescriptions; traditional Chinese herb doctor. Similarly, Traditional Ayurvedic herbalist: one who is trained or skilled

One trained or skilled in the therapeutic use of medicinal plants.

Herbalists must learn many skills, including the wildcrafting or cultivation of herbs, diagnosis and treatment of conditions or diseases, and considerable knowledge of anatomy and physiology. Herbalists are found considerably in different areas of the world. Lay herbalists and traditional indigenous medicine people generally rely upon a

Apprenticeship is a system of training a new generation of practitioners of a trade or profession with on-the-job training and often some

and recognition from their communities in lieu of

To be **in lieu** of something is to replace it or substitute for it. A restaurant that's run out of clams might serve French onion soup **in lieu of** clams.

formal schooling.

In some countries formalised training and minimum education standards exist, although these are not necessarily uniform worldwide (see, for example, the International Association of Agricultural Schools and Colleges (April 2008) results in different associations setting different educational standards, and subsequently recognising an educational

An **institution** is social structure in which people cooperate and which influences the behavior of people and the way

An institution has a purpose. Institutions are permanent, which means that they do not end when one person is gone. An institution can mean a very broad idea, or a very "specific" (narrow) one.

<http://simple.wikipedia.org/wiki/Institution>

An **institution** is any persistent structure or mechanism of social order governing the behaviour of a set of individuals within a given community

or course of training. The National Herbalists Association of Australia is generally recognised as having the most rigorous

extremely thorough and careful.

"the rigorous testing of consumer products"

synonyms:

(of a rule, system, etc.) strictly applied or adhered to.

"rigorous controls on mergers"

synonyms:

(of a person) adhering strictly to a belief or system.

"a rigorous teetotaler"

synonyms:

professional standard within Australia. In the United Kingdom, the training of medical herbalists is done by state funded Un
University of East London, Middlesex University, University of Central Lancashire, University of Westminster, University

Government regulations

The World Health Organization (WHO), the specialized agency of the United Nations (UN) that is concerned with international health, assists WHO Member States in establishing quality standards and specifications for herbal materials, within the overall context of c

In the European Union (EU), herbal medicines are now regulated under the European Directive on Traditional Herbal Medic

In the United States, most herbal remedies are regulated as dietary supplements by the Food and Drug Administration.[citation needed] of their product, though the FDA may withdraw a product from sale should it prove harmful.

The National Nutritional Foods Association, the industry's largest trade association, has run a program since 2002, examining (Good Manufacturing Practices) seal of approval on their products.[citation needed]

Some herbs, such as cannabis and coca, are outright banned in most countries. Since 2004, the sales of ephedra

Ephedra is a medicinal preparation from the plant *Ephedra sinica*.^[1] Known in Chinese as **ma huang** (麻黄; pinyin: m

as a dietary supplement is prohibited that has been forbidden; banned.

"they had deliberately fed prohibited material to their herd"

in the United States by the Food and Drug Administration., and subject to Schedule III restrictions in the United Kingdom.

Traditional herbal medicine systems

Ready to drink macerated

When you **macerate** something, you soften it by soaking it in a liquid, often while you're cooking or preparing food.

www.vocabulary.com/dictionary/macerate

medicinal liquor with goji berry, tokay gecko, and ginseng, for sale at a traditional medicine market in Xi'an, China.

Native Americans medicinally used about 2,500 of the approximately 20,000 plant species that are native to North America. phytochemical

Phytochemicals are chemical compounds that occur naturally in plants (phyto means "plant" in Greek). Some are responsible for color and studies show contain the most bioactive compounds.

A **bioactive compound** is a **compound** that has an effect on a living organism, tissue or cell. In the field of nutrition **bioactive compound**

Some researchers trained in both western and traditional Chinese medicine have attempted to deconstruct analyse (a text or linguistic or conceptual system) by deconstruction.

"she likes to deconstruct the texts, to uncover what they are not saying"

reduce (something) to its constituent parts in order to reinterpret it.

"I want to deconstruct this myth that poverty breeds crime"

ancient medical texts in the light of modern science. One idea is that the yin-yang balance, at least with regard to herbs, corr

Pro-oxidants are chemicals that induce oxidative stress, either by generating reactive oxygen species or by inhibiting antioxidant systems.

and antioxidant balance. This interpretation is supported by several investigations of the ORAC ratings

Oxygen radical absorbance capacity (ORAC) is a method of measuring **antioxidant** capacities in biological samples *in*

A wide variety of foods has been tested using this method, with certain spices, berries and legumes rated highly in extensive tables once published by the United States Department of Agriculture. The results of the tests showed that the level of digestive and metabolic activity could be determined, stating that no physiological proof *in vivo* existed in support of the

of various yin and yang herbs.

In India, Ayurvedic medicine has quite complex formulas with 30 or more ingredients, including a sizable fairly large.

"a sizeable proportion of the population"

synonyms:

number of ingredients that have undergone experience or be subjected to (something, typically something unpleasant or arduous).

"he underwent a life-saving brain operation"

synonyms:

"alchemical processing", chosen to balance "Vata", "Pitta" or "Kapha. "

In Ladakh, Lahul-Spiti and Tibet, the Tibetan Medical System is prevalent, widespread in a particular area or at a particular time.

"the social ills prevalent in society today"

synonyms:

which is also called as 'Amichi Medical System'. Over 337 species of medicinal plants has been documented by C.P. Kala t

For centuries, the only medical system, which was accessible to Ladakhis, has been the **amchi**. **Amchis** are traditional doctors following Ti

edaeliftibet.weebly.com

the practitioners of this medical system.

In Tamil Nadu, Tamils have their own medicinal system now popularly called the Siddha medicinal system. The Siddha system such as anatomy, sex ("kokokam" is the sexual treatise

a written work dealing formally and systematically with a subject.

"his **treatise** on Scottish political theory"

synonyms:

of par excellence),

par excellence. You say that something is a particular kind of thing **par excellence** in order to emphasize that it is a very good example of

herbal, mineral and metallic compositions

the act of combining parts or elements to form a whole. manner of being composed; **structure**:an orderly **composition**. an aggregate mate

to cure many diseases that are relevant

closely connected or **appropriate** to the matter in hand.

"what small companies need is relevant advice"

synonyms:

even today. Ayurveda is in Sanskrit, but Sanskrit

Sanskrit is the classical language of Indian and the liturgical language of Hinduism, Buddhism, and Jainism. It is also one of the 22 official l

was not generally used as a mother tongue and hence its medicines are mostly taken from Siddha

In Hinduism, a **siddha** is "one who is accomplished". It refers to perfected masters who have achieved a high degree of physical as well as and other local traditions.

A **tradition** is a belief or behavior passed down within a group or society with symbolic meaning or special significance with origins in the pa

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accomplishment

something that has been achieved successfully.

synonyms:

the successful achievement of a task.

an activity that a person can do well.

skill or ability in an activity.

synonyms:

•€

adage

An **adage** (Latin:**adagium**) is a short, usually **philosophical, but memorable saying** which holds some important fact long **memetic** use.

aggregation

a group or mass of distinct or varied things, persons, etc.: an **aggregation** of complainants. 2. collection into an unorganized whole. 3. the :

dictionary.reference.com/browse/aggregation

biosynthesis

Biosynthesis (also called biogenesis or anabolism) is a multi-step, enzyme-catalyzed process where substrates are converted into more complex form macromolecules.

boon

a thing that is helpful or beneficial.

"the route will be a **boon** to many travellers"

synonyms:

a favour or request.

carrier herb

Carrier herbs are like taxis that "carry" other herbs into specific parts of the body. If a patient has burning legs or feet, the Cinnamon Twigs are used to carry houttuynia into the lymph system, the hands, and feet. Kudzu is used to deliver houttu

<http://www.mdjunction.com/forums/lyme-disease-support-forums/general-support/1472963-carrier-herbs-help-other-herbs>

00001. <http://goodbyelyme.com>
clogged

block or become blocked with an accumulation of thick, wet matter.

"the gutters were **clogged up** with leaves"

synonyms:

fill up or crowd (something) so as to obstruct passage.

"tourists' cars clog the roads into Cornwall"

comparing

estimate, measure, or note the similarity or dissimilarity between.

"individual schools **compared** their facilities **with** those of others in the area"

synonyms:

GRAMMAR

form the comparative and superlative degrees of (an adjective or an adverb).

"words of one syllable are usually compared by '-er' and '-est'"

compromised

settle a dispute by mutual concession.

"in the end we compromised and deferred the issue"

synonyms:

expediently accept standards that are lower than is desirable.

"we were not prepared to **compromise on** safety"

constituents

a member of an area which elects a representative to a legislative body.

"the MP is playing on his constituents' sense of regional identity to win votes"

synonyms:

a component part of something.

"the essential constituents of the human diet"

synonyms:

consumption

Consumption may refer to: Biology. **Consumption** (ecology) · **Consumption** (disease), an archaic name for tuberculosis; Ingestion of food

counterpart

a person or thing that corresponds to or has the same function as another person or thing in a different place or situation.

"the minister held talks with his French counterpart"

synonyms:

LAW

one of two copies of a legal document.

culinary

Culinary is a word that comes from culina in Latin meaning Kitchen and the word Kiln or oven is related.

Culinary means therefore "of the Kitchen" or "of the oven" generally, cooking.

Culinary Arts can be translated to Cooking Arts or Kitchen Arts.

So you can use either Cooking or Kitchen whichever best fits.

http://www.answers.com/Q/What_is_the_synonym_for_culinary

designation

the action of choosing someone to hold an office or post.

"a leader's designation of his own successor"

synonyms:

the action of choosing a place for a special purpose or giving it a special status.

"Dibden Bay's designation as a Site of Special Scientific Interest"

synonyms:

an official name, description, or title.

plural noun: **designations**

"quality designations such as 'Premier Cru'"

synonyms:

determine

cause (something) to occur in a particular way or to have a particular nature.

"it will be her mental attitude that determines her future"

synonyms:

ascertain or establish exactly by research or calculation.

"the inquest is entrusted with the task of determining the cause of death"

synonyms:

dosage

00001. Dose means quantity in the fields of nutrition, medicine, and toxicology. It is used as a synonym for the term dose.

effectiveness

the degree to which something is successful in producing a desired result; success.

"the effectiveness of the treatment"

synonyms:

effects

a change which is a result or consequence of an action or other cause.

"the lethal effects of hard drugs"

synonyms:

the lighting, sound, or scenery used in a play, film, or broadcast.

"the production relied too much on spectacular effects"

verb

3rd person present: **effects**

cause (something) to happen; bring about.

"the prime minister effected many policy changes"

synonyms:

enhance

intensify, increase, or further improve the quality, value, or extent of.

"his refusal does nothing to enhance his reputation"

synonyms:

enzyme

An **enzyme** is a protein molecule that is a biological catalyst with three characteristics. First, the basic function of an **enzyme** is to increase

excess

an amount of something that is more than necessary, permitted, or desirable.

"are you suffering from **an excess of** stress in your life?"

synonyms:

lack of moderation, especially in eating or drinking.

"bouts of alcoholic excess"

synonyms:

exceeding a prescribed or desirable amount.

"trim any excess fat off the meat"

synonyms:

BRITISH

required as extra payment.

"the full excess fare had to be paid"

expectancy

the state of thinking or hoping that something, especially something good, will happen.

"they waited with an **air of expectancy**"

synonyms:

exposure

In photography, **exposure** is the amount of light per unit area (the image plane illuminance times the **exposure** time) reaching a photograph "sensor".

fatal

causing death.

"a fatal accident"

synonyms:

leading to failure or disaster.

"there were three fatal flaws in the strategy"

synonyms:

features

a distinctive attribute or aspect of something.

"a well-appointed house with interesting decorative features"

synonyms:

a newspaper or magazine article or a broadcast programme devoted to the treatment of a particular topic, typically at length.

"a special feature on children's reference books"

synonyms:

verb

3rd person present: **features**

have as a prominent attribute or aspect.

"the hotel features a large lounge, a sauna, and a coin-operated solarium"

synonyms:

fertility

Fertility is the natural capability to produce offspring. As a measure, **fertility** rate is the number of offspring born per mating pair, individual

identified

establish or indicate who or what (someone or something) is.

"the judge ordered that the girl should not be identified"

synonyms:

associate someone or something closely with; regard as having strong links with.

"he was equivocal about being identified too closely with the peace movement"

synonyms:

immunity

In biology, **immunity** is the state of having sufficient biological defenses to avoid infection, disease, or other unwanted biological invasion. It

impressive

evoking admiration through size, quality, or skill; grand, imposing, or awesome.

"an impressive view of the mountains"

synonyms:

industrialized

past tense: **industrialized**; past participle: **industrialized**

develop industries in (a country or region) on a wide scale.

"the industrialized nations"

(of a country or region) build up a system of industries.

"the country needs to industrialize to create both exports and jobs"

inhibition

a feeling that makes one self-conscious and unable to act in a relaxed and natural way.

"the children, at first shy, soon lost their inhibitions"

synonyms:

the action of inhibiting a process.

synonyms:

inhibits

hinder, restrain, or prevent (an action or process).

"cold inhibits plant growth"

synonyms:

make (someone) self-conscious and unable to act in a relaxed and natural way.

"they felt inhibited by the presence of healthcare professionals"

investment

00001. **Investment** is time, energy, or matter spent in the hope of future benefits actualized within a specified date or time frame.

isolated

far away from other places, buildings, or people; remote.

"isolated farms and villages"

synonyms:

having minimal contact or little in common with others.

"he lived a very isolated existence"

synonyms:

single; exceptional.

"isolated incidents of student unrest"

synonyms:

lethal

sufficient to cause death.

"a lethal cocktail of drink and pills"

very harmful or destructive.

"the Krakatoa eruption was the most lethal on record"

synonyms:

(in a sporting context) very accurate or skilful.

"a lethal drop-shot"

measure

ascertain the size, amount, or degree of (something) by using an instrument or device marked in standard units.

"the amount of water collected is measured in pints"

synonyms:

assess the importance, effect, or value of (something).

"it is hard to measure teaching ability"

synonyms:

motility

In biology, **motility** is the ability to move spontaneously and actively, consuming energy in the process. Most animals are **motile** but the ter organs, in addition to animal locomotion.

mortality rate

Mortality rate, or **death rate**, is a measure of the number of deaths (in general, or due to a specific cause) in a particular population, scaled

opposites

a person or thing that is totally different from or the reverse of someone or something else.

"we were opposites in temperament"

synonyms:

particular

used to single out an individual member of a specified group or class.

"the action seems to discriminate against a particular group of companies"

synonyms:

especially great or intense.

"when handling or checking cash the cashier should exercise particular care"

synonyms:

phenomenon

something (such as an interesting fact or event) that can be observed and studied and that typically is unusual or difficult to understand or e

www.merriam-webster.com/dictionary/phenomenon

platelet-generated

Greater New York City Area - Senior Research Scientist at New York Blood Center

Conducted basic and applied research to discover the role of **platelet generated** eicosanoids in angiogenesis and vascular remodeling usir

<https://www.linkedin.com/in/kalyansrivastava>

popularity

the state or condition of being liked, admired, or supported by many people.

"he was at the height of his popularity"

synonyms:

potentially

Capable of being but not yet in existence; latent or undeveloped: a **potential** problem; a substance with many **potential** uses.

www.thefreedictionary.com/potentially

preventing

keep (something) from happening.

"action must be taken to prevent further accidents"

synonyms:

prized

use force in order to move, move apart, or open (something).

"I tried to prize Joe's fingers away from the stick"

synonyms:

obtain something from (someone) with effort or difficulty.

"I got the loan, though I had to prise it out of him"

synonyms:

protects

keep safe from harm or injury.

"he tried to **protect** Kelly **from** the attack"

synonyms:

aim to preserve (a threatened species or area) by legislating against collecting, hunting, or development.

"the natterjack toad is a protected species"

synonyms:

ECONOMICS

shield (a domestic industry) from competition by imposing import duties on foreign goods.

"Japan's Ministry of Trade & Industry erected barriers to protect the country's infant computer industry"

regulate

control or maintain the rate or speed of (a machine or process) so that it operates properly.

"a hormone which regulates metabolism"

synonyms:

control (something, especially a business activity) by means of rules and regulations.

"the Code regulates the takeovers of all public companies"

synonyms:

set (a clock or other apparatus) according to an external standard.

"the standard time by which other clocks were regulated"

remarkable

worthy of attention; striking.

"a remarkable coincidence"

synonyms:

scientific basis

a scientific approach

scientifically **adv**

scientific method

n a method of investigation in which a problem is first identified and observations, experiments, or other relevant data are then used to

conforming with the principles or methods used in science

species

In biology, a **species** (abbreviated sp., with the plural form **species** abbreviated spp.) is one of the basic units of biological classification and

stimulating

Stimulation or excitation is the action of various agents (stimuli) on nerves, muscles, or a sensory end organ, by which activity is evoked; e.g. stimulation of the nerve with the nerve is thrown into a state of activity ...

stimulation

Stimulation or excitation is the action of various agents (stimuli) on nerves, muscles, or a sensory end organ, by which activity is evoked; e with the nerve is thrown into a state of activity ...

thromboxanes

Thromboxane: A substance made by platelets that causes blood clotting and constriction of blood vessels. It also encourages platelet aggr

www.medicinenet.com › [home](#) › [medterms medical dictionary az list](#)

transcending

be or go beyond the range or limits of (a field of activity or conceptual sphere).

"this was an issue transcending party politics"

synonyms:

surpass (a person or achievement).

"he doubts that he will ever transcend Shakespeare"

synonyms:

virtue

behaviour showing high moral standards.

"paragons of virtue"

synonyms:

(in traditional Christian angelology) the seventh-highest order of the ninefold celestial hierarchy.

viscosity

The **viscosity** of a fluid is a measure of its resistance to gradual deformation by shear stress or tensile stress. For liquids, it corresponds to

GINGER

Ginger

GINGER by Martha Whitney

http://www.herballegacy.com/Whitney_Medicinal.html

The School of Natural Healing & Christopher Publications

Ginger is probably best known as a digestive aid. It's effectiveness

in this area is so impressive

that if this was ginger's only virtue,

it would be worth its weight in gold on this point alone. However the list of both, medicinal and culinary

benefits of this unassuming

plant are incredible.

It is estimated that 80% of persons over the age of fifty suffer

from osteoarthritis. Amazingly more than 100 different diseases are grouped under the designation

of arthritis. Though these all have a different title,

they all have one thing in common, inflammation. This is precisely

where ginger shines. Ginger is a stimulant

and anti-inflammatory herb.

Numerous studies have been performed comparing ginger to aspirin for pain relief. Not only did ginger require a smaller do

unlike its counterpart,

it did the job with no side effects.

Many physicians also recommend a daily intake of aspirin to check clogged

arteries and reduce the number of potentially

fatal situations as a result of this problem. Clogged arteries are the cause of more than one-half of all deaths in the United St

there is an increase in blood viscosity

and aggregation

leading to potentially lethal

clotting. Is aspirin the best answer to this common life-threatening phenomenon?

Looking at the measure

of total mortality rate

will help us determine

aspirin's true effectiveness.

Some of the largest studies have shown that regular aspirin consumers suffer a higher mortality rate,

experience an increase in bleeding ulcers, joint discomfort and a potentially

compromised

immune system increase.

An outpatient cardiology clinic in an Israeli hospital now encourages all of their patients to take one-half teaspoon of ginger

the same blood-thickening enzyme

as aspirin and does this naturally without the side effect of aspirin. This "wonder drug" herb has an additional benefit to the

the potential of many modern cardiovascular drugs. With heart disease the number one killer in America, is it any wonder th

A group of Cornell Medical school researchers published an article in the New England Journal of Medicine in 1980 confir

the potentially life-threatening process of platelet aggregation.

Because of ginger's many constituents,

it offers synergistic

cardiovascular features producing

antioxidant effects which include strengthening the muscle and lowering serum cholesterol. Ginger, in fact, actually decreas

Additionally, ginger may boast of having ulcer preventing properties. At least six anti-ulcer constituents from ginger have b

and identified. It is nothing short of mind boggling how ginger can treat two opposites and balance the system. Ginger treats constipation and diarrhoea while relieving nausea, inhibits toxic bacteria while promoting friendly species of bacteria. All of the above, once more, with no side effects!

Ginger has an ancient reputation as a carrier herb enhancing the absorption of other herbs. You are what you eat is an old adage, but are you what you eat or what you absorb?

Dr. Christopher said, "Ginger is generally combined with herbs going into the abdominal area, because it is a carrier. Ginger Environmental exposure

is believed to be responsible for as many as 80% of all cancers. Ginger contains at least two other properties that could pose and inhibition of platelet aggregation. Studies in Montreal and Tokyo in 1955 and 1979 concluded that ginger does indeed

Of particular note to diabetics is ginger's ability to regulate blood sugar and increase circulation. The increase in circulation to the reproductive system. Researchers have concluded there is a significant increase in the sperm motility (swimming ability). As a result of this, ginger has long been prized for its ability to increase fertility

Amazingly, among industrialized nations, we place close to the lowest in life expectancy

(fifteenth) and highest in all cancer and heart disease rates. This should be a flashing red flag to us that our health care system

"We don't know what we're doing in medicine. Perhaps one-quarter to one-third of medical services may be of little or no benefit"

"The scientific basis

of medicine is much weaker than most patients or even physicians realize; this leads to treatment based on uncertainty."

Ginger

Ginger Root

Ginger Root Herb Notes

Ginger (Jamaica ginger)

Ginger (Jamaica ginger)

<http://www.ageless.co.za/herb-ginger.htm>

Ginger (Jamaica ginger)

Zingiber officinale, Roscoe

Find information on ginger and how it is used as a herb in alternative herbal treatments to treat ailments an illness, typically a minor one.

"the doctor diagnosed a common stomach ailment"

synonyms:

and problems, such as nausea, indigestion and blood in urine.

Please note that I am not advocating publicly recommend or support.

"voters supported candidates who advocated an Assembly"

synonyms:

that people stop using their normal medication, but would like to make them aware that some alternative therapies can be ve
00001.

successful in producing a desired or intended result.

00002.

"effective solutions to environmental problems"

00003.

synonyms:

existing in fact, though not formally acknowledged as such.

00004.

"she has been under effective house arrest since September"

00005.

synonyms:

00001.

a soldier fit and available for service.

00002.

"when the battles broke out, he had a total of 920 effectives"

00003.

to help treat problems and create a healthier, younger and more vital you..

Although I believe in the therapeutic and healing properties of herbs, care must be taken in the use thereof, as they are powerful
having great power or strength.

"a fast, powerful car"

synonyms:

compounds.

Botanical Classification

Family

Zingiberaceae

Genus and specie

Zingiber officinale, Roscoe

Other names

Jamaica ginger and Sheng Jiang.

Description of the herb ginger

Ginger is a deciduous

00001.

Deciduous means "falling off at maturity" or "tending to fall off", and it is typically used in order

00002.

perennial

A **perennial** plant or simply **perennial** (from Latin per, meaning "through", and annus, meaning "year", with thick, branching rhizomes

and sturdy,

(of a person or their body) strongly and solidly built.

"he had a sturdy, muscular

00001.

In botany and dendrology, a **rhizome** (/ˈraɪzəʊm/, from Ancient Greek: *rhízma* "mass of roots", from *rhizó* "cause to strike root") is a modified stem that grows horizontally underground.

00002.

physique"

synonyms:

upright stems with pointed lance-like

1. Resembling a lance.

leaves. Yellow-green flowers, with a deep purple lip with a yellow marking are produced, followed by the fruits, which resemble

Parts used

The fresh and dried rhizomes are used and an essential oil is also extracted.

Properties

Ginger is a sweet, pungent

having a sharply strong taste or smell.

"the pungent smell of frying onions"

synonyms:

•€

(of comment, criticism, or humour) having a sharp and caustic quality.

•€

"he has expressed some fairly pungent criticisms"

•€

synonyms:

•€

and aromatic herb that has expectorant

Mucokinetics are a class of drugs which aid in the clearance of **mucus from the airways, lungs, bronchi, and trachea. S**

•€mucolytic agents

•€expectorants

•€wetting agents / hypoviscosity agents

•€abhesives / surfactants

In general, clearance ability is hampered by bonding to surfaces (stickiness) and by the

Expectorants and mucolytic agents are different types of medication, yet both intend to promote drainage of mucus from t

An **expectorant** (from the Latin *expectorare*, to expel from the chest) works by signaling the body to increase the amount of

A mucolytic agent is an agent which dissolves thick

Alternatively, attacking the affinity between secretions and the biological surfaces is another avenue, which is used by
Any of these effects could potentially improve airway clearance during coughing.

An expectorant increases bronchial secretions and mucolytics help loosen thick bronchial secretions. Expectorants reduce th
—Adams, Holland, & Bostwick, 2008, p. 591

<http://en.wikipedia.org/wiki/Mucokinetics>

properties. The herb increases perspiration, improves digestion and liver function, controls nausea, vomiting and coughing.]

The taste of this herb is caused by the numerous gingerols,

00001. Gingerol, or sometimes [6]-gingerol, is the active constituent of fresh ginger. Chemically, gingerol is a relative
Formula: C17H26O4

00002.

such as

[6]-gingerol, found in the plant and the volatile

00001.

(of a substance) easily evaporated at normal temperatures.

00002.

"volatile solvents such as petroleum ether, hexane, and benzene"

00003.

synonyms:

00004.

liable to change rapidly and unpredictably, especially for the worse.

00005.

"the political situation was becoming more volatile"

00006.

synonyms:

00007.

essential oil also contains monoterpenoids (camphene, b-phellandrene, neral and geranial), diterpene lactones, such as galan

Therapeutic uses

Internal use

Ginger is used internally for motion sickness, nausea, morning sickness, indigestion, colic, abdominal chills, colds, coughs,

00001.

A **peripheral** is a "device that is used to put information into or get information out of the com

00002.

circulatory problems.

It is a very "warming" herb, and is used in "cold" conditions like frigidity

doctor.ndtv.com › [Photo List](#)

•€

•€

Frigidity is a condition in which a woman is unable to achieve or sustain sexual arousal. She

and impotence.

Some hypoglycaemic, cholesterol lowering, immune stimulant and anti-inflammatory properties have been noted.

It has a very beneficial

www.thefreedictionary.com/beneficial

Producing or promoting a favorable result; advantageous: a trade agreement **beneficial** to al

effect on ulcers, and also increases peristalsis and the secretion of bile and gastric juices.

In Chinese medicine, it is used for nausea, vomiting, fever, cold, cough, nasal discharge, blood in the urine, abdominal unea

00001.

anxiety or discontent.

00002.

"public unease about defence policy"

00003.

and feeling of fullness

00001.

the state of being filled to capacity.

00002.

"scores of tins in different states of fullness"

00003.

the state of being filled out so as to produce a rounded shape.

00004.

"the childish fullness of his cheeks"

00005.

synonyms:

as well as chronic

A **chronic** condition is a human health condition or disease that is persistent or otherwise long-lasting in its nature. For example, chronic bronchitis.

Green ginger (fresh young rhizomes) is juiced, eaten raw, preserved

00001.

maintain (something) in its original or existing state.

00002.

"all records of the past were zealously preserved"

00003.

synonyms:

00004.

treat (food) to prevent its decomposition.

00005.

"freezing and canning can be reliable methods of preserving foods"

00006.

synonyms:

00007.

and candied.

Candied fruit, also known as **crystallized fruit** or **glacé fruit**, has been around since the 14th century. The continual process of drenching the fruit in syrup causes the fruit to become saturated with sugar.

External use

Used externally for spasmodic

00001.

occurring or done in brief, irregular bursts.

00002.

"spasmodic fighting continued"

00003.

synonyms:

00004.

caused by, subject to, or in the nature of a spasm or spasms.

00005.

"a spasmodic cough"

00006.

pain, rheumatism, lumbago,

Low back pain or **lumbago** is a common disorder involving the muscles and bones of the back. It is often associated with menstrual cramps and sprains.

www.nlm.nih.gov/medlineplus/sprainsandstrains.html

•€

•€

A **sprain** is a stretched or torn ligament. Ligaments are tissues that connect bones at a joint. |

Aromatherapy and essential oil use

To warm the body and the mind, ginger essential oil is most effective. It sharpens

00001.

make or become sharp or sharper.

00002.

"she sharpened her pencil"

00003.

synonyms:

00004.

00005.

00006.

2

00007.

improve or cause to improve.

00008.

"they've got to **sharpen up** in front of the goal"

00009.

synonyms:

00010.

the senses and memory.

It will also "ground" a person, while stimulating

00001.

encouraging or arousing interest or enthusiasm.

00002.

"a rich and stimulating working environment"

00003.

the mind, and is very effective in removing excess moisture in the body - such as catarrh

Catarrh /k tar/, or catarrhal inflammation, is a disorder of inflammation of the mucous membranes and phlegm.

Phlegm
Phlegm is a thick, slippery and sticky substance produced by the throat, bronchial passages, and lungs. Phlegm may be described as abnormally thick or frothy, and clear, yellow or green in color. Phlegm symptoms can be caused by a large variety of mild to serious health problems, such as allergies, sinusitis, and asthma. In some cases, phlegm symptoms can be a sign of a serious or life-threatening disease or condition. **Seek immediate medical care (call 911)** if you have difficulty breathing; chest pain; shortness of breath. <http://www.healthgrades.com/symptoms/phlegm-symptoms>

Furthermore it boosts the digestive system and is valuable

00001.

worth a great deal of money.

00002.

"a valuable antique"

00003.

00001.

00002.

00003.

noun

00001.

1

00002.

a thing that is of great worth, especially a small item of personal property.

00003.

"put all your valuables in the hotel safe"

00004.

synonyms:

00005.

in fighting nausea and motion sickness - be that car or sea. The circulation boosting

00001.

Boosting is a machine learning ensemble meta-algorithm for reducing bias primarily and also

00002.

properties helps the entire

00001.

with no part left out; whole.

00002.

"my plans are to travel the entire world"

00003.

synonyms:

00004.

00005.

not broken, damaged, or decayed.

00006.

synonyms:

00007.

body and its analgesic

affect aids with rheumatic and arthritic pain.

On the skin it reduces bruises, sores and carbuncles.

<http://www.nlm.nih.gov/medlineplus/druginfo/natural/961.html>

Ginger

What is it?

Ginger is an herb. The rhizome (underground stem) is used as a spice and also as a medicine. It can be used fresh, dried and

Ginger is commonly used to treat various types of "stomach problems," including motion sickness, morning sickness, colic,

Other uses include pain relief from arthritis

Arthritis (from Greek *arthro-*, joint + *-itis*, inflammation; plural: arthritides) is a form of
The major complaint by individuals who have arthritis is

or muscle soreness, menstrual pain, upper respiratory tract infections, cough, and bronchitis. Ginger is also sometimes used

Some people pour the fresh juice on their skin to treat burns. The oil made from ginger is sometimes applied to the skin to r

In foods and beverages, ginger is used as a flavoring agent.

In manufacturing, ginger is used as for fragrance in soaps and cosmetics.

One of the chemicals in ginger is also used as an ingredient in laxative, anti-gas, and antacid

medications.

How effective is it?

Natural Medicines Comprehensive

Database rates effectiveness based on scientific evidence according to the following scale: Effective, Likely Effective, Possibly Effective, Possibly Ineffective, Ineffective, and Insufficient
not producing any significant or desired effect.

"the legal sanctions against oil spills are virtually ineffective"

synonyms:

and Insufficient

not enough; inadequate.

"there was insufficient evidence to convict him"

synonyms:

Evidence to Rate.

A quantity measured with respect to another measured quantity: a **rate** of speed of 60 miles per hour.
00001. www.thefreedictionary.com/rate

go or come after (a person or thing proceeding ahead); move or travel behind.

00002.

"she went back into the house, and Ben followed her"

00003.

synonyms:

00004.

come after in time or order.

00005.

"the six years that followed his restoration"

00006.

The effectiveness ratings for GINGER are as follows:

00001.

go or come after (a person or thing proceeding ahead); move or travel behind.

00002.

"she went back into the house, and Ben followed her"

00003.

synonyms:

00004.

come after in time or order.

00005.

"the six years that followed his restoration"

00006.

Possibly effective for...

Nausea and vomiting following

www.thefreedictionary.com/following

•€

Coming next in time or order: in the **following** chapter. 2. Now to be enumerated: The **follow**

surgery. Most clinical research shows that taking 1 gram of ginger one hour before surgery seems to reduce

00001.

make smaller or less in amount, degree, or size.

00002.

"the need for businesses to reduce costs"

00003.

synonyms:

00004.

bring someone or something to (a worse or less desirable state or condition).

00005.

"she has been reduced to near poverty"

00006.

synonyms:

00007.

nausea and vomiting during the first 24 hours after surgery. One study found ginger reduced nausea and vomiting by 38%. *Dizziness*. Taking ginger seems to reduce the symptoms of dizziness, including nausea.

Menstrual pain. Some research shows that ginger can reduce symptoms of menstrual pain in some women when taken durin

Arthritis. Some research shows that taking ginger can modestly

dictionary.reference.com/browse/modestly

•€

having or showing a moderate or humble estimate of one's merits, importance, etc.; free from

reduce pain in some people with a form of arthritis called "osteoarthritis."

[Osteoarthritis \(OA\) is one of the most common forms of arthritis. It is a chro](#)

One study shows that taking a specific ginger extract (Zintona EC) 250 mg four times daily reduced arthritis pain in the kne

Alpinia is a genus of flowering plants in the ginger family, Zingiberaceae. It is named for Prospero Alpini, a 17th-century Italian botanist who

also reduces pain upon standing, pain after walking, and stiffness. Some research has compared ginger to medications such :

Preventing morning sickness (discuss the possible risks with your healthcare provider). Ginger seems to reduce nausea and ,

00001.

We have agreements in place with **healthcare providers** ranging from hospitals to pharmaci

Possibly ineffective for...

Preventing motion sickness and seasickness. Some people say they feel better after taking ginger before travel. But there is 1
Motion sickness or kinetosis, also known as travel sickness, is a condition in which a disagreeable
Dizziness, fatigue, and nausea are the most common symptoms of motion sickness.[2] **Sopite syndrome**
or seasickness.

Seasickness is a form of **motion sickness** characterized by a feeling of **nausea** and, in extreme cases:

Insufficient

not enough; inadequate.

"there was insufficient evidence to convict him"

synonyms:

evidence to rate effectiveness for...

Rheumatoid arthritis (RA). There is some preliminary

00001.

preceding or done in preparation for something fuller or more important.

00002.

"a preliminary draft"

00003.

synonyms:

noun

00001.

a preliminary action or event.

00002.

"the bombardment was resumed as **a preliminary to** an infantry attack"

00003.

synonyms:

evidence that ginger might be helpful for decreasing

make or become smaller or fewer in size, amount, intensity, or degree.

"the population of the area has decreased radically"

synonyms:

joint pain

Jun 6, 2014 - **Joint pain**, or arthralgia, may be caused by injury or disease. Learn about dise:

in people with RA.

Nausea and vomiting due to chemotherapy. There is contradictory

www.vocabulary.com/dictionary/contradictory

A **contradictory** statement is one that says two things that cannot both be true. An example:

evidence about the effectiveness of ginger for nausea and vomiting caused by chemotherapy

Chemotherapy is the use of drugs to kill cancer cells. However, when most people use the w

for cancer.

Muscle pain

Part 1 of 6: Overview

What Are Muscle Aches?

Muscle aches are also known as muscle pain, myalgia, or simply pain in the muscles. Muscle aches are extremely common. Almost everyl
Because almost every part of the body has muscle tissue, this type of pain can be felt practically anywhere. According to the Mayo Clinic, it

Part 2 of 6: Common Causes

What Are the Most Common Causes of Muscle Aches?

Often, people who experience muscle aches can easily pinpoint the cause. This is because most instances of myalgia result from too much

- Muscle tension in one or more areas of the body
- Overusing the muscle during physical activity
- Injuring the muscle while engaging in physically demanding work or exercise (muscle sprains and strains are both injuries that can cause

Part 3 of 6: Medical Causes

What Types of Medical Conditions Can Cause Muscle Pain?

Not all muscle aches are related to stress, tension, and physical activity. Some medical explanations for myalgia include:

- Fibromyalgia
- Infections, such as the flu
- Lupus
- Use of certain medications or drugs, such as statins, ACE inhibitors, or cocaine
- Dermatomyositis (marked by inflammation and a rash)
- Polymyositis (marked by inflammation and tenderness)

Part 4 of 6: Home Care

Easing Muscle Aches at Home

Muscle aches often respond well to home treatment. Some measures you can take to ease any muscle discomfort from injuries and overus

- Resting the area of the body where you are experiencing aches and pains
- Taking an over-the-counter pain reliever, such as ibuprofen
- Applying ice to the affected area to help relieve pain and ease inflammation

According to the National Institutes of Health (NIH), you should use ice for one to three days following the strain or sprain. Apply heat for an

Other measures that may provide relief from muscle pain Part 5 of 6: Medical Care

When Muscle Aches Should Be Addressed at a Doctor's Office or Hospital

Muscle aches are not always harmless, and in some instances, home treatment is not enough. Myalgia can also be a sign that something is
due to a variety of causes include:

- Gently stretching the muscles
- Avoiding high-impact activities until after the muscle pain goes away
- Avoiding weight-lifting sessions until the muscle pain is resolved
- Giving yourself time to rest
- Doing stress-relieving activities and exercises such as yoga and meditation to relieve tension

Part 5 of 6: Medical Care

When Muscle Aches Should Be Addressed at a Doctor's Office or Hospital

Muscle aches are not always harmless, and in some instances, home treatment is not enough. Myalgia can also be a sign that something is wrong. You should see your doctor for:

- Pain that does not go away after a few days of home treatment
- Severe muscle pain if you are unsure of the cause
- Muscle pain that occurs along with a rash
- Muscle pain that occurs after a tick bite
- Myalgia accompanied by redness or swelling
- Pain that occurs soon after a change in the medications you take

The following can be a sign of a medical emergency. Get to the hospital as soon as possible if you experience any of the following along with:

- A sudden onset of water retention and/or a reduction in urine volume
- Difficulty swallowing
- Vomiting and/or running a fever
- Trouble catching your breath
- Stiffness in your neck area
- Muscles that are weak
- Inability to move the affected area of the body

Part 6 of 6: Prevention

Tips for Preventing Sore Muscles

If your muscle pain is caused by tension or physical activity, take these measures to lower your risk of developing muscle pain in the future:

- Stretch your muscles before engaging in physical activity and after workouts.
- Incorporate a warm-up and a cool-down into all of your exercise sessions.
- Stay hydrated, especially on the days when you are active.
- Engage in regular exercise to help promote optimal muscle tone.
- Get up and stretch regularly if you work at a desk or in an environment that puts you at risk for muscle strain or tension.

According to the NIH, people who work at a desk should make an effort to get up and stretch at least every 60 minutes (NIH, 2011).

Your sore muscles might be due to something other than tension and physical activity. In this case, your doctor will best be able to advise you.

<http://www.healthline.com/health/muscle-aches#Overview1>

after exercise. There is contradictory evidence about whether ginger helps for muscle pain caused by exercise.

Loss of appetite.

Colds.

Flu.

Migraine headache.

Preventing nausea caused by chemotherapy.

Other conditions.

More evidence is needed to rate ginger for these uses.

How does it work?

Ginger contains chemicals that may reduce nausea and inflammation. Researchers believe the chemicals work primarily for the most part; mainly.

"around 80 per cent of personal computers are used primarily for word processing"

synonyms:

in the stomach and intestines, but they may also work in the brain and nervous system to control nausea.

Are there safety concerns?

Ginger is LIKELY

00001.

such as well might happen or be true; probable.

00002.

"speculation on the likely effect of opting out"

00003.

synonyms:

00004.

apparently suitable; promising.

00005.

"a likely-looking spot"

00006.

synonyms:

00007.

SAFE for most people. Some people can have mild side effects including heartburn,

Heartburn, also known as **pyrosis**, **cardialgia**, or **acid indigestion** is a burning sensation in the chest, heartburn, diarrhoea, and general stomach discomfort. Some women have reported extra menstrual bleeding while taking ginger.

When ginger is applied to the skin, it may cause irritation.

00001.

the state of feeling annoyed, impatient, or slightly angry.

00002.

"much to my irritation, Chris fell asleep"

00003.

synonyms:

00004.

inflammation or other discomfort in a body part caused by reaction to an irritant substance.

00005.

"some chemicals cause a direct irritation to the skin leading to dermatitis"

00006.

Special precautions

a measure taken in advance to prevent something dangerous, unpleasant, or inconvenient from

"he had **taken the precaution of** seeking legal advice"

synonyms:

and warnings:

Pregnancy: Using ginger during pregnancy is controversial. There is some concern that ginger might affect foetal sex hormone levels, leading to the development of an abnormally formed part of the body.

"the drug may cause malformations in the developing embryo"

•€

abnormality of shape or form.

•€

"malformation of one or both ears"

•€

synonyms:

•€

in infants of women taking ginger does not appear to be higher than the usual rate of 1% to 3%. As with any medication given to a child, the benefits of ginger should be weighed against the risks. See [dictionary.reference.com/browse/weight](https://www.merriam-webster.com/dictionary/reference.com/browse/weight)

•€

to determine or ascertain the force that gravitation exerts upon (a person or thing) by use of a scale.

the benefit against the risk. Before using ginger during pregnancy, talk it over with your healthcare provider.

Breast-feeding: Not enough is known about the safety of using ginger during breast-feeding. Stay on the safe side and don't use it.

Bleeding disorders: Taking ginger might increase your risk of bleeding. Avoid using it.

Diabetes: Ginger might lower your blood sugar. As a result, your diabetes medications might need to be adjusted.

by your healthcare provider.

Heart conditions: High doses of ginger might worsen some heart conditions. Don't use ginger if you have a heart condition.

Are there interactions with medications?

Moderate

Be cautious with this combination.

Medications that slow blood clotting (Anticoagulant / Antiplatelet drugs)

Anticoagulants (antithrombics, fibrinolytic, and thrombolytics) are a class of drugs that work to prevent the [coagulation](#)

Ginger might slow blood clotting. Taking ginger along with medications that also slow clotting might increase the chances of

Some medications that slow blood clotting include aspirin, clopidogrel (Plavix), diclofenac (Voltaren, Cataflam, others), ibuprofen,

Phenprocoumon

Phenprocoumon is used in Europe to slow blood clotting. Ginger can also slow blood clotting. Taking ginger along with phenprocoumon

Warfarin (Coumadin)

Warfarin (Coumadin) is used to slow blood clotting. Ginger can also slow blood clotting. Taking ginger along with warfarin

Minor

Be watchful with this combination.

Medications for diabetes (Antidiabetes drugs)

Ginger might decrease blood sugar. Diabetes medications are also used to lower blood sugar. Taking ginger along with diabetes medications

Some medications used for diabetes include glimepiride (Amaryl), glyburide (DiaBeta, Glynase PresTab, Micronase), insulin, and niaspan.

Medications for high blood pressure (Calcium channel blockers)

Ginger might reduce blood pressure in a way that is similar to some medications for blood pressure and heart disease. Taking ginger along with

Some medications for high blood pressure and heart disease include nifedipine (Adalat, Procardia), verapamil (Calan, Isoptin, Verelan), diltiazem (Cardizem), and others.

Are there interactions

Interaction is a kind of action that occurs as two or more objects have an effect upon one another. This includes interactions between herbs and supplements?

Herbs and supplements that might slow blood clotting

Using ginger along with herbs that might slow blood clotting could increase the risk of bleeding in some people. These herbs include

www.ncbi.nlm.nih.gov/pubmed/16291709

Danshen, the dried root of *Salvia miltiorrhiza*, has been widely used in China and, to a lesser extent, in other countries. Other herbs that might slow blood clotting include garlic, ginkgo, Panax ginseng, red clover, turmeric, and others.

Are there interactions with foods?

There are no known interactions

Interaction is a kind of action that occurs as two or more objects have an effect upon one another. This includes interactions between herbs and foods.

What dose is used?The following doses have been studied in scientific research:

BY MOUTH:

For morning sickness: 250 mg ginger 4 times daily.

For postoperative nausea and vomiting: 1-2 grams powdered ginger root one hour before induction of anaesthesia.

For arthritis: Many different ginger extract products have been used in studies. The dosing used differs depending on the product.

Other names

African Ginger, Amomum Zingiber, Ardraka, Black Ginger, Cochin Ginger, Gan Jiang, Gingembre, Gingembre Africain, G

Ginger Info

Ginger's Healing Properties

Ginger's Healing Properties

<http://www.amritaveda.com/learning/articles/ginger.asp>

Ginger is probably one of the world's favorite medicines and cooking ingredients. A perennial herb native

dictionary.reference.com/browse/native

•€

•€

being the place or environment in which a person was born or a thing came into being: one's

to China and India, ginger root has been used for centuries in Asian cooking and for its therapeutic properties. Its many different varieties are refined and well educated.

"he was a remarkably cultivated and educated man"

synonyms:

throughout Asia, Australia, South America, Jamaica and the U.S. Its delicate

00001.

very fine in texture or structure; of intricate workmanship or quality.

00002.

"a delicate lace shawl"

00003.

synonyms:

00004.

easily broken or damaged; fragile.

00005.

"delicate china"

00006.

synonyms:

00007.

green leaves, resembling

have a similar appearance to or qualities in common with (someone or something); look or seem

"some people resemble their dogs"

synonyms:

baby spinach, can be eaten in salads, but the roots of the plant, called rhizomes, are where the benefits of ginger root lie.

Aids in Digestion – Ginger is perhaps the best herb for digestion. It helps break down proteins to rid the stomach and intestines.

00001.

containing a large amount of fat.

00002.

"go easy on fatty foods"

00003.

synonyms:

00001.

noun

informal

00001.

1

00002.

a fat person (often as a nickname).

00003.

"many former fatties have found a pattern of eating that keeps them slim"

00004.

foods.

Alleviates High Blood Pressure – Ginger's warming quality improves and stimulates circulation and relaxes the muscles surrounding blood vessels to

make (an action or process) easy or easier.

"schools were located in the same campus to facilitate the sharing of resources"

synonyms:

the flow of blood throughout the body.

Treats Nausea and Morning Sickness – Ginger has been widely used to

00001.

far apart; with a wide space or interval between.

00002.

"a tall man with widely spaced eyes"

00003.

over a large area or range; extensively.

00004.

"Deborah has travelled widely"

00005.

shown to prevent as well as treat motion sickness, relax the stomach and relieve the feeling of nausea.

Lowers LDL Cholesterol – Studies demonstrate that ginger can lower cholesterol levels by reducing

A **reducing agent** (also called a **reductant** or **reducer**) is an element or compound that loses (cholesterol absorption in the blood and liver. Its extract can help reduce the levels of LDL (bad) cholesterol in the body, red to become reduced.

19

to become lessened, especially in weight.

20

to be turned into or **made** to equal something:

All our difficulties reduce to financial problems.

the risk of developing

00001.

grow or cause to grow and become more mature, advanced, or elaborate.

00002.

"motion pictures were to **develop into** mass entertainment"

00003.

synonyms:

00004.

start to exist, experience, or possess.

00005.

"a strange closeness developed"

00006.

synonyms:

00007.

heart disease.

Using Ginger

Whenever possible, choose fresh ginger over the dried form of the spice since it is not only superior in flavor but contains hi

00001.

A **protease** (also called peptidase or proteinase) is any enzyme that performs proteolysis, the

00002.

(its anti-inflammatory compound). Fresh ginger root is sold in the produce section of markets. When purchasing fresh ginger (of an area of land) covered with trees.

"a woody dale"

inside.

Ginger is generally available in two forms, either young or mature. Mature ginger, the more widely available type, has a tou

00001.

a portion of food cut into short, thin strips.

00002.

"a julienne of vegetables"

00003.

verb

00001.

1

00002.

cut (food) into short, thin strips.

00003.

"to julienne squashes, cut thin peelings into strips an eighth of an inch wide"

00004.

.

The taste that ginger imparts to a dish depends upon when it is added during the cooking process. Added at the beginning, it

00001.

(especially of a change or distinction) so delicate or precise as to be difficult to analyse or des

00002.

"his language expresses rich and subtle meanings"

00003.

synonyms:

00004.

making use of clever and indirect methods to achieve something.

00005.

"he tried a more subtle approach"

00006.

effect.

By combining the complementary flavors of sweet ginger with the pungency

Pungency / p n(d) nsi/ is the condition of having a strong, sharp smell or taste that is often of garlic not only adds a wonderful taste, their antiviral qualities

www.sustainablebabysteps.com/antiviral-herbs.html

•€

•€

Being exposed to different kinds of antibacterial and antiviral herbs is natural when Full of

are an excellent cure for colds and flu.

Brewed as a tea, it induces sweating, which helps fevers run their course. It also tones and helps boost the immune system.

www.health.harvard.edu/flu.../how-to-boost-your-immune-system.htm

•€

•€

Every part of your body, including your immune system, functions better when protected from

For a cup of fresh ginger tea, steep about five or six thin slices of ginger root to hot water. Add lemon and sweetener if desired.
00001.

(of a room or building) spacious, well lit, and well ventilated.

00002.

"the conservatory is light and airy"

00003.

synonyms:

00004.

00005.

not treating something as serious; casual.

00006.

"her airy unconcern for economy"

00007.

synonyms:

00008.

container for up to three weeks if it is left unpeeled. Stored unpeeled in the freezer, it will keep for up to six months.

Products found herein have not been evaluated by the Food and Drug Administration.

Such products are not intended

planned or meant.

"the intended victim escaped"

synonyms:

to diagnose, treat

00001.

behave towards or deal with in a certain way.

00002.

"she had been brutally treated"

00003.

synonyms:

00004.

give medical care or attention to; try to heal or cure.

00005.

"the two were **treated for** cuts and bruises"

00006.

synonyms:

00001.

noun

00001.

1

00002.

an event or item that is out of the ordinary and gives great pleasure.

00003.

"he wanted to take her to the pictures as a treat"

00004.

synonyms:

00005.

or prevent

keep (something) from happening.

"action must be taken to prevent further accidents"

synonyms:

any disease.

Benefits of Ginger That You Didn't Know About

11 Benefits of Ginger That You Didn't Know

About by Brian Lee in Lifestyle

<http://www.lifehack.org/articles/lifestyle/10-benefits-of-ginger-that-you-didnt-know-about.html>

I love the taste of Ginger. It's used widely used

in many meals that I eat from starters,

00001.

a person or thing that starts in a specified way.

00002.

"I'm just a slow starter"

00003.

an automatic device for starting a machine, especially the engine of a vehicle.

00004.

Main meals

The **main course** is the featured or primary **dish** in a **meal** consisting of several courses. It u
and even deserts

the sweet course eaten at the end of a meal.

"a dessert of chocolate mousse"

synonyms:

It's used all over the

world in a variety

www.thefreedictionary.com/variety

The quality or condition of being various or varied; diversity: We need to add some **variety** to

of world cuisines

00001.

a style or method of cooking, especially as characteristic of a particular country, region, or est

00002.

"much Venetian cuisine is based on seafood"

00003.

synonyms:

00004.

00001.

food cooked in a certain way.

00002.

plural noun: **cuisines**

00003.

"we spent the evening sampling the local cuisine"

00004.

from chilli crab, curries to ginger confectionery

00001.

sweets and chocolates considered collectively.

00002.

"items of confectionery"

00003.

synonyms:

00004.

00001.

a shop that sells sweets and chocolates.

00002.

plural noun: **confectioneries**

00003.

"chocolate and fudge are made daily at the village confectionery"

00004.

and ginger

biscuits. It's also supposed to

grammarist.com/spelling/supposed-to/

Supposed to is the conventional spelling of the adjectival phrase meaning required to, expec

hold

00001.

grasp, carry, or support with one's arms or hands.

00002.

"she was holding a brown leather suitcase"

00003.

synonyms:

00004.

keep or detain (someone).

00005.

"the police were holding him on a murder charge"

00006.

synonyms:

00007.

00001.

noun

00001.

1

00002.

an act or manner of grasping something; a grip.

00003.

"he **caught hold of** her arm"

00004.

synonyms:

00005.

power or control.

00006.

"Tom had some kind of **hold over** his father"

00007.

synonyms:

00008.

medicinal health benefits so it's supposed to be

00001.

Something that's required is **supposed**, and something that's assumed to be true — even if it

00002.

good for me to eat... But what are they? I decided to find out what these benefits are that people talk

about.

But why ginger?

Ginger is grown as a root and is a flexible
capable of bending easily without breaking.

"flexible rubber seals"

synonyms:

•€

able to be easily modified to respond to altered circumstances.

•€

"small businesses which are dependent on flexible working hours"

•€

synonyms:

•€

(of a person) ready and able to change so as to adapt to different circumstances.

•€

"you can save money if you're flexible about where your room is located"

•€

synonyms:

•€

ingredient that can be consumed

verb

past tense: **consumed**; past participle: **consumed**

00001.

1

00002.

eat, drink, or ingest (food or drink).

00003.

"people consume a good deal of sugar in drinks"

00004.

synonyms:

00005.

00006.

buy (goods or services).

00007.

"accounting provides measures of the economic goods and services consumed"

00008.

in drinks (tea , beer, ale) or in cooking. It can be used to make foods spicy and even as a food preservative.

A **preservative** is a substance that is added to products such as foods,

For over 2000 years, Chinese medicine has recommended the use of ginger to help cure and prevent several

more than two but not many.

"the author of several books"

synonyms:

health problems. It is known to promote

00001.

support or actively encourage (a cause, venture, etc.); further the progress of.

00002.

"some regulation is still required to promote competition"

00003.

synonyms:

00004.

raise (someone) to a higher position or rank.

00005.

"she was **promoted to** General Manager"

00006.

synonyms:

00007.

energy circulation

www.medicinenet.com › [home](#) › [medterms medical dictionary az list](#)

•€

Circulation: In medicine, the movement of fluid through the body in a regular or circuitous co

in the body and increase our body's metabolic

00001.

Metabolism(from Greek metabol, "change") is the set of life-sustaining chemical transformati

00002.

rate .

Here 's a list of some of the amazing

00001.

causing great surprise or wonder; astonishing.

00002.

"an amazing number of people registered"

00003.

synonyms:

00001.

informal

00002.

very impressive; excellent.

00003.

"she makes the most amazing cakes"

00004.

benefits of ginger that you may not be aware of. Although some of these are still being debated,

verb

past tense: **debated**; past participle: **debated**

00001.

argue about (a subject), especially in a formal manner.

00002.

"MPs debated the issue in the Commons"

00003.

synonyms:

00004.

00001.

consider a possible course of action in one's mind before reaching a decision.

00002.

"he debated whether he should leave the matter alone or speak to her"

00003.

synonyms:

00004.

you could do your own research

Research comprises "creative work undertaken on a systematic basis in order to increase the s:
<http://en.wikipedia.org/wiki/Research>

if you want to use ginger for medicinal purposes.

The Benefits of Ginger

Maintains Normal Blood Circulation. Ginger contains chromium,

Chromium is a chemical element with symbol Cr and atomic number 24. It is the first element in Gro
magnesium

Magnesium is a chemical element with symbol Mg and
<http://en.wikipedia.org/wiki/Magnesium>

and zinc

Zinc, in commerce also spelter, is a chemical element with symbol Zn and atomic number 30
which can help to improve blood flow, as well as help prevent chills, fever, and excessive sweat.

Excessive sweating (hyperhidrosis) is a common problem, especially of the palms, armpit:
<http://www.patient.co.uk/health/excessive-sweating-hyperhidrosis>

Remedies Motion Sickness. Ginger is a known effective remedy for the nausea associated

00001.

(of a person or thing) connected with something else.

00002.

synonyms:

00001.

(of a company) connected or amalgamated with another company or companies.

00002.

synonyms:

00003.

00004.

CHEMISTRY

00005.

(of liquids) in which the molecules are held together by hydrogen bonding or other weak inter:

00006.

with motion sickness. The exact reason

the process of exact thinking : reasoning

2

: a reasoned train of thought

<http://www.merriam-webster.com/dictionary/ratiocination>

is unknown, but in a study of naval cadets, those given ginger powder suffered less.

Improves absorption. Ginger improves the absorption and stimulation of essential nutrients

00001.

Nutrients are the components in foods that an organism utilizes to survive and grow. Macron

00002.

in the body. It does this by stimulating gastric and pancreatic enzyme secretion.

Digestive enzymes are

Digestive enzymes are classified based on their target substrates:

- **Proteases and peptidases split proteins into small peptides and amino acids.**
- **Lipases split fat into three fatty acids and a glycerol molecule.**
- **Amylases split carbohydrates such as starch and sugars into simple sugars such as glucose.**
- **Nucleases split nucleic acids into nucleotides.**

In the human digestive system, the main sites of digestion are the

• **Σαλιβαριψηγλανδς**

• Secretory cells in the stomach

• **Σεχρετορη γελλς ιν τηε πανχρεας**

• Secretory glands in the small intestine

http://en.wikipedia.org/wiki/Digestive_enzyme

Cold and Flu Prevention. Ginger has been used for thousands of years as a natural

00001.

existing in or derived from nature; not made or caused by humankind.

00002.

"carrots contain a natural antiseptic"

00003.

00004.

2

00005.

in accordance with the nature of, or circumstances surrounding, someone or something.

00006.

"sharks have no natural enemies"

00007.

00001.

00002.

noun

00001.

1

00002.

a person having an innate talent for a particular task or activity.

00003.

"she was a **natural for** television work"

00004.

00005.

2

00006.

MUSIC

00007.

a sign (♮) denoting a natural note when a previous sign or the key signature would otherwise

00008.

00009.

00010.

adverb

informal dialect

00001.

1

00002.

naturally.

00003.

"keep walking—just act natural"

00004.

treatment for colds and flu around Asia. The University of Maryland Medical Centre states that to treat cold and flu symptoms

www.thefreedictionary.com/shredded

•€

•€

A long irregular strip that is cut or torn off. 2. A small amount; a particle: not a shred of evidence

or chopped

00001.

cut (something) into pieces with repeated sharp blows of an axe or knife.

00002.

"they **chopped up** the pulpit for firewood"

00003.

synonyms:

00004.

abolish or reduce the size of (something) in a way regarded as ruthless.

00005.

"their training courses are to be chopped"

00006.

synonyms:

ginger root in hot water, two to three times a day

Combats

www.thefreedictionary.com/combats

•€

•€

v. com·bat·ed, com·bat·ing, com·bats or com·bat·ted or com·bat·ting. v.tr. 1. To oppose in battle

Stomach Discomfort. Ginger is ideal in assisting

00001.

help (someone), typically by doing a share of the work.

00002.

"a senior academic would assist him in his work"

00003.

synonyms:

00001.

help by providing money or information.

00002.

"they were assisting police with their inquiries"

00003.

synonyms:

00004.

be present as a helper.

00005.

"two midwives who **assisted at** a water birth"

00006.

digestion, thereby improving

00001.

giving moral or intellectual benefit.

00002.

"a large, improving picture hung opposite"

00003.

food absorption

00001.

Absorption is a condition in which something takes in another substance. In many processes

00002.

dictionary.reference.com/browse/absorption

•€

•€

the **absorption** of small farms into one big one. 4. uptake of substances by a tissue, as of nutri

and avoiding

00001.

keep away from or stop oneself from doing (something).

00002.

"avoid excessive exposure to the sun"

00003.

synonyms:

00004.

2

00005.

LAW

00006.

repudiate, nullify, or render void (a decree or contract).

00007.

"if the original owner had avoided his contract with the rogue, ownership of the goods would h

00008.

possible

00001.

able to be done or achieved.

00002.

"surely it's not **possible for** a man to live so long?"

00003.

synonyms:

00004.

that may exist or happen, but that is not certain or probable.

00005.

"the possible effects of global warming"

00006.

synonyms:

00007.

noun

00001.

1

00002.

a potential candidate for a job or team.

00003.

"I have marked five possibles with an asterisk"

00004.

stomach ache. Ginger appears

00001.

come into sight; become visible or noticeable, especially without apparent cause.

00002.

synonyms:

00003.

00004.

00001.

00002.

be published or offered for sale.

00003.

synonyms:

00004.

00005.

00006.

informal

00007.

arrive at a place.

00008.

synonyms:

00005.

perform publicly in a film, play, etc.

00006.

synonyms:

00007.

00008.

4

00009.

seem; give the impression of being.

00010.

synonyms:

00011.

to reduce inflammation in a similar

having a resemblance in appearance, character, or quantity, without being identical.

synonyms:

way to aspirin and ibuprofen

Colon Cancer Prevention.

00001.

the action of stopping something from happening or arising.

00002.

"crime prevention"

A study at the University of Minnesota found that ginger may slow the growth of colorectal cancer

This gene is associated with the proliferation, invasion and scattering of **colon cancer cells** i

http://en.wikipedia.org/wiki/Colorectal_cancer

Colorectal cancer (also known as colon cancer, rectal cancer or bowel cancer) is the development of cancer in the cells of the colon and rectum.

Reduce

00001.

make smaller or less in amount, degree, or size.

00002.

"the need for businesses to reduce costs"

00003.

synonyms:

00004.

bring someone or something to (a worse or less desirable state or condition).

00005.

"she has been reduced to near poverty"

00006.

synonyms:

00007.

Pain and Inflammation. Ginger contains some of the most potent

00001.

having great power, influence, or effect.

00002.

"thrones were potent symbols of authority"

00003.

synonyms:

00004.

(of a male) able to achieve an erection or to reach an orgasm.

00005.

anti-inflammatory fighting substances

high in inflammation-**fighting substances**

known and is a natural powerful painkiller.

Painkiller or analgesic is a group of drugs.

Fights Common Respiratory

[en.wikipedia.org/wiki/Respiration_\(physiology\)](https://en.wikipedia.org/wiki/Respiration_(physiology))

•€

•€

In physiology, **respiration** is defined as the transport of oxygen from the outside air to the cel

Problems. If you're suffering

Suffering, or pain in a broad sense, may be an experience of unpleasantness and aversion a from common respiratory diseases such as a cough, ginger aids in expanding

become or make larger or more extensive.

"their business **expanded into** other hotels"

synonyms:

•€

PHYSICS

•€

(of the universe) undergo a continuous change whereby, according to theory based on obser

•€

•€

give a fuller version or account of.

•€

"the minister expanded on the government's proposals"

•€

synonyms:

•€

your lungs and loosening up phlegm

www.wikihow.com › ... › [Conditions and Treatments](#) › [Respiratory Health](#)

- €
- €

Mucus (also known as **phlegm**) is a common product of colds and other upper ... these cough

because it is a natural expectorant

Several naturally available substances have properties of an expectorant. They help to push out phlegm

that breaks down and removes mucus..

00001.

In vertebrates, **mucus** (myoo-kuss) (adjectival form: "**mucous**") is a slippery secretion product

00002.

That way you can quickly

dictionary.reference.com/browse/quickly

- €
- €

Quickly definition, with speed; rapidly; very soon.

recover from difficulty

the state or condition of being difficult.

"Guy had no **difficulty** in making friends"

synonyms:

- €

a thing that is hard to accomplish, deal with, or understand.

- €

plural noun: **difficulties**

- €

"there is a practical difficulty"

- €

synonyms:

- €

- €

a situation that is difficult or dangerous.

- €

plural noun: **difficulties**

- €

"they went for a swim but **got into difficulties**"

- €

synonyms:

•€

in breathing.

Ovarian Cancer Treatment. Ginger powder induces

00001.

succeed in persuading or leading (someone) to do something.

00002.

"the pickets induced many workers to stay away"

00003.

synonyms:

00004.

bring about or give rise to.

00005.

"none of these measures induced a change of policy"

00006.

synonyms:

00007.

cell death

terminal failure of a **cell** to maintain essential life functions. See also apoptosis, necrosis.

medical-dictionary.thefreedictionary.com/cell+death

virtuallaboratory.colorado.edu/Biofundamentals/.../Topic5-4_CellDeath...

Cells die through either of two distinct processes: necrosis or **apoptosis**. **Necrosis** is death c

in ovarian cancer cells.

Strengthens Immunity. Ginger helps improve the immune system. Consuming a little bit

a. Small in size: *a little dining room.*

b. Small in quantity or extent: **a little money; a little work on the side.** See Synonyms at small.

2. Short in extent or duration; brief: *There is little time left.*

3. Unimportant; trivial: *a little matter.*

4. Narrow; petty: *mean little comments; a little mind consumed with trivia.*

5. Having scant power or influence; of minor status: *just a little clerk in the records office.*

6

- a. Being at an early stage of growth; young: *a little child*.
- b. Younger or youngest. Used especially of a sibling: *My little brother is leaving for college next week.*
- adv. **less** or **lesser**, **least**
1. Not much; scarcely: *works long hours, sleeping little.*
 2. Not in the least; not at all: *They little expected such a generous gift.*
- n.
1. A small quantity or amount: *Give me a little.*
 2. Something much less than all: *I know little of their history.*
 3. A short distance or time: *a little down the road; waited a little.*

Idioms:

a little

Somewhat; a bit: *felt a little better.*

little by little

By small degrees or increments; gradually.

<http://www.thefreedictionary.com/a+little>

ginger a day can help foil

stunt

potential

00001.

having or showing the capacity to develop into something in the future.

00002.

"a campaign to woo potential customers"

00003.

synonyms:

00004.

noun

00001.

1

00002.

latent qualities or abilities that may be developed and lead to future success or usefulness.

00003.

"a young broadcaster with great potential"

00004.

synonyms:

00005.

PHYSICS

00006.

the quantity determining the energy of mass in a gravitational field or of charge in an electric f

00007.

"a change in gravitational potential"

00008.

risk of a stroke by inhibiting

00001.

hinder, restrain, or prevent (an action or process).

00002.

"cold inhibits plant growth"

00003.

synonyms:

00004.

make (someone) self-conscious and unable to act in a relaxed and natural way.

00005.

"they felt inhibited by the presence of healthcare professionals"

00006.

fatty deposits from the arteries. It also decreases

00001.

make or become smaller or fewer in size, amount, intensity, or degree.

00002.

"the population of the area has decreased radically"

00003.

synonyms:

00004.

00005.

noun

plural noun: **decreases**

di kri s/

00001.

1

00002.

an instance of becoming smaller or fewer.

00003.

"a **decrease in** births"

00004.

synonyms:

00005.

bacterial infections

00001.

Many human illnesses are caused by **infection** with either pathogenic (disease-causing) **bac**

00002.

in the stomach, and helps battle

Help fight back, get involved and make a difference

a bad cough and throat irritation.

the state of feeling annoyed, impatient, or slightly angry.

synonyms:

•€

a thing that annoys or irritates someone.

•€

plural noun: **irritations**

•€

synonyms:

•€

Combats

Single combat is a

Morning Sickness. Ginger has demonstrated a success rate of 75 percent in curing

www.thefreedictionary.com/curing

a. A drug or course of medical treatment used to restore health: discovered a new cure for ulc

morning sickness

"Morning sickness" is a misnomer. (In fact, the technical medical term is "nausea and vomiting of preg

<http://www.babycenter.com/morning-sickness>

and stomach flu.

www.webmd.com/parenting/features/the-truth-about-stomach-flu

•€

•€

Stomach flu 聽 isn't really a 'flu.' It's gastroenteritis and can be caused by bacteria, a virus, or

How Much?

These are some of the health benefits to ginger. How it can be taken is up to you, some people will say that 2 tablespoons of

noun

1

a conception of something in its perfection.

2

a standard of perfection or excellence.

3

a person or thing conceived as embodying such a conception or conforming to such a stan

Thomas Jefferson was his ideal.

4

an ultimate object or aim of endeavor, especially one of high or noble character:
He refuses to compromise any of his ideals.

5

something that exists only in the imagination:
To achieve the ideal is almost hopeless.

6

Mathematics. a subring of a ring, any element of which when multiplied by any element of the ring is again in the subring.

7

conceived as constituting a standard of perfection or excellence:
ideal beauty.

8

regarded as perfect of its kind:
an ideal spot for a home.

9

existing only in the imagination; not real or actual:
Nature is real; beauty is ideal.

10

advantageous; excellent; best:
It would be ideal if she could accompany us as she knows the way.

11

based upon an ideal or ideals:
the ideal theory of numbers.

12

Philosophy .
a. pertaining to a possible state of affairs considered as highly desirable.
b. pertaining to or of the nature of idealism.

<http://dictionary.reference.com/browse/ideal>

when you are feeling under the weather.

“**under the weather**” to express that they’re **feeling** ill or unwell.

wonderopolis.org/wonder/why-do-people-say-“under-the-weather”/

A lot of people will mix ginger and honey to help soothe a cold and drink it many times a day.

several times a day.

Naturally, it’s used in cooking and candy,

so it’s difficult to measure to say exactly

00001.

used to emphasize the accuracy of a figure or description.

00002.

"they met in 1989 and got married exactly two years later"

00003.

synonyms:

00004.

used as a reply to confirm or agree with what has just been said.

00005.

"You mean that you're going to tell me the truth?' 'Exactly.'"

00006.

synonyms:

00007.

how much you should consume,

00001.

eat, drink, or ingest (food or drink).

00002.

"people consume a good deal of sugar in drinks"

00003.

synonyms:

00004.

00005.

buy (goods or services).

00006.

"accounting provides measures of the economic goods and services consumed"

00007.

But with all these benefits, and with it so readily

without hesitation or reluctance; willingly.

"he readily admits that the new car surpasses its predecessors"

synonyms:

•€

without delay or difficulty; easily.

•€

"transport is readily available"

•€

synonyms:

•€

available,

00001.

able to be used or obtained; at someone's disposal.

00002.

"refreshments will be available all afternoon"

00003.

synonyms:

00004.

00005.

00001.

(of a person) not otherwise occupied; free to do something.

00002.

"the nurse is only available at certain times"

00003.

synonyms:

00004.

00005.

00006.

informal

00007.

not currently involved in a sexual or romantic relationship.

00008.

"there's no available women here"

00009.

it's really

00001.

in actual fact, as opposed to what is said or imagined to be true or possible.

00002.

"so what really happened?"

00003.

synonyms:

00004.

very; thoroughly.

00005.

"I think she's really great"

00006.

synonyms:

00007.

something

<https://www.apple.com/start-something-new/>

When you start with amazing products, you can create amazing things. View work created us

00001. <http://www.macmillandictionary.com/dictionary/british/something>

used for referring to a thing, idea, fact etc when you do not know or say exactly what it is

00002.

I could smell something burning.

00003.

Carl said something about an operation.

00004.

Whenever she sees something that she likes, she goes and buys it.

00005.

Her brother is something in advertising (=he has a job in advertising).

00006.

something important/better/wrong/special etc:

00007.

Be quiet – I have something important to tell you.

00008.

Jake looks pale – is there something wrong with him?

00009.

something else (=something different):

00010.

I'd love to quit my job and do something else with my life.

00011.

something to eat/drink/wear (=food, drink, or clothes):

00012.

Would you like something to drink?

00013.

something to do (=an activity):

00014.

There's always something to do at the farm.

00015.

something or other:

00016.

He's always complaining about something or other.

00017.

Synonyms and related words for this sense of something

00018.

Pronouns: *anybody, anyone, anything, aught, each other, it, one another, somebody, so*

00019.

00020.

2

00021.

used for giving a description or amount that is not exact

00022.

00001.

a.

00002.

used for giving a description that is not exact or that you are not certain of

00003.

something like:

00004.

They say creating a work of art is something like giving birth.

00005.

The house looks something like a medieval fortress.

00006.

something between:

00007.

The look on Max's face was something between puzzlement and anger.

00008.

Synonyms and related words for this sense of something

00009.

Inexact and inaccurate: *incorrect, inexact, wrong, inaccurate, imprecise, approximately, round*

00010.

00011.

b.

00012.

used for giving an amount that is not exact or that you are not certain of

00013.

something like:

00014.

The building is going to be something like 12 storeys tall.

00015.

something between/around:

00016.

He's earning something between £20,000 and £25,000 a year.

00017.

An average house in the area costs something around £280,000.

00018.

Synonyms and related words for this sense of something

00019.

Inexact and inaccurate: *incorrect, inexact, wrong, inaccurate, imprecise, approximately, round*

00020.

00023.

3

00024.

SPOKEN used when you cannot remember the rest of someone's name, the rest of a number, the words of a

00025.

I can't remember his name – Harry something, I think.

00026.

The account number was four-two-three-something-something-five.

00027.

Synonyms and related words for this sense of something

00028.

Words used when you do not know or cannot remember what someone or something is called: X,

00029.

PHRASES

•€

be really/quite something

•€

SPOKEN

•€

to be very impressive

•€

You should see the summer exhibition – it's quite something!

•€

We took the new super-fast train, and that was really something.

•€

What Noreen's done with the business is quite something.

•€

Synonyms and related words for this sense of something

•€

To be very good or impressive: *stand out, be an inspiration to someone, make a favourable*

•€

•€

be something of a

00001.

used for emphasizing that someone is fairly good at something or has a fairly good knowledge of something

00002.

My grandmother was something of a poet.

00003.

Jill considers herself to be something of an environmentalist.

00004.

Synonyms and related words for this sense of something

00005.

Ways of emphasizing how good something is: *on steroids, what's not to like?, highly, monum*

00006.

used for showing that you are not being very definite in the way that you are describing someone or something

00007.

Woods's performance in the tournament was something of a disappointment.

00008.

Synonyms and related words for this sense of something

00009.

Ways of describing something in a general way: *generally, as a whole, by definition, by and large*

00010.

•€

do something

•€

to take action in order to deal with a situation

•€

Don't just stand there – do something!

•€

I wish I could have done something to help those poor children.

•€

do something about:

•€

Why doesn't the government do something about the rising fuel prices?

•€

Synonyms and related words for this sense of something

•€

To try to deal with a problem or difficulty: *man up, kick something into the long grass, deal w*

•€

•€

be/have something to do with something

•€

used for saying that something is related to something else, especially when you do not know or do not give

•€

I can't always open my emails – it has something to do with the type of attachment they come with.

•€

Synonyms and related words for this sense of something

•€

To be connected with or related to something: *link, surround, correspond, bear on, interrelate*

•€

•€

make something of yourself

•€

INFORMAL

•€

to become successful through your own efforts

•€

I wanted to prove to my family that I could make something of myself.

•€

Synonyms and related words for this sense of something

•€

To be, or to become successful: *punch above your weight, thrive, prosper, succeed, establi:*

•€

•€

...or something (like that/of the sort)

•€

used for referring to any of a group of things or possibilities without being specific

•€

We should at least call or something and make sure she's all right.

•€

He works as an investment banker or something like that.

•€

Synonyms and related words for this sense of something

•€

Words and expressions when listing things: *secondly, firstly, lastly, thirdly, et cetera, etc, se*

•€

•€

something for nothing

•€

INFORMAL

•€

if someone gets something for nothing, they get what they want without any payment, work, or effort

•€

'Young people these days all want something for nothing', he said.

•€

Synonyms and related words for this sense of something

•€

Advantages and benefits: *advantage, benefit, good, incentive, merit, privilege, virtue, asset,*

•€

•€

that's saying something

•€

MAINLY SPOKEN

•€

used for emphasizing that what you have said is more extreme than it seems

•€

Chloe is even more beautiful than her sister, and that's saying something.

•€

Synonyms and related words for this sense of something

•€

Ways of emphasizing completeness or extremeness: *complete, completely, entire, altogether,*

•€

•€

that's something

•€

SPOKEN

•€

used for saying that there is one fact that you are pleased about in a situation that is not satisfactory

•€

She may not be the best worker, but she always tries hard, and that's something.

•€

'I've only enough money for basic necessities.' 'Well, that's something.'

•€

Synonyms and related words for this sense of something

•€

Ways of emphasizing how good something is: *on steroids, what's not to like?, highly, monur*

•€

•€

there is something about

•€

used for saying that someone or something has a particular quality but you are not certain what it is

•€

There was something about his face that reminded me of my uncle.

•€

There's something about Christmas that makes everyone behave like children.

•€

there is something strange/peculiar/funny etc about:

•€

There was something rather strange about the way he talked.

•€

Synonyms and related words for this sense of something

•€

Ways of describing something in a general way: *generally, as a whole, by definition, by and large*

•€

•€

there is something in something

•€

used for saying that there are true facts or important ideas in what someone says

•€

A lot of people support Katz's theory, so there must be something in it.

•€

I think there may be something in his story – anyway, I'll question him further.

•€

Synonyms and related words for this sense of something

•€

Ways of emphasizing that something is true or exact: *actually, certainly, clearly, simply, literally*

•€

we shouldn't even try to avoid.

00001.

24 Foods You Should Avoid at All Costs - MyDiet

00002.

www.mydiet.com/7-foods-you-should-avoid-at-all-costs/

00003.

00004.

00001.

00002.

Make sure that you add cabbage, but **try** spicing up the flavor with lemon juice or v

In fact

Synonyms for **in fact**

actuality

appearance

authenticity

basis

case

certainty

<http://www.reference.com/example-sentences/in-fact>

you could even

www.englishpage.com › Mini-Grammar Tutorials

•€

•€

The following is a mini-tutorial on the various uses of the word "even." After you have ... He c

mix it up

00001.

spoil the order or arrangement of a collection of things.

00002.

"disconnect all the cables, mix them up then try to reconnect them"

00003.

00004.

2

00005.

confuse someone or something with another person or thing.

00006.

"I'd got her **mixed up with** her sister"

00007.

synonyms:

00008.

with other ingredients such as Green Tea.

But why ginger?

Ginger is grown as a root and is a flexible
capable of bending easily without breaking.

"flexible rubber seals"

synonyms:

able to be easily modified to respond to altered circumstances.

"small businesses which are dependent on flexible working hours"

synonyms:

(of a person) ready and able to change so as to adapt to different circumstances.

"you can save money if you're flexible about where your room is located"

synonyms:

ingredient

An **ingredient** is a substance that forms part of a mixture (in a general sense). For example, in cooking, recipes specify which **ingredients**

that can be consumed

eat, drink, or ingest (food or drink).

"people consume a good deal of sugar in drinks"

synonyms:

buy (goods or services).

"accounting provides measures of the economic goods and services consumed"

in drinks (tea , beer, ale) or in cooking. It can be used to make foods spicy flavoured with or fragrant with spice.

"pasta in a spicy tomato sauce"

synonyms :

exciting or entertaining, especially through being mildly indecent.

"spicy jokes and suggestive songs"

synonyms :

and even as a food preservative.

A **preservative** is a substance that is added to products such as foods, pharmaceuticals, paints, biological samples, wood, etc. to prevent c

For over 2000 years, Chinese medicine has recommended

put forward (someone or something) with approval as being suitable for a particular purpose or role.

"George had recommended some local architects"

synonyms :

commend or entrust someone or something to (someone).

"I devoutly recommended my spirit to its maker"

the use of ginger to help cure

www.thefreedictionary.com/cure

a. A drug or course of medical treatment used to restore health: discovered a new **cure**for ulcers. b. Restoration of health; recovery from di:

and prevent

keep (something) from happening.

"action must be taken to prevent further accidents"

synonyms :

several

more than two but not many.

"the author of several books"

synonyms :

adjective

separate or respective.

"the two levels of government sort out their several responsibilities"

synonyms :

health problems. It is known to promote

support or actively encourage (a cause, venture, etc.); further the progress of.

"some regulation is still required to promote competition"

synonyms :

raise (someone) to a higher position or rank.

"she was **promoted to** General Manager"

synonyms:

energy circulation

Circulation may refer to: Circulatory system, a biological organ system whose primary function is to move substances to and from cells;
in the body and increase

become or make greater in size, amount, or degree.

"car use is increasing at an alarming rate"

synonyms:

noun

a rise in the size, amount, or degree of something.

"an increase of 28.3 per cent"

synonyms:

our body's metabolic rate .

en.wikipedia.org/wiki/Basal_metabolic_rate

Basal **metabolic rate** (BMR) is the minimal rate of energy expenditure by warm-blooded animals at rest. It may be reported in units ranging

Here 's a list of some of the amazing
causing great surprise or wonder; astonishing.

"an amazing number of people registered"

synonyms:

informal

very impressive; excellent.

"she makes the most amazing cakes"

benefits of ginger that you may not aware of. Although some of these are still being debated,

www.irinnews.org/.../iran-iran-reconstruction-still-being-debated-in-bam

The government had identified sites for building intermediate shelter in some other areas but basically it was **still** underway, with prefabs b

www.socialistalternative.org/.../murrays-business-as-usual-budget-fails-d...

Oct 24, 2014 - Hundreds of Seattle government employees are **still** working for poverty Support the blockades **being** carried out by acti

you could do

Synonyms 聽 for do

verb 聽 carry out

- Εαχχομπλισησταρ
- Εαχηεωεσταρ
- Εαχταρ
- Εχλοσεσταρ
- Εχομπλετεσταρ
- Εχονχλυδεσταρ
- Εχρεατεσταρ
- Εδετερμινεσταρ
- Εενδσταρ

- Ξεχυτεσταρ
- Ξφινισησταρ
- Ξμακεσταρ
- Ξμοϋεσταρ
- Ξοπερατεσταρ
- Ξτερφορμσταρ
- Ξπρεπαρεσταρ
- Ξπροδυχεσταρ
- Ξσυχχεδσταρ
- Ξυνδερτακεσταρ
- Ξωορκσταρ
- Ξαρρανγεσταρ
- Ξχαυσεσταρ
- Ξχοοκσταρ
- Ξδισηαργεσταρ
- Ξεφφεχτσταρ
- Ξφιξσταρ
- Ξφυλφιλλσταρ
- Ξοργανιζεσταρ
- Ξτρανσαχτσταρ
- Ξβεερεσπονσιβλεεφορσταρ
- Ξβρινγεαβουτσταρ
- Ξδοεονεασετηνγσταρ
- Ξενγαγεεινσταρ
- Ξγετρεαδψσταρ
- Ξγετειωιτηειτσταρ
- Ξγοεφορειτσταρ
- Ξλοοκεαφτερσταρ
- Ξμακεερεαδψσταρ
- Ξτυλλεοφφσταρ
- Ξσεεετοσταρ
- Ξτακεεχαρεεοφεβυσινεσσσταρ
- Ξτακεεονσταρ
- Ξωινδευπσταρ

<http://www.thesaurus.com/browse/your-own-research-if-you-want-to-use-thejh-net-written-stuff-want-to-use-my-wifi>

your own research if you want to use

[thejh.net/written-stuff/want-to-use-my-wifi](http://www.thesaurus.com/browse/your-own-research-if-you-want-to-use-thejh-net-written-stuff-want-to-use-my-wifi)

Maybe you also **want** to check your webmail or so (over SSL, of course); Your ... and if you don't **use** an adblocker, he can also see some :

ginger for medicinal

(of a substance or plant) having healing properties.

"medicinal herbs"

synonyms :

Purposes.

the reason for which something is done or created or for which something exists.

"the purpose of the meeting is to appoint a trustee"

synonyms :

a person's sense of resolve or determination.

"there was a new **sense of purpose** in her step as she set off"

synonyms:

verb

formal

3rd person present: **purposes**

have as one's intention or objective.

"God has allowed suffering, even purposed it"

onyms:

00001.

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•€

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•€

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•€

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•€

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•€

ingredient

An **ingredient** is a substance that forms part of a mixture (in a general sense). For example, i
that can be consumed

00001.

eat, drink, or ingest (food or drink).

00002.

"people consume a good deal of sugar in drinks"

00003.

synonyms:

00004.

buy (goods or services).

00005.

"accounting provides measures of the economic goods and services consumed"

00006.

in drinks (tea , beer, ale)

Ale is a type of beer brewed from malted barley using a warm fermentation with a strain of brewers' yeast. Compared t
or in cooking. It can be used to make foods spicy

flavoured with or fragrant with spice.

"pasta in a spicy tomato sauce"

synonyms:

•€

exciting or entertaining, especially through being mildly indecent.

•€

"spicy jokes and suggestive songs"

•€

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•€

and even as a food preservative.

A **preservative** is a substance that is added to products such as foods,
For over 2000 years, Chinese medicine has recommended

00001.

put forward (someone or something) with approval as being suitable for a particular purpose (

00002.

"George had recommended some local architects"

00003.

synonyms:

00004.

archaic

00005.

commend or entrust someone or something to (someone).

00006.

"I devoutly recommended my spirit to its maker"

00007.

the use of ginger to help cure

A cure is the end of a medical condition; the substance or procedure that ends the medical condition, such as a medicine, and prevent

keep (something) from happening.

"action must be taken to prevent further accidents"

synonyms:

several

00001.

more than two but not many.

00002.

"the author of several books"

00003.

synonyms:

00004.

00005.

adjective

00001.

1

00002.

separate or respective.

00003.

"the two levels of government sort out their several responsibilities"

00004.

synonyms:

00005.

health problems. It is known to promote energy circulation in the body and increase our body's metabolic rate .

Here 's a list of some of the amazing

00001.

causing great surprise or wonder; astonishing.

00002.

"an amazing number of people registered"

00003.

synonyms:

00004.

00005.

00001.

informal

00002.

very impressive; excellent.

00003.

"she makes the most amazing cakes"

00004.

benefits of ginger that you may not be aware of. Although some of these are still being debated, argue about (a subject), especially in a formal manner.

"MPs debated the issue in the Commons"

synonyms:

•€

consider a possible course of action in one's mind before reaching a decision.

•€

"he debated whether he should leave the matter alone or speak to her"

•€

synonyms:

•€

you could do your own research if you want to use ginger for medicinal

00001.

(of a substance or plant) having healing properties.

00002.

"medicinal herbs"

00003.

synonyms:

00004.

00001.

noun

00001.

1

00002.

a medicinal substance.

00003.

"we reviewed the literature about their use as medicinals"

00004.

purposes.

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00002.

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00003.

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00004.

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2

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00007.

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00008.

synonyms:

00009.

verb

formal

3rd person present: **purposes**

00001.

1

00002.

have as one's intention or objective.

00003.

"God has allowed suffering, even purposed it"

00004.

synonyms:

Ginger Diet & Nutrition

Ginger Add a healthy zing to your day

Benefits of Ginger Tea

Benefits of Ginger Tea

<http://www.3fatchicks.com/8-benefits-of-ginger-tea/>

Ginger is brown, fleshy, and has a pungent smell and a scorching taste. It is valued for its wondrous qualities that help cure :

1. Impedes Motion Sickness

Ginger tea can soothe nerves and prevent vomiting, as well as eradicate headaches and migraines. It also keeps you from bei

2. Combats Stomach Discomfort

Ginger tea is ideal in assisting digestion, thereby improving food absorption and avoiding possible tummy aches from too m

3. Reduces Inflammation

Ginger tea can ease inflammation of the joints, which is commonly referred to as rheumatoid arthritis. It is also effective in :

4. Fights Common Respiratory Problems

Drinking ginger tea is recommended if you're suffering from common respiratory diseases such as cold and cough. Ginger :

5. Encourages Normal Blood Circulation

Consuming a cup of ginger tea can help improve blood flow, as well as help prevent chills, fever and excessive sweating. Th

6. Remedies Menstrual Discomfort

If you are a woman suffering from menstrual cramps, try placing a hot towel drenched in ginger tea on your uterine area to c

7. Strengthens Immunity

Ginger tea has antioxidants that help improve the immune system. Drinking a cup of ginger tea every day can also help foil

8. Relieves Stress

Taking a whiff of ginger tea can help improve your mood and give you a sunny disposition. It leaves you feeling refreshed a

Empty page

Empty page

Empty page

Garlic

Does Garlic Actually Work ...

Does Garlic Actually Work?

<http://cholesterol.about.com/od/naturalalternatives/a/garlic.htm>

Garlic is one of the most widely

extensively, broadly, generally, far and wide, commonly, usually, universally, comprehensively, popularly

<http://www.wordhippo.com/what-is/another-word-for/widely.html>

purchased herbal supplements used to lower cholesterol levels. So, does it work? Yes and no. Most of the research studies include, contain, take in, comprise, consist of, encompass, affect, associate, catch, commit, concern, connect, cover, embroil, engage, ho have to do with, interest

both animals and humans suggest

propose, put forward, advise, recommend, advocate, submit, convey advice, desire, plan, offer, put, advance, broach, commend, conject bring to mind, remind, call to mind, evoke, be redolent of, smack of, conjure up, hint, indicate, point, promise, refer, represent, adumbrate imply

that garlic can lower cholesterol levels. In most of the studies that produced

make, create, manufacture, construct, fabricate, bring into being, generate, turn out, assemble, bear, build, give off, churn out, be the source of, emit cause, effect, hatch, induce, muster, occasion, provoke, secure, bring about, draw on, get up, give rise to, demonstrate, show, display, advance, exhibit, unfold, bring forward, bring to light, put forward, set forth direct, do, perform, act, mount, percolate, perk, play, stage, pull off

cholesterol lowering results, about one-half gram or one gram of garlic was consumed

eat, drink, devour, put away, munch, chomp, guzzle, feed on, ingest, absorb, eat up, feed, inhale, swallow, use, use up, expend, spend, utilize, exhaust, get through, deplete, dominate, drain, employ, obsess, preoccupy, destroy, annihilate, burn up, incinerate, burn down, raze, devastate, overwhelm, ravage, ruin, crush, decay,

a day. Additionally, it seemed that the garlic lowered total cholesterol and triglyceride levels by up to 20 mg/dL in humans.
self-

unsure, uncertain

unexceptional, ordinary, plain, restrained, limited, inexpensive, reasonable, small, average, cheap, dry, economical, acceptable, low, token

lowered (if at all) whereas HDL cholesterol ("good" cholesterol) was not affected by the administration of garlic. The chole-

provisional, impermanent, pro tem, momentary, brief, passing, fleeting, transitory, short-term, short-

Additionally, there is some debate

discussion, argument, dispute, deliberation, examination, consideration, contest, controversy, match, agitation, as to which form (powder, extract, oil, tablet, raw) of garlic is the best in lowering

let down, drop, let fall, hand down, sink, pull down, depress, take down, reduce, couch, descend, droop, grow less, decrease, bring down, slash, cut, minimize, curtail, cut down, depreciate, devalue, diminish, downgrade, belittle, disgrace, abase, condescend, debase, degrade, deign, demean, humble, humiliate, stoop, demean

cholesterol levels. Some studies suggest that garlic powder may

might, could, possibly will, may well, may perhaps, may possibly
grant permission, can, be allowed, be authorized, be permitted, can do
concede possibility, will, be going to, shall, should

have lower amounts

burdens, imports, results, values, cores, matters, senses, substances, thrusts
quantities, sums, totals, volumes, expanses, extents, aggregates, bulks, chunks, loads, lots, measures, number

of allicin, one of the active ingredients in garlic. This, too, remains

stay, stay put, stay behind, linger, wait, hang around, stay on, continue, endure, go on, hover, last, live, persist, under debate.

It is important

significant, vital, imperative, central, chief, key, main, essential, principal, critical, crucial, weighty, substantial, high-ranking, worthy, notable, eminent, prominent, outstanding, effective, extraordinary, noteworthy, powerful

to note that these studies are very conflicting.

disagree, oppose, clash, dispute, differ, diverge, be at odds, be incompatible, disturb, vary, brawl, collide, quarrel, argue

While there are many studies that conclude

What is another word for conclude?

What's another word for conclude? Here's a list of synonyms for this word.

Verb

end, close, finish, terminate, finish off, wrap up, call a halt, halt, achieve, complete, wind up, cease, clinch, clinch, consummate, crown, desist, stop, bring down curtain, call it a day, close out, draw to close, knock deduce, assume, presume, decide, reckon, construe, suppose, infer, make, adjudge, analyze, collect, derive, draw, figure, gather, intuit, judge, ratiocinate, reason, surmise, add up to, be afraid, boil down to, have a bring about, accomplish, settle, arrange, determine, resolve, carry out, confirm, establish, rule, work out, e

garlic works well to lower cholesterol levels, there are also other studies that conflict with this, contending struggle, resist, oppose, deal with, put up with, cope, compete, fight, argue, confront, dispute, go after, gra assert, insist, maintain, state, declare, allege, charge, claim, defend, say, tell, urge, affirm, aver, avow, blast, challenge, run, put yourself forward, nominate yourself

garlic is ineffective

unsuccessful, unproductive, useless, vain, futile, hopeless, fruitless, ineffectual, abortive, feeble, impotent, in lowering cholesterol. Therefore, until more studies are performed, garlic may not be the best choice for you if you are sol exclusively, only, merely, just, uniquely, specially, alone, completely, entirely, individually, purely, simply, sin relying on it to lower your cholesterol.

Garlic is not just healthy for your body

<http://www.bewellbuzz.com/general/how-does-garlic-benefit-you/>

Garlic is not just healthy for your body, but it's also great

huge, immense, enormous, vast, large, big, grand, very large, considerable, extreme, high, strong, terrible, t countless, boundless, unlimited

important, significant, momentous, critical, major, weighty, serious, celebrated, excellent, famous, fine, glori absolute, utter, complete, downright, intense, profound, skillful, admirable, awesome, bad, best, exceptional elevated, imposing, splendid, majestic

magnificent, cool, groovy

for your skin. Regular consumption

ingesting, feasting, feeding, eating, drinking, intake, ingestion, devouring; use, expenditure, utilization, burn use, spending, burning up

of garlic tones the skin, making it smooth while also making your nails stronger. Another wonderful benefit is that it control There are of course some side effects that you need to consider before you liberally

copiously, generously, freely, abundantly, profusely, substantially, fully, sufficiently, adequately, extensively, easily, smoothly done, effortlessly, readily, as one pleases, cleanly, extravagantly, facilely, lightly, like water magnanimously, nobly

broadly, chiefly, generally, mostly, predominantly, principally, widely, as a rule, by and large, commodiously, enthusiastically, graciously, warmly, wholeheartedly, altruistically, benevolently, bigheartedly, candidly, chive bounteously agreeably

start consuming garlic to get all those benefits. Anything in moderation works well but if you overdo

overcook, char, spoil, ruin, stew, burn

exaggerate, overplay, overemphasize, overstate, overestimate, overrate, overreach, overuse, overvalue, am

it, that is, eat more garlic than you should, the following are the most likely side effects that you might possibly undergo – experience, feel, suffer, endure, undertake, go through, submit to, bear, have, meet with, see, sustain, with

Garlic - Facts Remedies and Health Benefits

Garlic Facts Remedies and Health Benefits of Garlic

<http://www.disabled-world.com/artman/publish/garlic-benefit.shtml>

Traditional herbs

By Disabled World - 2008-03-09

Facts and information on garlic including health benefits, home remedies

[resolves](#)

[cures](#), [treats](#), [fixes](#), [aids](#), [changes](#), [controls](#), [doctors](#), [helps](#), [launders](#), [reforms](#), [repairs](#), [revises](#), [rights](#), [scrubs](#),

using garlic and how to

[in what way](#), [by what means](#), [by what method](#), [in what manner](#), [just how](#), [exactly how](#), [according to what](#),
[grow your own garlic at home](#).

What is Garlic?

Cloves

Garlic, Latin name *Allium sativum*, belongs

[fit in](#), [fit](#), [go](#), [have its place](#), [be in the right place](#), [feel right](#), [be appropriate](#), [apply](#), [exist](#), [reside](#), [accord](#), [agree](#)
to the onion family Alliaceae including shallots, and leek. Garlic has been used throughout recorded history for both medicinal
[intention](#), [intent](#), [aim](#), [object](#), [objective](#), [goal](#), [target](#), [end](#), [meaning](#), [ambition](#), [aspiration](#), [desire](#), [determination](#),
[drive](#), [resolution](#), [persistence](#), [perseverance](#), [tenacity](#), [single-mindedness](#), [commitment](#), [purposefulness](#), [devotion](#),
[use](#), [benefit](#), [duty](#), [effect](#), [outcome](#), [result](#), [advantage](#), [avail](#), [gain](#), [good](#), [mark](#), [profit](#), [return](#), [utility](#)

The garlic bulb is divided

[split](#), [separate](#), [partition](#), [segregate](#), [break up](#), [carve up](#), [part](#), [disconnect](#), [break](#), [break down](#), [carve](#), [cross](#), [cut](#),
[share](#), [share out](#), [divide up](#), [deal out](#), [distribute](#), [allocate](#), [apportion](#), [allot](#), [divvy](#), [dole out](#), [shift](#), [slice](#), [articulate](#),
[cause a rift](#), [come between](#), [differ](#), [dissent](#), [rive](#), [alienate](#), [disagree](#), [vary](#), [disaccord](#), [estrangle](#), [cause to disagree](#),
[arrange](#), [categorize](#), [grade](#), [group](#), [sort](#)

into sections

[unit](#), [piece](#), [segment](#), [slice](#), [sector](#), [subdivision](#), [division](#), [fragment](#), [portion](#), [part](#), [area](#), [branch](#), [category](#), [church](#)
called cloves.

Elephant garlic or Russian garlic is a variant

[variation](#), [alternate](#), [deviation](#), [modification](#), [departure](#), [option](#), [alternative](#), [derived form](#), [branch](#), [development](#)
of the species leek and not considered

[think through](#), [mull over](#), [reflect](#), [deliberate](#), [contemplate](#), [take into account](#), [ponder](#), [chew over](#), [weigh up](#), [think](#),
[believe](#), [deem](#), [judge](#), [regard as](#), [analyze](#), [feel](#), [hold](#), [respect](#), [view](#), [appraise](#), [count](#), [credit](#), [estimate](#), [rely](#),
[care about](#), [take into consideration](#)

a true garlic. It has a tall, solid, flowering stalk and broad, flat leaves much like those of the leek, but forms a bulb consisting

[contain](#), [be made up of](#), [be made of](#), [entail](#), [involve](#), [comprise](#)

[reside](#), [lie](#), [be based on](#), [depend on](#), [be defined by](#), [exist](#), [dwell](#), [subsist](#), [abide](#), [be](#), [inhere](#), [repose](#), [rest](#), [be composed](#)

of very large,

[big](#), [great](#), [huge](#), [fat](#), [bulky](#), [hefty](#), [outsized](#), [enormous](#), [abundant](#), [broad](#), [considerable](#), [extensive](#), [full](#), [generous](#),
[well-built](#), [generously proportioned](#), [larger](#), [overweight](#), [chubby](#), [obese](#), [corpulent](#), [heavy](#), [portly](#)
[not inconsiderable](#), [greater](#), [significant](#)

garlic like cloves.

Is Garlic Good for You?

Garlic is one of the most valuable and versatile

adaptable, flexible, resourceful, multitalented, all-around, all-round, adjustable, accomplished, functional, general, multipurpose, useful, nifty

foods on the planet. Garlic belongs to the Allium family of vegetables which also includes onions, chives, shallots and leeks

Today garlic is a widely recognized health enhancing

improve, augment, add to, increase, boost, develop, enrich, heighten, embellish, appreciate, build up, complete

supplement. Garlic promotes the well-being of the heart and immune systems with antioxidant properties

characteristic, feature, ability, affection, attribute, character, hallmark, idiosyncrasy, mark, peculiarity, quality and helps maintain healthy blood circulation. One of garlic's most potent health benefits includes the ability

power, faculty, capacity, capability, facility, perform, competence, intelligence, qualification, skill, strength, tenacity, proficiency, adeptness, gift, knack, expertise, ingenuity, adroitness, bent, cleverness, command, craft, deftness

to enhance the body's immune cell activity.

The active component in garlic is the sulfur compound called allicin. Allicin is the chemical produced when garlic is chopped

slow, hold back, restrain, reduce, hinder, hamper, stall, stop, prevent, restrict, constrain, curb, discourage, frustrate, deter

the ability of germs to grow and reproduce. In fact, it's said that 1 milligram of allicin has a potency of 15 standard units of penicillin

There are now over 12 studies published around the world that confirm that garlic can reduce cholesterol.

Recently

lately, only just, in recent times, a moment ago, a short time ago, newly, freshly, not long ago, just now, currently, researchers in Oxford and America have published

issue, put out, bring out, print, distribute, circulate, have printed, announce, broadcast, declare, disclose, present, make public, make known, advertise

some summaries

analyses, essences, outlines, prospectuses, recaps, rehashes, reviews, rundowns, sketches, surveys, synopses, summaries of all the good data on garlic. Garlic is known to stimulate T-lymphocyte and macrophage action,

act, deed, exploit, achievement, accomplishment, feat, stroke, individual deed, effort, exercise, maneuver, military, lawsuit, suit, proceedings, charge, case, claim, litigation, proceeding, prosecution, cause

battle, fighting, combat, conflict, engagement, encounter, clash, skirmish, dogfight, raid, war, warfare, fight, something done, activity, deal, force, life, movement, plan, process, reaction, response, agility, alacrity, alert

promote interleukin-1 levels, and support

hold up, reinforce, prop up, maintain, shore up, keep up, buoy, buttress, brace, stay, sustain, bolster, hold, up natural killer cells. Strong activity of these key cells promotes healthy immune system function,

purpose, meaning, role, job, occupation, task, utility, capacity, action, activity, affair, behavior, business, duty and strengthens the body's defences.

Garlic for Health ...

Garlic for Health

<http://www.disabled-world.com/artman/publish/garlic-benefit.shtml>

Today, we know garlic is an excellent

outstanding, brilliant, exceptional, first-

herb for creating and maintaining

uphold, preserve, keep, continue, keep up, sustain, conserve, retain, keep alive, care for, control, cultivate, keep in good condition

argue, claim, insist, assert, hold, swear, be adamant, avow, declare, affirm, state, advocate, defend, empha

overall

general, complete, total, global, inclusive, whole, comprehensive, long-term, blanket, sweeping, umbrella, all health, but it also has many lesser

smaller, slighter, minor, reduced, inferior, secondary, insignificant, a notch under, bottom, bush, bush-league known, but powerful qualities.

makings, potential, wherewithal, what it takes, assets, ability, talent

merits, virtues, intrinsic worth, facts, advantages, evidence

For example, many people don't know that it's a naturally powerful antibiotic. This natural antibiotic is effective

effectual, efficient, successful, useful, helpful, good, valuable, persuasive, productive, active, adequate, com

real, actual, in effect, current, dynamic, in execution, in force, in operation

operational, with effect, applicable

against toxic bacteria, viruses, and fungus. Available in pills, capsules, liquid and actual raw cloves, garlic is one of the most well-liked, accepted, admired, trendy, in style, all the rage, fashionable, favorite, well-general, prevalent, widely held, current, widespread, common, standard, accessible, familiar, public, rampant

healthy herbs around

about, all around, surrounding, covering, over

close to, near, in the vicinity, in the neighborhood, in the environs, round

all over, throughout, here and there, across

approximately, in the region of, just about, roughly, in the order of, more or less, roughly speaking, give or

today.

Garlic helps platelet stickiness

tackiness, gluiness, gumminess, adhesiveness, pastiness, cohesion, adhesion, fusion

humidity, dampness, humidness, mugginess, steaminess, wetness

or aggregation

combination, accumulation, collection, accretion, mass, clump, bunch, load, total, sum, group, cluster, aggregate to help reduce blood coagulation,

clotting, thickening, setting, congealing, gelling, jelling, caking, coalescence, agglomeration, concentration, clot, lump, glob, gob, ball, mass, cake

and promote heart health.

The antioxidant properties of garlic help scavenge

hunt, forage, search, rummage, sift, go through, move stealthily, lurk, roam, skulk, slink, stroll, tramp, cruise
harmful free radicals,
extremes

majors, militants, progressives, revolutionaries, insurgents, recusants, insubordinates, intransigents, recalcitrants,
fundamentals, essentials, bottoms, cardinals, constitutionals, natives, naturals, organics, originals, primaries,

which can damage LDL (bad) cholesterol in the blood stream.

Garlic also promotes increased bile production to help reduce levels of fat in the liver. Garlic pills also help ward off
defend against, protect against, deflect, hold off, keep at bay, fend off, fight off, discourage, chide, deny, dis
defend, guard, avert, avoid, block, deter, divert, fend, foil, forestall, frustrate, halt, interrupt, keep off, obviate,
shunt, look away, shove aside

bypass, dodge, escape, evade, shun, sidestep, abstain, circumvent, desist, ditch, duck, elude, eschew, flee, fool, fool,
fool, mislead, deceive, beat, beguile, bilk, circumnavigate, cramp, crimp, detour, disappoint, dupe, ensnare, evade,
answer, counteract, offset, respond, retaliate, backtalk, buck, contravene, dash, hinder, match, meet, pit, resist,
protect, contend, fight, fight for, hold, maintain, preserve, retain, safeguard, secure, shield, uphold, battle, battle,
expel, forbid, ban, bar, boycott, eliminate, omit, ostracize, prohibit, remove, suspend, bate, blackball, blackmail,
drive back

defend oneself, bottle up, contain, control, curb, hold back, put up fight, reply, repress, restrain
counter, hamper, impede, inhibit, limit, put an end to, restrict, anticipate, arrest, baffle, balk, chill, cool, cool,
disprove, invalidate, negate, quash, refute, break, confound, confute, controvert, defeat, evert, negative, over,
chase away, confront, drive away, drive off, disown, dispute, duel, kick, traverse, beat back, cast aside, force,
push away, overthrow, nix, heave-ho, kick in the teeth, set back, throw back

exclude, cancel, revoke, abolish, not consider, recant
conceal, chamber, harbor, haven, roof, shotgun, stonewall, cover all bases, cover up, give cover, give shelter,
delay, detain, postpone, adjourn, defer, discontinue, intermit, prorogue, shelve, stall, hold over
close, disrupt, stay, stem, bottle, choke, clog, congest, fill, fix, gag, hush, muzzle, plug, seal, silence, staunch
ward

coughs and colds.

Garlic and Your Heart.

The positive effect of garlic on your circulatory system is extremely well documented and it has been proved to:

lower

inferior, lesser, minor, junior, poorer, worse, subordinate, curtailed, decreased, diminished, lessened, low, re
blood pressure

decrease platelet aggregation

lower serum triglycerides and LDL-cholesterol (the bad type) levels

increase serum HDL-cholesterol (the good type) and fibrinolysis (the process through which the body breaks up

divide, fragment, disintegrate, crumble, fall apart, fall to pieces, fall to bits, activity, end relationship, adjourn,
split up, keep apart, divide up, tear apart, break down, cut up, section
tell somebody it's over, ditch, dump, finish

blood clots.)

Plus it stimulates the production of nitric oxide in the lining of blood vessel walls, a substance

material, matter, ingredient, constituent, element, stuff, body, entity, item, object, texture, actuality, animal,
essence, import, gist, basis, crux, theme, soul, nub, meaning, amount, effect, meat, significance, strength, si
affluence, property, money, means, wealth, riches, assets, estate, fortune, resources, worth

that helps them to relax.

As a result of these beneficial

helpful, useful, valuable, advantageous, positive, favorable, of assistance, of use, constructive, benign, good actions garlic helps to prevent arteriosclerosis and thereby reduces the risk of heart attack or stroke.

Two or three cloves a day have cut the risk of subsequent

following, succeeding, ensuing, successive, consequent, later, after, consecutive, consequential, next, poster heart attacks in half in heart patients.

One reason for these beneficial effects may be garlic's ability

power, faculty, capacity, capability, facility, perform, competence, intelligence, qualification, skill, strength, to proficiency, adeptness, gift, knack, expertise, ingenuity, adroitness, bent, cleverness, command, craft, deftness

to reduce the amount of free radicals in the bloodstream. According to a study published in Life Sciences, a daily dose of 11 ensued, stemmed, rose, developed, followed, happened, appeared, arose, culminated, derived, emanated, emerged in a significant reduction in oxidant (free radical) stress in the blood of arteriosclerosis patients. It's positive effect on the circulatory system is acclaimed

as a cure for impotence!

ineffectiveness, incapability, ineffectualness, feebleness, powerlessness, weakness, helplessness, inability, infertility, sterility, barrenness, unproductiveness, erectile dysfunction, infecundity

652 Garlic health benefits

THE POWER OF GARLIC

<http://organiceyourlife.com/garlic-health-benefits>

Garlic ranks

place, rate, grade, position, categorize, class, order, classify, organize, arrange, establish, estimate, include, stand, antecede, belong, outrank, precede, be classed, be worth, come first, count among, forerun, go ahead

as one of the most potent remedies of all time. For effectiveness and health benefits, it even challenges

confront, defy, brave, face up to, dispute, question, ask for, assert, call for, claim, demand, denounce, impose, contest, argue, oppose

some of the conventional medicines today!

Powerful sulfur compounds in garlic kill and inhibit an astounding

amazing, astonishing, surprising, shocking, beyond belief, breathtaking, eye-popping, mind-boggling, over an assortment of bacteria, viruses, fungi, mold, parasites and worms, frequently

often, regularly, normally, commonly, recurrently, habitually, repeatedly, again and again, generally, intermittent on contact. They also work within the body's vital systems, such as the circulatory, digestive, immunological, to promote and

getting better, nutritious, getting well, wholesome, convalescent, gaining strength, health-

the immune system and healing. All in all, garlic helps promote good health.

physical condition, fitness, condition, well-

Garlic health benefits

(*remember that it does not *treat*

behave toward, act toward, regard, consider, think of, deal with, handle, act, behave towards, conduct, em care for, take care of, doctor, nurse, minister to, cure, heal, remedy, medicate, administer, dress, operate, p

pick up the check, pick up the tab, pay for, pay the bill, give, provide, amuse, blow, divert, entertain, escort
spoil, pamper, make a fuss of
go into, discuss, touch on, talk about, talk over, talk of, take up, be concerned with, advise, approach, interj

any disease or illness, but can help prevent)

stop, avert, avoid, foil, thwart, check, put a stop to, preclude, nip in the bud, inhibit, counteract, block, ward

Fights respiratory diseases

contests, beliefs, combats, forces, supports, effects, rows, squabbles, travails, wages, carry-ons
box, brawls, clashes, wrestles, struggles, scraps, battles, tussles, attacks, challenges, meets, resists, assaults

Inhibits cancer

slow, hold back, restrain, reduce, hinder, hamper, stall, stop, prevent, restrict, constrain, curb, discourage, fr
deter

Kills herpes on contact

stops, defeats, halts, negatives, revokes, ruins, scotches, stifles, stills, vetoes
murders, massacres, dispatches, gets, hits, poisons, finishes, garrotes, guillotines, hangs, sacrifices, snuffs, v

Thins blood

water down, dilute, thin out, weaken, disperse, rarefy, decrease, diminish, irrigate, prune, refine, trim, atten
Is an anti-oxidant

Detoxifies

water down, dilute, thin out, weaken, disperse, rarefy, decrease, diminish, irrigate, prune, refine, trim, atten

Lowers blood sugar

Lowers cholesterol

stoops

decreases, slashes, cuts, downgrades, clips, moderates, prunes, shaves, write-offs

drops, sinks, pull-downs, couches, grounds

Treats HIV/AIDS infections

Strengthens the immune system

make stronger, reinforce, fortify, brace, toughen, build up, powerful, bolster, enhance, enlarge, establish, ex
encourage, hearten, consolidate, uphold, animate, back, bloom, burgeon, cheer, embolden, enliven, flourish

Is there anything Garlic can't do? If anything can be called a 'wonder-drug'

surprise, astonishment, awe, amazement, admiration, incredulity, bewilderment, confusion, curiosity, doubt,
miracle, phenomenon, marvel, sensation, spectacle, oddity, cynosure, freak, nonpareil, portent, prodigy, rari

it should be GARLIC.

You can also add it to almost

nearly, not quite, just about, virtually, practically, more or less, very nearly, about, approximately, around, e
any savory

salty, salt, spicy, piquant, pungent, aromatic, sharp, pleasing, appetizing, delectable, fragrant, luscious, mell
dish for the most delicious

tasty, appetizing, scrumptious, yummy, luscious, delectable, mouthwatering, pleasing, delightful, distinctive,
lovely, wonderful, appealing, enchanting, charming

flavor

taste, savor, zest, tang, essence, aroma, relish, piquancy, smack, acidity, extract, seasoning, sweetness, astr
additive, spice, condiment, herb, flavoring

hint, sense, feeling, feel, suggestion, touch, idea, aspect, air, aura, character, quality, style, tone, property, s
and aroma.

smell, perfume, fragrance, scent, odor, bouquet, whiff, tang, distinctive smell, spice, balm, incense, redolenc

Garlic Health Benefits

Garlic Health Benefits

<http://www.garlic-central.com/garlic-health.html>

Some of the old stories of garlic's healing properties have doubtful

unsure, uncertain, hesitant, undecided, disbelieving, cynical, suspicious, unconvinced, distrustful, not believable, unlikely, unpromising, insecure, shaky, in doubt, improbable, questionable, unclear, debatable, dicey, hazy, unreliable, untrustworthy

validity,

cogency, rationality, legitimacy, soundness, strength, weight, power, authority, force, genuineness, lawfulness, authenticity

but many of its claimed health benefits have been backed

supported, approved, assisted, endorsed, favored, advocated, aided, bankrolled, bolstered, boosted, championed, reinforced, stiffened, strengthened, built up

up by modern

contemporary, current, up-to-date, up-to-the-minute, recent, new, present, fresh, prevailing, modern-day, innovative, progressive, enlightened, advanced, forward-looking

scientific research. There are two main

chief, key, foremost, core, focal, central, highest, leading, principal, head, major, predominant, essential, fundamental, absolute, utter, entire, brute, mere, simple, utmost, direct, downright, only, pure, sheer, undisguised

medicinal ingredients

element, component, part, constituent, factor, feature, item, thing, additive, piece, fixing, fundamental, innate, which produce

make, create, manufacture, construct, fabricate, bring into being, generate, turn out, assemble, bear, build, give off, churn out, be the source of, emit

cause, effect, hatch, induce, muster, occasion, provoke, secure, bring about, draw on, get up, give rise to, demonstrate, show, display, advance, exhibit, unfold, bring forward, bring to light, put forward, set forth, direct, do, perform, act, mount, percolate, perk, play, stage, pull off

the garlic health benefits: allicin and diallyl sulphides.

Garlic is a sulphurous compound and in general

overall, universal, all-purpose, wide-ranging, broad, common, broad-based, usual, typical, conventional, customary, accustomed, accepted, commonplace, familiar, humdrum, natural, non-specific, undefined, unclear, vague, approximate, inexact, loose, ill-defined, imprecise, inaccurate, indefinite

a stronger tasting

discern, pick up, recognize, get, feel, notice, savor, judge, try, bite, chew, eat, enjoy, sample, sip, assay, criticize, clove has more sulphur content and hence

more potential

possible, hypothetical, conceivable, likely, probable, imaginable, thinkable, promising, hidden, budding, future medicinal value. Some people have suggested that organically grown garlic tends towards in the direction of, to, near, just before, approaching, against, against, apropos, beneficial, coming, concerning, for, about, on, with regard to, with respect to, on the subject of, in relation to

a higher sulphur level and hence greater

better, superior, larger, bigger, more, grander, boss, cooler, higher, largest, leading, most, outstanding, pre benefit to health. Whether or not that is in fact the case,

circumstance, situation, instance, event, occasion, incident, conditions, crisis, fact, problem, state, context, c argument, reason, defense, justification, rationale, basis, action, cause, claim, dispute, evidence, lawsuit, litigation, job, project, commission, assignment, task, issue

court case, legal action, indictment

item, paradigm, a case in point

container, holder, box, casing, cover, glasses case, crate, pencil case, folder, bag, baggage, basket, bin, cabinet, overnight case, weekend case, briefcase, attaché case, carrycase, travel case

in my experience it certainly

surely, positively, definitely, without doubt, undoubtedly, unquestionably, absolutely, assuredly, exactly, certainly, indeed, sure, indubitably, emphatically

has the best

finest, greatest, top, unsurpassed, superlative, preeminent, paramount, Grade A, first class, most excellent, correct, right, preferred, advantageous, apt, desirable, golden, most desirable, most fitting, presentable most, biggest, bulkiest, largest

taste.

Benefits

Various garlic health benefits have long

been claimed and the "stinking rose" treatment has been used extensively

big, large, huge, vast, massive, wide, broad, far-reaching, thorough, comprehensive, considerable, expansive, all-embracing

in herbal medicine (phytotherapy) down the centuries. It's been considered by many to be a herbal "wonder drug", with a reputation, standing, status, repute, character, name, fame, honor, influence, notoriety, opinion, position, prestige, prominent in folklore

legends, traditional stories, folk tales, received wisdom, urban myths

myth, legend, oral tradition, mythology, tradition, custom, traditional beliefs, fable, superstition, wisdom, balance

for preventing or treating everything from the common cold and flu to the Plague!

wave, outbreak, epidemic, pestilence, disease, infection, pandemic, contagion, curse, infestation, influenza, illness, blight, visitation, calamity, adversity, annoyance, Cancer, pest, aggravation, bane, blast, bother, botheration.

Much of that is at best

unproven,

unverified, unconfirmed, untried, untested, undocumented, doubtful, uncertain, ambiguous, arguable, contradictory, analytical, dangerous, experimental, risky, unproved, unsubstantiated, abstract, assumed, conce baseless, deceptive, fabricated, false, gratuitous, groundless, illogical, misleading, spurious, unjustified, untrue, erroneous, unfounded

new

not determined, unclear, undecided, unknown, abeyant, faint, irresolute, pending, wavering

unpracticed

undemonstrated

however there are some

a little, a number of, a quantity of, a few, several, various, few, any, a bit, part of, approximately

certain, particular, selected, specific

extraordinary, amazing, bizarre, fascinating, remarkable, special, unusual

very

extremely, incredibly, awfully, exceptionally, exceedingly, especially, dreadfully, extraordinarily, enormously, actual, self-

positive

sure, certain, clear, convinced, assured, confident, definite, conclusive, decisive, specific, absolute, affirmative, unquestionable, confirmed

optimistic, constructive, helpful, encouraging, progressive, up, upbeat, beneficial, effective, forward-looking,

garlic health facts

particulars, details, specifics, essentials, statistics, data, figures, inside information, certainty, clue, cue, dope, truth, evidence, proof, actuality

that are now

at the present, at the moment, at this time, currently, at present, nowadays, at this moment, at this instant, without hesitation, in half a shake, in a jiffy

widely

extensively, broadly, generally, far and wide, commonly, usually, universally, comprehensively, popularly accepted.

receive, take, agree to take, admit, welcome

consent, agree, say yes, say you will, give a positive response, assent, accede, consenting, acknowledge, at shoulder

believe, understand, allow

put up with, endure, tolerate, bow, resign yourself, respect, capitulate, stand, stomach, suffer, swallow, beg, get, obtain, acquire, gain, secure

favor, hold, trust, approbate, countenance, fancy, like, relish, hold with, take as gospel truth, take stock in

Amongst

in the middle of, surrounded by, in the midst of, between, among, amid, mid, midst, during, in the thick of with, along with, together with, in the company of

in addition to, as well as, including

middle, amidst

the most interesting potential

possible, hypothetical, conceivable, likely, probable, imaginable, thinkable, promising, hidden, budding, future applications

request, claim, submission, bid, tender, presentation, solicitation, appeal, demand, form, inquiry, letter, petition, use, function, purpose, relevance, appliance, usage, operation, utilization, appositeness, employment, exercise, diligence, concentration, hard work, effort, attention, single-treatment, product, therapy, remedy, care, medicine, administration, rubbing, administering, applying, creating

are suggestions

possible, hypothetical, conceivable, likely, probable, imaginable, thinkable, promising, hidden, budding, future that garlic might

may, could, possibly will, may well, may perhaps, may possibly

be able

capable, competent, proficient, adept, skilled, adequate, apt, easy, good, intelligent, ready, smart, strong, able to assist

help, aid, help out, lend a hand, give a hand, support, back, abet, benefit, boost, cooperate, expedite, facilitate, some

certain, a number of, a few, several, selected, a selection of, a variety of, any, a number, a part, a portion, decision-making, executive, managerial, white-collar

of blood pressure cholesterol levels.

stage, plane, echelon, altitude, height, point, rank, elevation, floor, layer, plain, story, stratum, surface, zone intensity, quantity, concentration, amount, reading

Modern science has shown

present, display, exhibit, expose, disclose, indicate, reveal, bare, parade, show off, flaunt, flash, flourish, put stand out, stick out, surface, catch the eye

accompany, take, guide, direct, steer, conduct, lead, see, escort, pilot, route, shepherd

confirm

point out, spell out

grant, give, accord, bestow, confer, dispense, act with

that garlic is a powerful natural antibiotic, albeit

although, though, even though, even if, notwithstanding, admitting

broad-spectrum rather

somewhat, to a certain extent, slightly, pretty, relatively, moderately, quite, fairly, a bit, a little, comparative, very, noticeably, extremely, considerably, significantly, well, a good bit

sooner, preferably, instead, by preference, preferably; instead, willingly, alternately, alternatively, as a matter

than targeted. The bacteria in the body do not appear

come into view, come into sight, become visible, emerge, come out, show, materialize, arrive, come, crop up, happen, be found, exist, arrive on the scene, grow, begin

seem, look, look as if, give the impression, give the idea, look like, resemble, sound, have the appearance, perform, be seen, act, play, take part in, play a part, enter, oblige, be created, be developed, be invented, roll up

be obvious, clear, be apparent, be evident, be manifest, be patent, be plain

to evolve

change, grow, progress, advance, go forward, develop, derive, emerge, expand, get, mature, unfold, disclose

resistance

to the garlic as they do to many modern pharmaceutical antibiotics. This means that its positive health benefits can continue
aid, assist, help out, lend a hand, be of assistance, facilitate, rally round, abet, back, benefit, bolster, boost, avoid, evade, stop, refrain from, prevent, dodge

to breed

reproduce, have babies, procreate, propagate, multiply, generate, beget, create, engender, give birth to, have, raise, rear, bring up, farm, keep, nurture, cultivate, develop, nourish, discipline, educate, foster, instruct, trigger

antibiotic resistant

opposed, dead set against, anti, unwilling, defiant, challenging, opposing, antagonistic, contrary, disobedient, resilient, hardy, unaffected, impervious, tough, strong, sturdy, resistant, immune, invulnerable, protected, resistant, insusceptible, renitent, resisting, unassailable

"superbugs".

bug, supergerm, germ, microorganism, pathogen

Studies have also shown that garlic - especially

exceptionally, remarkably, notably, markedly, outstandingly, unusually, uniquely, particularly, chiefly, exclusively, more than ever

aged

old, elderly, matured, ripened, hoary, venerable, ancient, antediluvian, antiquated, antique, gray, oldie, shot, garlic - can have a powerful antioxidant effect. Antioxidants can help
aid, assist, help out, lend a hand, be of assistance, facilitate, rally round, abet, back, benefit, bolster, boost, avoid, evade, stop, refrain from, prevent, dodge

to protect

defend, guard, keep, look after, care for, save from harm, shield, shelter, safeguard, watch over, assure, protect, the body against damaging
harmful, destructive, negative, detrimental, hurtful, injurious, prejudicial, ruinous, bad, deleterious, disadvantageous, free
liberated, unbound, freed, released, set free, emancipated, unrestrained politically, autonomous, democratic, allowed, permitted, able, welcome, unrestricted, unrestrained personally, at large, clear, easy, loose, open, uninhibited, uncontrolled, spontaneous, honest, expansive
unconventional, unstructured
relaxing, off, available, unoccupied, on holiday, on vacation, empty, unused, extra, idle, spare, unemployed, gratis, free of charge, without charge, at no cost, complimentary, on the house, comp, freebie, handout, pay, generous, unsparing, big, eager, willing, lavish, prodigal, big-hearted, bounteous, bountiful, charitable, hand

radicals. There are claims that fermented

assertion, statement, accusation, declaration, allegation, contention, property, application, call, case, demand, right, entitlement

black garlic contains even

still, yet, all the more so, much, indeed, despite, disregarding, all the more, in spite of, notwithstanding, so, higher
advanced, developed, sophisticated, complex, difficult

upper, greater, better, superior, taller, above, bigger, larger than, more advanced, over, superior to, surpass

antioxidant levels than normal

usual, regular, ordinary, typical, customary, average, habitual, routine, conventional, standard, common, natural, rational, sane, cool, healthy, reasonable, well-adjusted, whole, right, sound, all there, compos mentis, in good

cloves.

Some people who want the claimed

assertion, statement, accusation, declaration, allegation, contention, property, application, call, case, demand, right, entitlement

health benefits without the taste

discern, pick up, recognize, get, feel, notice, savor, judge, try, bite, chew, eat, enjoy, sample, sip, assay, criticize, drink

preview, get a taste of, get a hint of

prefer

favor, have a preference, like better, rather, wish, desire, choose, select, single out, fancy, adopt, go for, pick to take garlic supplements.

addition, extra, complement, enhancement, increase, increment, addition, attachment

These pills and capsules have

possess, own, boast, exhibit, enjoy, accept, acquire, admit, bear, carry, gain, get, hold, include, keep, obtain, must, need, ought to, obligate, require, be necessary, endure, allow, become, consider, experience, feel, know, make sure, make certain, ensure, be sure to do

grasp, come up with

consume, partake, eat, drink, devour

think of, devise, develop, nurse

engage in, take part in

be affected by, suffer from, be inflicted with, be ill with, be sick with, be laid up with, suffer with

organize, carry out, arrange, give, put together

produce, give birth to, bring forth, deliver, beget, give birth

contain, involve, comprehend, comprise, embody, embrace, encompass, subsume

cheat, trick, fix, deceive, dupe, fool, outfox, outmaneuver, outsmart, outwit, overreach, swindle, undo, buy cheap

the advantage

gain, lead, plus, pro, improvement, help, benefit, asset, choice, convenience, dominance, edge, favor, influence, of avoiding

keep away, stay away from, shun, steer clear, let alone, pass up

evade, circumvent, get around, get out of, dodge, duck, sidestep, elude, escape, eschew, avert, bypass, fend off, prevent, forestall, preclude

garlic breath. Bulbus Allii Sativi should

ought to, had better, have a duty to, be duty-bound, concede possibility, will, be going to, shall

be taken with food to prevent

stop, avert, avoid, foil, thwart, check, put a stop to, preclude, nip in the bud, inhibit, counteract, block, ward off, gastrointestinal

stomach, intestinal, digestive, gastric, tummy,[abdominal](#)

upset.

disappointment, affront, letdown, defeat, shock, setback, distress, problem, agitation, bother, complaint, des
confusion, disarray, turn-up, disruption, commotion

Side-Effects

Even garlic isn't a perfect. Apart from garlic breath there are other possible side effects, especially if used to excess. Use cor

Raw garlic is very strong, so eating too much could produce problems, for example irritation of or even damage to the diges

There are a few people who are allergic to garlic. Symptoms of garlic allergy include skin rash, temperature and headaches.

Important: Research published in 2001 concluded that garlic supplements "can cause a potentially harmful side effect when

See also the warnings page on this site.

Garlic makes a wonderful health supplement for many people but the so-called "garlic cure" is no substitute for the basics: s

Garlic Benefits

Surprising Health Benefits Of Garlic And Onions ...

Surprising Health Benefits Of Garlic And Onions

Leo Galland, M.D. Practicing physician, author and leader in integrated medicine.

GET UPDATES FROM LEO GALLAND, M.D.

http://www.huffingtonpost.com/leo-galland-md/health-benefits-garlic_b_900784.html

Since ancient times, onions, garlic and scallions have been prized around the world for their culinary uses. Because of their

Now scientists from the U.S., England, France, Italy and other countries are confirming the outstanding health benefits of al

Some scientists believe the components in onions and garlic called allyl sulfides and bioflavonoids may be key to the resear

Nutritional Support for Cancer Prevention

A study from the National Cancer Institute found that eating 10 grams (approximately two teaspoons) or more of garlic, oni

A study conducted at Case Western Reserve University indicated that garlic may help reduce the occurrence rate of pre-canc

Garlic and Onions for Detoxification

Many cancers are thought to be caused by damage to DNA, often induced by environmental toxins. A study conducted at th

Garlic and Cholesterol

http://www.huffingtonpost.com/leo-galland-md/health-benefits-garlic_b_900784.html

While a highly publicized clinical trial at Stanford University found that garlic did not lower cholesterol levels in healthy pe

News reports of this negative trial failed to recognize that the cholesterol-lowering effects of garlic are not the same for all p

In addition, while there is so much focus on the connection between cholesterol and heart disease, the benefits of garlic in particular, clinical experiments have shown that regular consumption of garlic decreased calcium deposits and the size of

How to Add Garlic and Onions To Your Day

The minimum effective amount is generally two teaspoons a day of garlic or two tablespoons of onions or scallions, chopped. When shopping, look for the freshest bulbs. Onions should be very firm with an intact outer layer. For garlic, look for a bulb

In the kitchen, chopped onions or garlic are the starting point for many cooked dishes. They also add robust flavor to main c

Caramelized Onion

For a savory side dish my son Jonathan Galland wrote this simple recipe for caramelized onion.

Simply slice one large onion and sauté slowly in a half teaspoon of olive oil on medium heat, stirring frequently. Season wit

I hope you enjoy the healthy pleasure of onions and garlic now and throughout the year.

Now I'd like to hear from you:

Do you enjoy onions or garlic?

Where do you shop for them?

How do you usually eat onions or garlic?

Please let me know your thoughts by posting a comment below.

Best Health,

Leo Galland, M.D.

Important: Share the Health with your friends and family by forwarding this article to them, and sharing on Facebook.

Leo Galland, MD is a board-certified internist, author and internationally recognized leader in integrated medicine. Dr. Gall

Read Why You Need to Detoxify 24 Hours a Day

Another study, conducted in Scotland, found that eating sautéed onions increases the resistance of the blood cells to DNA d:

Preparing Garlic to Help Promote Health Benefits ...

Preparing Garlic to Help Promote Health Benefits

<http://www.whfoods.com/genpage.php?tname=foodtip&dbid=22>

Recent scientific research tells us that slicing, chopping, mincing or pressing garlic before cooking can enhance the health-p

Can Garlic Lower Your Cholesterol? By Jennifer Moll, About.com Guide

Updated December 20, 2012

<http://cholesterol.about.com/od/naturalalternatives/a/garlic.htm>

About.com Health's Disease and Condition

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Planting Garlic

Cholesterol LDL HDL

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Get the Energy You Need To Be Your Best, All Day, Every Day!

If you are wondering how to lower cholesterol naturally, you may not be aware of how garlic benefits your cholesterol level

Garlic (*Allium sativum*) is a plant closely related to the leek and the onion. Known for its distinctive odor, it has also been d

What Should I Know About Taking Garlic

What Should I Know About Taking Garlic?

<http://cholesterol.about.com/od/naturalalternatives/a/garlic.htm>

Most of the studies that examined the effectiveness of garlic on cholesterol used anywhere from 500 –1000 mg of cholesterol

Be sure to tell your health care provider that you are taking garlic supplements to lower your cholesterol, since they may interact with other medications. The most notable side effect of garlic is the presence of its persistent, distinctive odor being present on your breath and body. Additionally, if you are taking any type of blood thinner (anticoagulants like Coumadin®, warfarin) or need surgery soon, you should consult your doctor.

Although there is not a definite limit on how much garlic you can consume a day, some studies have suggested that too much

653 HOW DOES GARLIC BENEFIT YOU ...

HOW DOES GARLIC BENEFIT YOU?

<http://www.bewellbuzz.com/general/how-does-garlic-benefit-you/>

The truth about garlic is everywhere. What's interesting is that it's been around from a long time as well. Of course, there are many

Garlic has been used since the ages for good health. But scientists are discovering new and exciting uses of this herb and the

Treating cancer – Yes, garlic can actually help in treating cancer. Studies have shown that certain components in garlic such

High blood pressure – Amazing, but true. Garlic can help in monitoring your blood pressure so that the high levels can come

Garlic is known to even cure ear infections, especially in children who are very susceptible to them. Garlic acts as nature's c

Garlic as antibiotic – Garlic is nature's very own antibiotic and the best part about it is that it doesn't get rid of healthy bacte

Increasing antioxidant levels – Garlic helps in pushing up the overall antioxidant levels of the body and this in turn has its o

Garlic flushes out the toxins from the body so it is a great way to get your body cleaned up.

Garlic contains allicin, a powerful compound that works as an antibiotic and helps heal skin infections as well. It's interestir

In the olden days garlic was recognized not just as a vampire repellent but also because it helped in healing wounds and bru

THE POWER OF GARLIC

History of Garlic ...

History of Garlic

<http://www.disabled-world.com/artman/publish/garlic-benefit.shtml>

Garlic was rare in traditional English cuisine (though it is said to have been grown in England before 1548), and has been a

Builders of the ancient pyramids were said to eat garlic daily for enhanced endurance and strength.

Garlic was placed by the ancient Greeks on the piles of stones at cross-roads, as a supper for Hecate.

Roman emperors couldn't eat enough of it, as it was considered an antidote to poisons which were very popular in certain pc

The Spanish have long used garlic as a preservative which helps to add credence to its anti-bacterial properties and whole t

The inhabitants of Pelusium in lower Egypt, who worshipped the onion, are said to have had an aversion to both onions and

European beliefs once considered garlic a powerful ward against demons, werewolves, and vampires. To ward off vampires

Garlic Facts

Garlic has germanium in it. Germanium is an anti-cancer agent, and garlic has more of it than any other herb. In lab tests, m
Another benefit of garlic is it helps regulate the body's blood pressure. So whether you have problems with low or high bloo

Garlic helps strengthen your body's defences against allergies; helps loosen plaque from the artery walls; helps regulate you

In addition to all these health benefits, garlic is packed with vitamins and nutrients. Some of these include protein, potassiun

In a 12-week, double-blind, placebo-controlled study, allicin powder was found to reduce the incidence of the common cold

Garlic and onions are toxic to cats and dogs.

Garlic can thin the blood similar to the effect of aspirin.

Drinking lemon juice or eating a few slices of lemon will stop bad garlic breath.

It is traditional to plant garlic on the shortest day of the year. Whether this is for symbolic or practical reasons **are** unclear.

Garlic-Promotes Weight Control

Garlic-Promotes Weight Control.

<http://www.disabled-world.com/artman/publish/garlic-benefit.shtml>

Allicin is the most potent substance found in garlic and this has been shown to not only lower blood pressure, insulin and tri

A study published in the American Journal of Hypertension reported that animals who developed high insulin levels, high blood pressure, and obesity.

Although all of the animals consumed the same amount of food, weight rose only in the control group whereas the animals who received the garlic extract did not. The researchers concluded that allicin may be of practical value for weight control.

Although all of the animals consumed the same amount of food, weight rose only in the control group whereas the animals who received the garlic extract did not. The researchers concluded that allicin may be of practical value for weight control.

Garlic Home Remedies

Garlic is an invaluable medicine for asthma, hoarseness, coughs, difficulty of breathing, and most other disorders of the lungs. An older remedy for asthma, that was most popular, is a syrup of Garlic, made by boiling the garlic bulbs till soft and adding honey. *For ear infections:* Wrap a small piece of garlic in some tissue, and insert it into the ear. Leave it there overnight if possible.

For scratchy throats: Put a small slice of garlic in your mouth and suck on it for 10-15 minutes. You can put it between your teeth. Garlic can heal the pain caused by insect bites like those of scorpions and centipedes. The juice of fresh garlic mixed with sugar is good for sore throats. At the first sign of a cold, chop up 4 cloves of raw garlic and eat or use it as a garnish in soups etc. Cut raw garlic and rub the cut edge on the tooth and gums a couple of times a day to stop toothache. Take fresh garlic cloves and crush them, apply to warts until they disappear.

Crush a clove or two onto a dessert spoon then add olive oil and down the hatch. you get the benefits of raw garlic with none of the smell. *Garlic to clear sinuses.* Melt some butter and add minced garlic cloves, spread on toast and eat.

Garlic for herpes. Take a garlic clove and cut in half. Eat one half and take the other half and rub into the affected areas. (m) Use raw garlic juice on rashes and bug bites, it stops the itching immediately.

8 to 10 of garlic juice mixed with 2 TBLS of honey four times a day cures a persistent cough.

Garlic for tonsillitis. Peel a clove of garlic and cut them in half lengthwise. Boil for a couple of minutes in about 1.5 cup water.

Cut a garlic clove into small pieces. Swallow them all in one go with a little water to cure bloating, stomach cramps and constipation. 10 drops of garlic juice with 2 teaspoon of honey cures asthma.

Garlic in Cooking

Garlic soup

Garlic is known for its distinct taste and smell whenever it's cooked and added to various dishes.

Garlic has a long history as a culinary spice and medicinal herb. Its Latin name comes from "al" which means burning, and "sulfur" which means sulfur.

Because of its distinct taste and aroma, it is a commonly used spice that is mixed with other herbs like ginger and onions in many cuisines.

Do odorless garlic pills work?

Pills

The more popular version of garlic unfortunately tends to be the "odorless" pills and capsules found in health food stores. One of the reasons for this is that the odorless pills are made from a synthetic compound called allyl propyl disulfide.

Although a few garlic powder supplements are able to generate some allicin within the stomach, the amount converted, if any, is very small. British scientists have developed a proprietary process through which the naturally occurring allicin in garlic is extracted, stored, and then added to a carrier.

Research indicates that just one capsule of Alli-C, taken each day with a little cold liquid during your main meal, will provide the same health benefits as eating several cloves of fresh garlic.

Growing Garlic at Home

Growing garlic

Garlic can be grown all year round in mild climates. In cold climates, cloves can be planted in the ground about six weeks before the ground freezes.

As garlic reaches maturity the leaves will turn brown in color then die away. This is the time to harvest your home grown garlic.

Eat Garlic in Moderation

2 to 4 grams of fresh, minced garlic can be eaten each day. However, when eaten excessively, it can leave a distinct odor on

Garlic can also thin the blood so caution is advised to people with blood disorders, to those who will have surgery, and to th

Side effects from taking garlic supplements include headache, fatigue, loss of appetite, muscle aches and dizziness.

Ginger goes well with garlic when cooking -

Learn some Ginger Facts and Health Benefits.

Disabled World - Disability News for all the Family: <http://www.disabled-world.com/artman/publish/garlic-benefit.shtml#i>

Garlic and Cancer ...

Garlic and Cancer

<http://www.disabled-world.com/artman/publish/garlic-benefit.shtml>

Current research has shown that a number of readily available foods such as garlic and onions that make up a healthy diet, a

The October 2000 issue of the American Journal of Nutrition had a summary of a number epidemiologic studies which show

This remarkable little bulb now tops the American National Cancer Institute's list of potential cancer-preventative foods. It c

The Iowa Women's Health Study discovered that women who included garlic in their daily diet had lower risks for colon ca

Meat cooked at high temperatures (well done to burnt) can produce carcinogenic (cancer producing) chemicals and research

The ten best groups of anti-cancer foods include: berries and citrus fruits, cruciferous vegetables, garlic and onions, green te

Garlic- and the Immune System.

Not surprisingly the presence of all these antioxidants in garlic have a very positive effect on the immune system in general

Garlic also acts as a good cold medication, decongestant and expectorant. It is a surprisingly good source of vitamins C, B6

Garlic and Cholesterol

Cholesterol's Role in Heart Disease

Cholesterol's Role in Heart Disease

<http://home.howstuffworks.com/garlic6.htm>

Some cholesterol is necessary for normal body processes -- it is a vital part of cell membranes, transports nutrients into and

Dietary cholesterol is a fatty substance, or lipid. When you eat cholesterol in food, as in meat, eggs, and cheese, your body t

Heredity also plays a role in the amount of cholesterol your body produces. Genetics determine whether your body makes a

All this cholesterol is transported throughout your body via your internal highway -- the bloodstream. There are several type

The most significant are:

Target Cholesterol Numbers

Here are the optimal blood lipid levels from the National Heart, Lung, and Blood Institute (as of 2005):

Total cholesterol: 200 milligrams of cholesterol per deciliter of blood (mg/dL) or less

LDL cholesterol: 100 mg/dL or less

HDL cholesterol: 40 mg/dL or more

Triglycerides: 150 mg/dL or less

Note: Cholesterol levels are just one of several risk factors, including family history and smoking, that add up to determine

LDL cholesterol. LDL stands for low-density lipoprotein. LDL is nicknamed "bad" cholesterol because as it flows through :

HDL cholesterol. HDL stands for high-density lipoprotein. HDL carries the nickname "good" cholesterol because it works t

Triglycerides. Triglycerides are another form of lipid. Although they are not cholesterol, they do adversely affect your heart

Want more information about garlic? Try:

Vegetable Recipes: Find delicious recipes that feature garlic.

Nutrition: Find out how garlic fits in with your overall nutrition plans.

Vegetable Gardens: Grow a full harvest of great vegetables this year.

Gardening: We answer your questions about all things that come from the garden.

This information is solely for informational purposes. IT IS NOT INTENDED TO PROVIDE MEDICAL ADVICE.

Neither the Editors of Consumer Guide (R), Publications International, Ltd., the author nor publisher take responsibility for

Cholesterol Lowering Benefits of Garlic ...

Garlic by the Editors of Publications International, Ltd.

<http://home.howstuffworks.com/garlic6.htm>

Cholesterol Lowering Benefits of Garlic

Cholesterol is closely related to heart disease. When your body makes too much of it, it can clog up the bloodstream, which

The tiny garlic clove may play a big role in reducing the risk of heart disease, heart attacks, and stroke. How could such a si

Heart disease is the number one killer of Americans. The most common form of heart disease occurs when the arteries that c

Cholesterol and other debris in the blood causes plaque, which can restrict blood flow and even lead to a heart attack or stro

Healthy arteries are similar to flexible tubes, wide open and able to contract and expand slightly as blood surges through wit

This process is similar to the way we might use spackle to patch a small hole in drywall. But the sticky spackle the body pro

As the plaque accumulates on the inner walls of the arteries, the arteries become less elastic, which leaves them vulnerable t

In addition, the plaque itself can crack, or bits of plaque can become dislodged. The body responds by sending platelets (par

In some cases, the blood clot may completely block the flow of blood through the artery. Cells beyond the blockage that dep

Cinnamon

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Cayenne

<http://www.herbwisdom.com/herb-cayenne.html>

Cayenne (*Capsicum annuum*)

Cayenne Benefits

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Cayenne is used as a natural fat burner and pain killer, to treat ulcers, increase metabolism, improve circulation, boost the immune system and aid digestion. It is used as a tonic for the heart, kidneys, lungs, pancreas, spleen and stomach and to treat herpes, shingles and rheumatism. It is also known to combat chills and has been used to treat bunions, psoriasis,

Studies have shown that it can raise metabolic rates by as much as 25 percent, aid in treating herpes, shingles and Raynaud's disease, and help prevent heart disease and ulcers. Cayenne is also used as a natural pain killer with anti-inflammatory properties. Cayenne may be used internally or externally to treat arthritis, bunions, psoriasis, and muscle and joint pain. For external use just open a capsule and add some to a cream or lotion that you are already using if you want to

A stimulating stomachic. A catalyst for all herbs. Improves circulation, aids digestion by stimulating gastric juices, stimulates the appetite, reduces inflammation, is a mild stimulant or tonic, improves metabolism, relieves gas, colds,

Taken for nausea, scrofula, swollen lymph glands, rheumatism, arthritis, and pleurisy. Use with lobelia for nerves.

Recently, cayenne has been used successfully to treat patients with cluster headaches, a particularly painful type of

Used externally, cayenne liniment may soothe the stiffness and pain of rheumatism and arthritis.

Can be used as a general stimulant to build up resistance at the beginning of a cold, tonsillitis, laryngitis, hoarseness, shingles. It can be taken as an infusion for stomach and bowel pains or cramps. Small quantities of the fresh fruit or the powder may stimulate appetite and expel worms. For external use, cayenne can be made into plasters or liniment or the

Cayenne contains: Alkaloids, apsaicine, capsacutin, capsaicin, capsanthine, capsico PABA, fatty acids, flavonoids, sugars, carotene, volatile oil, and vitamins A, B1, B2, B3, B5, B6, B9, and C.

<http://www.herbwisdom.com/herb-coriander.html>

Coriander (Coriandrum sativum)

Coriander Benefits

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Coriander reviews

Coriander (*Coriandrum sativum*), commonly known as Cilantro or Dhania, is a powerful herb with many health benefits. This plant is rich in micro-nutrients and nutritional elements. It contains dietary fibre, vitamins and minerals like calcium, magnesium, sodium and potassium. Aside from being used in cooking, coriander leaves and seeds strengthen the stomach,

Its medicinal proprieties have been documented in Sanskrit and Greek writings. Hippocrates used this powerful herb for its health benefits. In some parts of Europe, cilantro has been referred to as an "anti-diabetic" plant because its seeds have hypoglycemic effects. In India, coriander is very popular for its anti-inflammatory proprieties. The seeds of this plant were found in the tomb of Ramses II. Individuals who suffer from diabetes, as well as those with high cholesterol levels can

This herb is an excellent source of iron, phytonutrients and flavonoids. It protects the body against urinary tract infections, prevents nausea, lowers blood sugar levels and aids in digestion. Coriander juice is beneficial in treating dysentery, colitis, indigestion and hepatitis. When mixed with pinch of turmeric powder, it serves as a powerful remedy against blackheads

Recent studies have shown that coriander can be successfully used in treating anxiety, depression and panic attacks due to its anxiolytic and sedative effects. This plant contains linalol, an essential oil that can help detoxify the liver and increase the appetite. Coriander also has blood thinning proprieties. Its seeds can be used to prepare medical teas to treat

Dry coriander is highly effective in treating diarrhoea. Boiled coriander seeds are beneficial for women who suffer from heavy menstrual flow and hormonal mood swings. Coriander contains powerful antioxidants that protect the body from the damage caused by free radicals. Fresh coriander leaves are a rich source of carotenoids. It has been shown that 125 ml

Scientists have proved that the antibacterial properties of this plant can be used to improve oral health. The essential oil in coriander is believed to stimulate creativity, optimism and imagination. As an infusion, this herbal remedy has been used for digestive problems, diarrhoea and anorexia. Recent studies have shown that coriander can cause a mild euphoria. Due

Coriander fruits are anthelmintic, fungicide and bactericide. They reduce digestive spasms and alleviate abdominal pain. The fruits are rich in amino acids, fatty acids and proteic substances. Some of these acids are very effective in reducing cholesterol levels in the body. Fresh dried coriander has beneficial effects for people with conjunctivitis. This herbal remedy contains citronelol, which is a powerful antiseptic. The antioxidant and anti-fungal proprieties of coriander are

The antimicrobial substances in coriander help prevent and cure small pox. Because of its heating and analgesic effect, this plant is used to treat pain in bones and rheumatism. The high content of bioflavonoids from the leaves helps in treating varices and haemorrhoids. People concerned with heart health may benefit from using coriander because this herbal remedy reduces hypertension by lowering blood pressure. Coriander not only freshens breath, but it can help cure ulcers and sores in the mouth. It also reduces the accumulation of heavy metals in the body, which helps in preventing Alzheimer's disease and memory loss. Researchers indicated that this plant may have sedative and muscle relaxant effects.

Mixing coriander seeds with milk and honey is an excellent way to reduce fever. This medicinal can also help in diarrhoea and flatulence. During summer, cilantro has a cooling effect. For individuals suffering from conjunctivitis, it reduces eye

<http://www.herbwisdom.com/herb-honey.html>

Honey

Honey Benefits

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Honey benefits

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Where to buy Honey

Honey reviews

Honey is the sweet, delicious product that results from honey bees feasting on flowers. The honey bees (of the genus *Apis*) feed on the naturally occurring nectars found in flowers, allowing the nectar to mix with enzymes in their saliva. The nectar is then regurgitated into beehives in the form of honey. Due to the perfect amount of ventilation in honeycombs, moisture is slowly reduced until the honey is ready for consumption. Honey mainly consists of glucose and fructose, which provide it with a rich, universally palatable flavor. Due to its inherent sweetness, it can often be used as a natural

Surge of Natural Energy The natural sugars in honey are rapidly digested, which makes it an ideal source of fast-acting energy. Athletes who require an immediate surge in energy can benefit from the addition of honey to their pre-workout meals and snacks. Some marathoners swear by adding a couple tablespoons of honey to their peanut butter sandwiches before heading out on long runs. This practice dates back to ancient times when the first Olympians would consume large

People suffering from diabetes, hypoglycaemia, or other blood sugar-related ailments may benefit from this effect, as well. A sudden drop in blood sugar may be critically harmful, and consumption of honey can quickly bring blood sugar back up to normal levels. Also, research shows that honey is far superior to white sugar with regard to insulin sensitivity. Despite being equally palatable as a sweetener, honey will not cause the same degree of sugar intolerance that is commonly found

Boosting Immunity to Infection Honey naturally boosts the immune system due to its antimicrobial, antifungal, and antiviral properties. The pH of honey is generally quite acidic with a reading in the 3 to 5 range. Acidic substances are known to counteract the growth of most bacterial species, as the majority of bacteria prefer a neutral pH around 7. As a

Recent scientific research found a chemical compound in honey that may be instrumental to its long standing reputation as an antimicrobial agent. Methylglyoxal is a compound specifically found in Manuka honey. Laboratory experiments continue to show methylglyoxal as an effective antimicrobial against drug-resistant *Staphylococcus aureus* biofilms. The *Staphylococcus aureus* bacteria, particularly the drug-resistant strands, are the culprits in numerous, potentially fatal

Honey is rich in polyphenols that provide it with antioxidant qualities. Antioxidants neutralize free radicals, which are an unavoidable by-product of normal metabolic processes. Free radical build-up can cause significant damage to the body, and may eventually lead to heart disease, cancer, and other devastating illnesses. Honey has been specifically noted for reducing incidences of colon cancer. While there is no definitive cure for the common cold, honey has withstood the test

Topical Treatment for Wounds The miraculous benefits of ingesting honey can also be reaped from applying it as a topical antiseptic. Honey is especially useful when treating burns. Burn wounds have an unbelievably high rate of infection due to the destruction of several layers of dermal tissue. Honey has natural antiseptic properties that ward off bacteria and prevent infections. Not only does honey prevent infections, but it also promotes rapid healing. The glucose and fructose components in honey tend to absorb water, which dries the wound up, accelerating the healing process. Most

<http://www.herbwisdom.com/herb-bee-propolis.html>

Bee Propolis

Bee Propolis Benefits

Bees are some of nature's busiest creatures. They build intricate hives, produce honey, pollinate flowers and provide health supplements to humans in the form of bee pollen and propolis. The use of bee propolis as a treatment for various ailments

What Is Bee Propolis?

Propolis is a sticky substance that bees make which is better known as "bee glue". The process begins when an expert propolis-making bee gathers resin from cone-producing evergreen trees or from the buds of trees. The bee will gather this sticky sap when the proper weather makes it pliable and soft. After the bee gathers enough, he blends the resin with wax flakes that he stores in the gland of his abdomen. After the bee has shaped it into a ball, he tucks it into the pollen basket that is attached to his leg. The bee will continue until the basket is full, then take it back to the hive. At this point, the

Propolis As A Natural Antiseptic

Humans have been using this as an antiseptic since the times of ancient Egypt. Applying propolis to wounds greatly improved healing and throughout the centuries, this substance has been shown to have other healing properties as well. In the last several decades, health practitioners have found even more positive uses for propolis as a natural supplement. Propolis has been shown to increase the effects of other antibiotics like penicillin and can also strengthen the immune

Propolis Contains Powerful Antioxidants

As far as supplements go, what exactly are people using propolis for? Some people simply take it as a nutritional supplement in capsule form for the healthy ingredients it contains. It's rich in amino acids, bioflavonoids, minerals and vitamins. Bioflavonoids are a powerful antioxidant with great health benefits to the immune system and help fight the free radicals that damage healthy red blood cells. The properties contained in propolis also promote better circulation. Some

In natural medicine, propolis is used to relieve the symptoms of inflammations. It is also used as a way to treat superficial wounds like third-degree burns, scalds and ulcers of the skin. Practitioners also use it for people who have cataracts and

Propolis Can Be Found In Many Forms

Lozenges are used as a remedy for sore throat because of its antimicrobial properties. It has strong anti-fungal properties as well. It works as a treatment for any type of mouth, throat or dental problem like plaque, canker sores and for the prevention of oral disease. Some health practitioners also believe that propolis can be effective against oral tumors. Used

Propolis is also available in capsules, as an ointment and also as a rinse or topical liquid. As a rinse it has the ability to regenerate dental pulp, making it ideal for the prevention of dental caries. The cream form has numerous uses in the

The cream form is also used for relieving discomfort from herpes outbreaks and the scaling pain of eczema. Creams are versatile and can be combined with other natural ingredients such as aloe for increased skin soothing effects.

<http://www.herbwisdom.com/herb-cherry.html>

Cherries

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Cherries are not just the fruit of one particular plant. Cherries come from many different species of the plant genus Prunus. Not all Prunus tree fruits are cherries. Prunus trees also produce plums, apricots and peaches to name but a few. Cherries are a small, rich fleshy fruit with a stone in the middle. Their colour is usually dark red but can also be pale pink and even

The two cultivated forms of cherries are the sour cherry, *Prunus cerasus*, and the wild cherry, *Prunus avium*. Most cultivators grow the wild cherry variety, which is the variety most often utilized commercially. The sour cherry variety is

The two species are not cross-pollinated although both originated in Asia and Europe. Due to their relative fragility under a barrage of rain or hail, the highly valued fruit is expensive compared to many fruits. Even so, wild and sour cherries are

Depending on where they are being grown, cherries become ripe for picking at different times of the year, but usually their peak season is the summertime. In North America and Europe, June is cherry picking time. In the U.K. and Canada, cherries are harvested in mid-July to August. Based on the data from 2007, annual production worldwide is about two

Cherries are used in many baking recipes for their tartness or flavorful sweetness, depending on the variety used. The cherry has also been found to have medicinal properties that have been proven to be beneficial in the prevention of some

Lucius Licinius Lucullus is recorded to have brought a cultivated cherry from Anatolia to Rome in 72 BC. Later, King Henry VIII, who had enjoyed the fruit in Flanders, had the cherry introduced to his country at Teynham, near

Cherries contain anthocyanins which is the red pigment in many fruits. The anthocyanins in cherries have proven to reduce inflammation and pain in laboratory rats. The anthocyanins have also been shown to be potent antioxidants with the potential for being helpful in a variety of ways as health benefits. Studies have indicated that they may be beneficial in the fight against diabetes and heart disease. In addition, the anthocyanins in cherries resulted in lower levels of

Research also revealed that the health benefits of drinking one full glass of cherry juice daily equals the benefits of consuming 23 portions of vegetables and fruit. Further, it was determined that drinking 250ml of cherry juice provides more antioxidants than five portions of tomatoes, carrots, peas, watermelon and bananas. Antioxidants attack free radical

Cherries contain numerous vitamins such as Vitamin C and Vitamin A, and are high in nutrients like beta-carotene, perillyl, ellagic acid, bioflavonoids and potassium. This delightful fruit also produces melatonin. Melatonin, in addition to helping slow the aging process, also helps control healthy sleep patterns. A diet that includes cherries can help decrease

The health benefits of cherries are quite impressive. In addition to the aforementioned benefits, Cherries also are known to relieve headaches, gout and the associated symptoms of Fibromyalgia Syndrome.

Sweet or sour, cherries have a pleasant taste and are perfect for desserts and snacks. They can be baked in pies, added to home-made granola bars or yoghurt, or even eaten as whole fruit by themselves. Of course, a cherry is the perfect topper for an ice cream dessert. Black cherries and bing cherries are also manufactured in teas for a tasty tea and biscuit

Nature has provided man with so many delicious foods with high nutritional value. We are only beginning to realize the extent of that nutritional bounty. As science develops new technologies for the exploration of disease-preventing foods, we often find that the simplest things have complexities that offer significant health benefits. Cherries are being

<http://www.herbwisdom.com/herb-cocoa.html>

Cocoa Beans

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Cocoa beans are known to have more than 300 healthful compounds. Some of these include, phenylethylamine, theobromine, and many polyphenols, like flavonoids. Cocoa beans also contain many vitamins and minerals as well as healthy doses of potassium and copper, which support cardiovascular health, and iron, which transports oxygen through

Cacao beans, better known as cocoa beans, first appeared in the Amazon basin, and grow only in moist, warm and shady climates. Cocoa beans are primarily grown in Africa, Asia and, Central and South America. Cacao beans are produced by the plant *Theobroma cacao*, which translated, means "food of the Gods". That is a good name for them, given the

Antidepressant

Cocoa beans are considered to be nature's anti-depressant. These beans contain dopamine, phenylethylamine (PEA) and serotonin, all of which are used to promote positive mental health and moods. In addition to this, these beans also contain monoamine oxidase inhibitors and amino acid tryptophan. Monoamine oxidase (MOA) inhibitors work to keep dopamine

Antioxidant

Research reveals that cocoa beans are perhaps the best source of antioxidants, containing up to ten percent antioxidant concentration levels. That is three times more antioxidants than green tea and twice the amount in red wine. Blueberries are often said to be a great source of antioxidants, however, while domestic blueberries have 32 antioxidants, and wild

Antioxidants have several health benefits. They protect against cell damage and reduce the risks of several kinds of

Cardiovascular Health

Cocoa beans are also good for the cardiovascular system as they contain polyphenols, which has been proven to be quite beneficial for good heart health. Research indicates that polyphenols, as found in cocoa beans, might reduce blood

Cocoa beans contain magnesium. This is another nutrient that promotes good heart health. Magnesium increases heart strength and improves its condition. This helps to ensure that the heart will continue to effectively pump blood.

Epicatechin

Cocoa beans also contain a substance known as: epicatechin . This is a compound so rich in health benefits that a Harvard Professor thinks it should be considered a vitamin! It is suspected that the effects of epicatechin are comparable to that of anaesthesia and penicillin. Epicatechin is also suspected to reduce the risks of diabetes, heart disease, cancer and strokes. Due to its bitter flavor, epicatechin is often removed from common cocoa products, therefore to reap the benefits of this

Energy Booster

Cocoa beans reduce anxiety while simultaneously promoting alertness. A cup of cocoa can provide the same energy as a cup of coffee. However, due to the fewer stimulants in cocoa, there is no strong crash afterwards, as there is with a cup of

Weight Loss

A good number of the health benefits that are known to be contributed to cocoa beans indicate a possibility that they could be a weight loss aid. Research shows that the polyphenols in cocoa beans might improve sensitivity to insulin. Scientists are currently studying the connection between obesity and a condition known as Insulin Resistance Syndrome. Increased insulin sensitivity, from coco beans or dark chocolate for example, may support weight loss efforts. Further more, the

Incorporating Cocoa Beans Into Your Diet

Cocoa beans, in their raw form, may be purchased at health stores. It is possible to purchase and consume them in that manner however many people find it difficult to deal with the harsh, bitter taste. Luckily there is a more pleasant tasting option, dark chocolate. There are specific characteristics that dark chocolate, selected for health, should contain: Healthy dark chocolate needs to have no less than 70% cacao. No milk or any other dairy products should be present in the

Chocolate is a tasty food source that we can enjoy all the more knowing that it has health benefits as well!

Thyme

<http://www.herbwisdom.com/herb-thyme.html>

Thyme (Thymus)

Thyme Benefits

Thyme has been well-used for centuries for a variety of purposes. People in ancient Rome used thyme in order to treat melancholy and added the herb to alcoholic beverages and cheese. The ancient Greeks would use thyme in incense.

Approximately 350 thyme species exist. Some of these species are good plants for gardening and possess a sweet fragrance and pretty lilac or pink flowers. Despite the fact that the flowers are quite small, there are many of them which

The plants are perennial and belong to the family of mint. They also exist in several different colors and shapes. The pale pink, blue-violet, magenta, lilac, mauve, and white while the leaves vary in shades of green as well as bronze and

The vast range of differences between each of the plants makes them each unique. As such, there are a number of different names for the various thyme types which include Rainbow Falls, Archer's Gold, Golden King, Goldstream, Silver Posie, Silver Queen, and Lemon Curd. All of these plants have different scents which can generate aromas such as camphor,

Thyme is a highly fragrant and pleasant plant to grow within a garden. They are small in size which makes them easy to plan in small spaces such as in rock gardens, small pots, and in between paving stones. They can be used in order to repel cabbage pests and beetles. In order to ensure that they grow well, it is best to trim the plant after they flower and remove

Culinary Uses

The lemon thyme and common thyme are the most common forms of thyme that are used in cooking. In contract, thyme is also used for medicinal purposes with the most common types used being Spanish thyme, common thyme, as well as creeping thyme. All of these types are

The dried or fresh leaves of the thyme plant along with the flowers can be used within stews, soups, sautéed or baked vegetables, custards, and casseroles. The herb gives the food a tangy and warm flavor, similar to camphor, and is able to

Thyme's essential oil may also be used within toothpastes, soaps, perfumes, antiseptic ointments, and cosmetics. The oil is also utilized in order to elevate the mood and relieving pain in aromatherapy. It can also be calming during conditions of

Therapeutic Uses of Thyme

The essential oils within thyme contain large amounts of thymol, which is a strong antibacterial agent as well as a strong antiseptic and antioxidant. The oil can be used within mouthwashes in order treat mouth inflammations as well as infections of the throat. Thyme is also used often within cough drops.

Due to the essential oil, the herb contains bronchial antispasmodic and expectorant properties which makes it quite useful in treatment chronic as well as acute bronchitis, upper respiratory tract inflammation, and whooping cough. Thyme can also enhance the functioning of the bronchi's cilia, also affecting the bronchial mucosa. Thyme's terpenoids provide the herb with its expectorant properties while the flavonoids in the herb provide thyme with its spasmolytic effects. All

Tea can also be made with 1 teaspoon of crushed thyme mixed in with ½ cup of water which is boiling. The thyme should steep within the water for a period of 10 minutes and then strained. The tea should be drunk between 3 and 4 times per

Safety Precautions when Using Thyme

Thyme has no known side effects and is completely safe to use. However, thyme's essential oil could cause skin and mucous membrane irritation and can also cause allergic reactions. It is also recommended that thyme should not be used

<http://www.herbwisdom.com/herb-water.html>

Water

Water Benefits

In the rush to buy vitamins, supplements, and natural remedies to all of life's ailments, many people overlook the importance of water when considering the best path toward great, long-lasting health. The simple fact of the matter is that regulate body temperature, protect tissues and joints, remove waste, and aid digestion. When all four of these are functioning properly, human beings are in their best shape. This makes water the cornerstone of a healthy lifestyle.

Water as a Protector: Maintaining the Integrity of Joints, Tissues, and the Spinal Cord

In order for joints to be healthy, they must be well-lubricated. In order for tissues to be healthy, flexible, and able to adapt to life's everyday movements, they must be moist. In order for the spinal cord to be protected, it must be well-hydrated. Water does all of these things in the human body, especially when it comes to tissues. Anyone who has ever suffered from a dry, stuffy nose, or cracked and chapped lips, knows how discomfoting it can be for these sensitive areas to become

Water is a Key Way to Aid Regular Digestion

When digestion becomes inconsistent, many people look to their diet and blame certain solid foods for their discomfort. Those foods might certainly be a cause, based on their own chemistry, but water is often an important part of the mix when it comes to healthy and regular digestion in adult humans. To hammer this point home, people need only

It all starts with the water-infused saliva contained in a person's mouth; beyond that, substances move through the kidneys and intestines, which possess their own digestive enzymes that break down food and usher waste through (and out of) the body. When water is running low, saliva, the kidneys, and the intestines, all suffer. They perform their job much more slowly and far more inefficiently. That leads to slower digestion, less regular bowel movements, and can even lead to

Water Flushes Waste Out of the Body

Most people associate urination or defecation with the digestive process, but that's actually an oversimplification. Both urination and defecation, along with perspiration, are key ways for the body to remove waste. It should be noted that waste itself is often separate from the by-products of consuming food and other beverages. Waste can include bodily fluids,

When water levels are low in the body, this process gets put on hold. The body performs less waste removal overall, and that can lead to feelings of fatigue and more frequent incidences of illness. A sick body is one that is never quite able to get into great shape, even through regular exercise, and it can lead to major immune system and joint problems if water

Temperature Regulation Requires a Good Amount of Water

Most health experts recommend 64 ounces of water per day to avoid dehydration and aid bodily functions. This same daily requirement of water helps regulate body temperature on hot days, during intense workouts, or in any other heat-intensive scenarios. That's because healthy amounts of water allow people to sweat more effectively and consistently; a healthy amount of water on a daily basis will also lead to more efficient breathing and a lesser risk of dehydration when

A Key Component for a Healthy Human Life

With more than half of the body being comprised of water in some form, it's no surprise that this essential substance is the key to a healthy life, a long-lasting body, and maximum enjoyment of exercise and high temperatures. This essential substance can lead to more comfortable joints, less aches and fatigue in bodily tissues, and even a healthier brain and spinal cord. It gives a much-needed boost to saliva, kidneys, and intestines, promoting great digestion and waste removal,

<http://www.herbwisdom.com/herb-wheatgrass.html>

Wheat grass

Wheat grass Benefits

Wheat grass is made from the cotyledons (seed leaves) of the normal wheat plant *Triticum aestivum*. It is usually sold as a juice or powder concentrate. The difference between Wheat grass and Wheat malt is that Wheat grass is left to grow for longer until it reaches the Jointing Stage, where it has peak nutritional value. It is then freeze-dried (i.e. at a low temp) or served fresh. In comparison, standard wheat malt is harvested earlier and then dried at a higher temperature. Wheat grass therefore manages to produce, and maintain, a highly nutritious content compared to normal wheat. Consumers of

Key Facts Regarding Wheat grass

30mls of wheat grass juice has the same nutritional value of 1 kg of green leafy vegetables.

90 minerals can be found in the wheat grass including potassium, magnesium, sodium, and calcium.

Wheat grass contains enzymes such as cytochrome oxidase, protease, amylase, transhydrogenase, and lipase.

Wheat grass contains 19 different amino acids.

The juice of wheat grass allows the body to increase red blood cell production, thereby increasing oxygenation.

Wheat grass contains a large amount of vitamin C.

Health Benefits of Wheat grass

There are 4 primary health benefits of wheat grass:

Health Benefit nr 1

Numerous health experts have determined that the chlorophyll within the wheat grass is practically identical to that of the hemoglobin which is found within the blood of a human. The only determined difference between the two is that

Because of the close similarities between the haemoglobin and the chlorophyll, the body is able to make haemoglobin from the chlorophyll with ease. This serves to increase the count of red blood cells so as to deliver oxygen as well as other

Studies have shown that chlorophyll is able to generate red blood cells, improve blood pressure through the dilation of veins, eliminate carbon dioxide, and increase metabolism. Along with the other benefits, the consumption of chlorophyll is

Health Benefit nr 2

Wheat grass is a highly beneficial when it comes to cleansing the body. Wheat grass powder and juice have been shown to be a "complete" food meaning that it provides the body with almost all of the nutrients which is required for energy and

Wheat grass provides the consumer with vitamins E, C, and B as well as carotene which are all essential in eliminating the free radicals from the body. The substance is also known for its wonderful ability to cleanse the gastrointestinal tract, the

Because wheat grass contains large amounts of saponin, it is able to boost the lymphatic system, thereby removing toxins from the body's cells. Studies show that wheat grass allows the body to detoxify through increasing the removal of crystallized acids, faecal matter, as well as hardened mucous. It is a fast and sure way to remove waste as well as generate

Whether you want to cleanse your body or you want to make a permanent change in your diet, wheat grass is an excellent

Health Benefit nr 3

Wheat grass have been shown to contain large amounts of amino acids, which are necessary to the building of protein. They are also necessary to the regeneration and growth of the body's cells. Because of this, many professional body-builders and those who wish to increase their muscle tone take wheat grass in either fresh or powdered form before and

The juice of wheat-grass contains numerous amino acids including serine, arginine, absenisc, aspartic acid, lysine, alanine, glycine, methionine, tryptophane, leucine, valine,

Health Benefit nr 4

Wheat grass has been shown to protect and fight certain illnesses. The organic wheat grass juices and powders are highly effective in the boosting of the immune system which allows the body to fight as well as more swiftly recover from a variety of ailments and illnesses. Wheat-grass is an excellent means of obtained beta carotene, which contains a number of B vitamins along with E, K, H, and C. It also possesses more than 90 minerals and 19 different amino acids. Wheat grass

Several health benefits provided by the substance is based upon the fact that wheat grass consists of living food. Because it is anti-bacterial, the consumption of wheat grass can detoxify both the blood and lymph cells and well as eliminate

Reflecting back on the first point, chlorophyll can serve to protect against carcinogens in a more effective manner than other foods. Studies, which have been conducted on animals, have demonstrated that the consumption of wheat grass reduces carcinogen absorption while strengthening the cells, neutralizing toxic elements, and detoxifying organs such as

<http://www.herbwisdom.com/herb-sage.html>

Sage (*Salvia officinalis*)

Sage Benefits

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Sage has one of the longest histories of use of any culinary or medicinal herb. Ancient Egyptians used it as a fertility drug century C.E. Greek physician Dioscorides reported that the aqueous decoction of sage stopped bleeding of wounds and cleaned ulcers and sores. He also recommended sage juice in warm water for hoarseness and cough. It was used by herbalists externally to treat sprains, swelling, ulcers, and bleeding. Internally, a tea made from sage leaves has had a long history of use to treat sore throats and coughs; often by gargling. It was also used by herbalists for rheumatism, excessive menstrual bleeding, and to dry up a mother's milk when nursing was stopped. It was particularly noted for strengthening

Sage Tea or infusion of Sage is a valuable agent in the delirium of fevers and in the nervous excitement frequently accompanying brain and nervous diseases. It has a considerable reputation as a remedy, given in small and often-repeated doses. It is highly serviceable as a stimulant tonic in debility of the stomach and nervous system and weakness of digestion biliousness and liver complaints, kidney troubles, haemorrhage from the lungs or stomach, for colds in the head as well as sore throat, quinsy, measles, for pains in the joints, lethargy and palsy. It has been used to check excessive perspiration in phthisis cases, and is useful as an emmenagogue. A cup of the strong infusion will be found good to relieve nervous

The German Commission E approved internal use for mild gastrointestinal upset and excessive sweating as well as for external use in conditions of inflamed mucous membranes of the mouth and throat. An unpublished, preliminary German study with people suffering from excessive perspiration found that either a dry leaf extract or an infusion of the leaf

In Germany, sage tea is also applied topically as a rinse or gargled for inflammations. Sage extract, tincture, and essential oil are all used in prepared medicines for mouth and throat and as gastrointestinal remedies in fluid (e.g., juice) and solid

Sage has been used effectively for throat infections, dental abscesses, infected gums and mouth ulcers. The phenolic acids in Sage are particularly potent against *Staphylococcus aureus*. In vitro, sage oil has been shown to be effective against both *Escherichia coli* and *Salmonella* species, and against filamentous fungi and yeasts such as *Candida albicans*. Sage also has an astringent action due to its relatively high tannin content and can be used in the

Its antiseptic action is of value where there is intestinal infection. Rosmarinic acid contributes to the herb's anti-

Sage has an anti-spasmodic action which reduces tension in smooth muscle, and it can be used in a steam inhalation for asthma attacks. It is an excellent remedy for helping to remove mucous congestion in the airways and for checking or preventing secondary infection. It may be taken as a carminative to reduce griping and other symptoms of indigestion, and is also of value in the treatment of dysmenorrhoea. Its bitter component stimulates upper digestive secretions, intestinal general relaxant effect, so that the plant is suitable in the treatment of nervousness, excitability and dizziness. It helps to

In 1997, the National Institute of Medical Herbalists in the United Kingdom sent out a questionnaire to its member practitioners on the clinical use and experience of sage. Of 49 respondents, 47 used sage in their practice and 45 used it particularly in prescriptions for menopause. Almost all references were to sage's application for hot flashes, night sweats, and its oestrogenic effect. The age range of the menopause patients was 40 to 64, with an average of 49.76. Three-quarters were aged 47 to 52. Forty-three practitioners also noted its use in infections, mainly of the upper respiratory tract, 29 reported its use in sore throat, and 15 reported its use in mouth and gum disease, taken in the form of gargles and

It is well documented that Sage leaf helps to reduce menopausal sweats. In one study, excessive sweating was induced by pilocarpine. The sweating was reduced when participants were given an aqueous extract of fresh Sage leaf. In a further study 40 patients were given dried aqueous extract of fresh sage (440mg) and 40 were given infusion of sage (4.5g) herb

Sage has a strong anti-hydrotic action, and was a traditional treatment for night sweats in tuberculosis sufferers. Its oestrogenic effects may be used to treat some cases of dysmenorrhoea and menstrual irregularity or amenorrhoea and can

Research has suggested that the presence of volatile oil in Sage is largely responsible for most of its therapeutic properties, especially its anti-septic, astringent and relaxing actions. Sage is also used internally in the treatment of night sweats, excessive salivation (as in Parkinson's disease), profuse perspiration (as in TB), anxiety and depression.

It is thought that Sage is similar to Rosemary in its ability to improve brain function and memory. In a study involving 20 healthy volunteers Sage oil caused indicated improvements in word recall and speed of attention. Meanwhile the activity of Sage and its constituents have been investigated in the search for new drugs for the treatment of Alzheimer's disease

ESCOP (European Scientific Cooperative on Phytotherapy) indicate its use for inflammations such as stomatitis, gingivitis

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Tea Tree Oil

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Tea Tree Oil (Melaleuca)

Tea Tree Oil Benefits

Bundjalung Aborigines who historically resided in what is now known as New South Wales, Australia would pick the leaves from the tea tree plant, break them (like aloe leaves.) Then, to heal burns, cuts, and insect bites they would rub the leaves over their skin. They also ground the leaves into a fine paste as wound dressing. Those crushed leaves were also

In the early 1990s scientists in the University of Western Australia's School of Biomedical, Biomolecular and Chemical Sciences began a study of essential tea tree oil. Their purpose was to investigate and verify the medicinal properties of tea tree oil, especially the oil's antimicrobial benefits. Tea tree oil has demonstrated its wide spectrum of ability in healing

Tea tree oil is produced by steam distilling the leaves of the Australian *Melaleuca alternifolia*. The *M. alternifolia* is a plant species which grows only in Australia and is native to Northern New South Wales. The plant oil contains more than 100 separate components. These are mostly monoterpenes, sesquiterpenes, and their alcohol forms. Tea tree oil is comprised of at least 30% terpinen-4-ol which causes most of its antimicrobial activity. This component--with specific

Tea tree oil has proven effective in treating skin infections. Whether the cause of the infection is bacterial, fungal or viral, the oil works to heal it. Although it provides strong pharmaceutical medication, tea tree oil doesn't show dangerous side effects. This pale yellow or colorless oil smells similar to eucalyptus. Although it contains more than 100 compounds, so

Each batch of tea tree oil is checked by sampling the quantity of two main compounds: cineole must be less than 15% because it can become caustic to skin in higher percentages, and terpinen-4-ol needs to be 30% or greater for good quality oil. Although these two compounds are the ones measured to verify the oil's quality. However, its efficacious treatment of

Harvesting the leaves from tea trees isn't easy. They grow in swamps infested with snakes and insects. Machinery won't work under those conditions, so the leaves must be cut by hand. Workers use machetes to cut suckers off the stumps and then use a cane knife to strip the leaves from the branches. The tea trees' growth appears to actually increase when regularly cropped. No damage is done to the trees or the surrounding ecosystem because machinery can't be used. The leaves are then placed in a steam distiller on racks. Oil is drawn from the leaves, floating on top of the water in collection

Tea tree oil is efficacious in various dilution in treating abrasions, minor cuts, acne, arthritis, asthma, athlete's foot, bladder infections, bronchial congestion, minor burns, chapped lips, rash from chicken pox, dandruff, dry skin, earaches, eczema, head colds, lice, herpes lesions, warts, hives, shingles, etc. Tea tree oil may be diluted with olive oil and rubbed onto an irritated or inflamed site as in the case of arthritis or gout. Added to bath water, it soothes the entire skin area. A few drops

The popularity of natural treatments for health problems is once again gaining momentum. In past history, before "modern" medicine, natural medicine was the only treatment available. Over the centuries native peoples found many plants which effectively treated various illnesses. Today, with the problems that have risen from overuse of antibiotics and other medications, and the side effects caused by the use of many of these, the old is becoming new again. Due to the wide

<http://www.herbwisdom.com/herb-spirulina.html>

Spirulina (*Arthrospira platensis*)

Spirulina Benefits

Spirulina is a simple one-celled microscopic blue-green algae with the scientific name *Arthrospira platensis*. Under a microscope, spirulina appears as long, thin, blue-green spiral threads. The odor and taste of spirulina is similar to seaweed.

Spirulina can be found in many freshwater environments, including ponds, lakes, and rivers. It thrives best under pesticide-free conditions with plenty of sunlight and moderate temperature levels, but it is also highly adaptable, surviving even in extreme conditions. More than 25,000 species of algae live everywhere - in water, in soils, on rocks, on plants. They range in size from a single cell to giant kelp over 150 feet long. Macro-algae are large like seaweeds. Micro-algae are microscopic. Ocean micro-algae, called phytoplankton, are the base of the ocean food web. Spirulina is often deemed the most nutritionally complete of all food supplements, containing a rich supply of many important nutrients, including

Spirulina is the richest beta carotene food, with a full spectrum of ten mixed carotenoids. About half are orange carotenoids: alpha, beta and gamma and half are yellow xanthophylls. They work synergistically at different sites in our body to enhance antioxidant protection. Twenty years of research proves eating beta carotene rich fruits and vegetables gives us real anti-cancer protection. Synthetic beta carotene has not always shown these benefits. Research in Israel showed natural

Spirulina is an ideal anti-aging food; concentrated nutrient value, easily digested and loaded with antioxidants. Beta carotene is good for healthy eyes and vision. Spirulina beta carotene is ten times more concentrated than carrots.

Iron is essential to build a strong system, yet is the most common mineral deficiency. Spirulina is rich in iron, magnesium and trace minerals, and is easier to absorb than iron supplements.

Spirulina is the highest source of B-12, essential for healthy nerves and tissue, especially for vegetarians.

Healthy Dieting with Spirulina

About 60% of spirulina's dry weight is protein, which is essential for growth and cell regeneration. It is a good replacement for fatty and cholesterol-rich meat and dairy products in one's diet. Every 10 grams of spirulina can supply up to 70% of the minimum daily requirements for iron, and about three to four times of minimum daily requirements for

Spirulina is rich in gamma-linolenic acid or GLA, a compound found in breast milk that helps develop healthier babies. Moreover, with its high digestibility, spirulina has been proven to fight malnutrition in impoverished communities by

Another health benefit of spirulina is that it stimulates beneficial flora like lactobacillus and bifidobacteria in your digestive tract to promote healthy digestion and proper bowel function. It acts as a natural cleanser by eliminating mercury

Spirulina also increases stamina and immunity levels in athletes, and its high protein content helps build muscle mass. At the same time, it can curb hunger that may develop during the most demanding training routines. Thus, it indirectly acts as

The Disease Fighter

As well as beta carotene, Spirulina contains other nutrients such as iron, manganese, zinc, copper, selenium, and chromium. These nutrients help fight free radicals, cell-damaging molecules absorbed by the body through pollution, poor diet, injury, or stress. By removing free radicals, the nutrients help the immune system fight cancer and cellular

Spirulina's ability to reduce the bad cholesterol LDL in the body helps prevent the onset of cardiovascular diseases, such as hardening of the arteries and strokes. It also helps lower blood pressure. While not clinically proven, spirulina may also

Research confirms Spirulina promotes digestion and bowel function. It suppresses bad bacteria like e-coli and Candida yeast and stimulates beneficial flora like lactobacillus and bifidobacteria. Healthy flora is the foundation of good health and it increases absorption of nutrients from the foods we eat, and helps protect against infection. Spirulina builds healthy

Removing Toxins

In 1994, a Russian Patent was awarded for spirulina as a medical food to reduce allergic reactions from radiation sickness. 270 Children of Chernobyl consuming 5 grams a day for 45 days (donated by Earthrise Farms), lowered radionucleides by 50%, and normalized allergic sensitivities. Today we are subject to an onslaught of toxic chemicals in our air, water, food and drugs. Our bodies need to continually eliminate these accumulated toxins. Spirulina has a completely unique

How to Take Spirulina

Spirulina is now commercially available in tablet or powder form. Some health tonics contain spirulina as part of their ingredients. A simple daily regimen for spirulina involves taking a 500 mg tablet four to six times daily.

Sources for these forms of spirulina are normally laboratory-grown. Harvesting spirulina from more natural settings has posed a challenge because of possible contamination from toxic substances that cannot be removed from the product. Hopefully, more eco-friendly and is after ways to cultivate the algae can eventually be developed and perfected.

<http://www.herbwisdom.com/herb-st-johns-wort.html>

St. John's Wort (*Hypericum perforatum*)

St. John's Wort Benefits

St. John's Wort has become popular again as an antidepressant. It is the number one treatment in Germany and has been extensively studied by Commission E, the scientific advisory panel to the German government. It contains several chemicals, including hypericin, hyperforin, and pseudohypericin, which are thought to be the major sources of antidepressant activity. In several studies of laboratory animals and humans, one or more of the chemicals in St. John's

Neurotransmitters are chemicals that carry messages from nerve cells to other cells. Ordinarily, once the message has been delivered, neurotransmitters are re-absorbed and inactivated by the cells that released them. Chemicals in St. John's wort may keep more of these antidepressant neurotransmitters available for the body to utilise. Multiple studies have shown

St. John's Wort is an MAO inhibitor and should not be used with alcohol and some other foods.

St. John's wort has also been studied for the treatment of other emotional disorders such as anxiety, obsessive-compulsive disorder (OCD), menopausal mood swings, and premenstrual syndrome. In laboratory studies, it has shown some effectiveness for lessening the symptoms of nicotine withdrawal and for reducing the craving for alcohol in addicted

Possible antiviral effects of St. John's wort are being investigated for the treatment of HIV/AIDS, hepatitis C, and other viral illnesses. It is thought that hypericin, pseudohypericin, and other chemicals in St. John's wort may stick to the surfaces of viruses and keep them from binding to host cells. Another theory is that St. John's wort may contain chemicals that interfere with the production or release of viral cells. This antiviral activity is enhanced greatly by exposure to light.

It has also been used to treat hypothyroidism and a salve made with the extract can be used topically to treat bruises,

<http://www.herbwisdom.com/herb-fennel.html>

Fennel (*Foeniculum vulgare*)

Fennel Benefits

Rich in phytoestrogens, Fennel is often used for colic, wind, irritable bowel, kidneys, spleen, liver, lungs, suppressing appetite, breast enlargement, promoting menstruation, improving digestive system, milk flow and increasing urine flow. Fennel is also commonly used to treat amenorrhoea, angina, asthma, anxiety, depression, heartburn, water retention, lower

Fennel is a useful addition to any of the Breast Enlargement herbs and has an impressive number of other health benefits.

Fennel is also commonly used to treat amenorrhoea, angina, asthma, heartburn, high blood pressure and to boost sexual desire. Fennel is a mild appetite suppressant and is used to improve the kidneys, spleen, liver and lungs.

Fennel is an effective treatment for respiratory congestion and is a common ingredient in cough remedies.

It is also used for cancer patients after radiation and chemotherapy treatments to help rebuild the digestive system. Fennel relaxes the smooth muscle lining the digestive tract (making it an antispasmodic). It also helps expel gas.

It is a tested remedy for gas, acid stomach, gout, cramps, colic and spasms. Fennel seed ground and made into tea is believed to be good for snake bites, insect bites or food poisoning. Excellent for obesity. It increases the flow of urine. It

Available in 100 Vegetarian Capsules each 500mg pure herb. Also try our new 100ml) Fennel tincture.

Avoid internal use during pregnancy.

<http://www.herbwisdom.com/herb-dandelion.html>

Dandelion (Taraxacum officinale)

Dandelion Benefits

Dandelion as a medicine was first mentioned in the works of the Arabian physicians of the tenth and eleventh centuries, who speak of it as a sort of wild Endive, under the name of Taraxacon. In this country, we find allusion to it in the Welsh medicines of the thirteenth century. Dandelion was much valued as a medicine in the times of Gerard and Parkinson, and

Dandelion roots have long been largely used on the Continent, and the plant is cultivated largely in India as a remedy for

Daniel Mowrey PH.D, author of "The Scientific Validation of Herbal Medicine" states, "Dandelion heads the list of excellent foods for the liver." The herb has been used for centuries to treat jaundice and the yellowing of the skin that

But liver function isn't the only use of this nutritious plant. It is also used to treat infections, swelling, water retention, breast problems, gallbladder problems, pneumonia and viruses. Studies have shown that dandelion stimulates bile flow and

Modern naturopathic physicians use dandelion to detoxify the liver and reduce the side effects of prescription medications.

Dandelion is on the FDA's list of safe foods and is approved by the Council of Europe.

The chief constituents of Dandelion root are Taraxacin, acrylline and Taraxacerin, an acrid resin, with Inulin (a sort of sugar which replaces starch in many of the Dandelion family, Compositae), gluten, gum and potash. It contains substantial

Diuretic, tonic and slightly aperient. It is a general stimulant to the system, but especially to the urinary organs, and is

Dandelion is not only official but is used in many patent medicines. Not being poisonous, quite big doses of its preparations may be taken. Its beneficial action is best obtained when combined with other agents.

<http://www.herbwisdom.com/herb-fo-ti-root.html>

Fo-ti Root (Polygonum multiflorum)

Fo-ti Root Benefits

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Modern research indicates that this herb contains an alkaloid that has rejuvenating effects on the nerves, brain cells and endocrine glands. It stimulates a portion of the adrenal gland and helps to detoxify the body. It has been used for a long list of ailments including atherosclerosis, constipation, fatigue, high cholesterol, high blood pressure, blood deficiency,

Chung Yun, a famous Chinese herbalist who reportedly lived to be 256 years old, used Fo-Ti on a daily basis. This herb is thought to have been responsible for both his long life and his legendary sexual prowess, (he was said to have had 24 wives). In another Chinese legend Fo-ti was thought to be responsible for returning natural black colour to a previously

Thankfully, we have a little more to go on than folk medicine legends. Modern research indicates that this herb contains an alkaloid that has rejuvenating effects on the nerves, brain cells and endocrine glands. It stimulates a portion of the

Processed fo-ti contains protein-sugar complexes known as lectins.

Processed fo-ti contains protein-sugar complexes known as lectins. Because they attach to specific arrangements of carbohydrates on cells in the body, lectins act like antibodies, but they do not cause allergy symptoms. The lectins in processed fo-ti may affect fat levels in the blood, helping to prevent or delay heart disease by blocking the formation of

Because they attach to specific arrangements of carbohydrates on cells in the body, lectins act like antibodies, but they do not cause allergy symptoms. The lectins in processed fo-ti may affect fat levels in the blood, helping to prevent or delay heart disease by blocking the formation of plaques in blood vessels. Plaques are accumulations of fat and other cells that restrict the size of blood vessels and limit the flexibility of their walls. In animal studies, processed fo-ti also reduced the

Although supported by a small number of animal studies and numerous human case reports from China, where processed fo-ti has been used for centuries as an anti-aging tonic, none of these uses for processed fo-ti has been confirmed by

Blood deficiency, premature greying of the hair, nerve damage, wind rash, eczema, sores, carbuncles, goitre, scrofula and inflammation of lymph nodes and heat toxicity. The herb is also used to lower cholesterol and blood pressure and restore

The whole root has been shown to lower cholesterol levels, according to animal and human research, as well as to decrease hardening of the arteries, or atherosclerosis. Other fo-ti research has investigated this herb's role in strong

<http://www.herbwisdom.com/herb-elderberry.html>

Elderberry (Sambucus nigra)

Elderberry Benefits

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Used for its antioxidant activity, to lower cholesterol, improve vision, boost the immune system, improve heart health and for coughs, colds, flu, bacterial and viral infections and tonsillitis. Elderberry juice was used to treat a flu epidemic in

Elderberries have been a folk remedy for centuries in North America, Europe, Western Asia, and North Africa, hence the medicinal benefits of elderberries are being investigated and rediscovered. Elderberry is used for its antioxidant activity, to lower cholesterol, to improve vision, to boost the immune system, to improve heart health and for coughs, colds, flu, bacterial and viral infections and tonsillitis. Bioflavonoids and other proteins in the juice destroy the ability of cold and flu

Elderberries contain organic pigments, tannin, amino acids, carotenoids, flavonoids, sugar, rutin, viburnic acid, vitamin A and B and a large amount of vitamin C. They are also mildly laxative, a diuretic, and diaphoretic. Flavonoids, including quercetin, are believed to account for the therapeutic actions of the elderberry flowers and berries. According to test tube

Elderberries were listed in the CRC Handbook of Medicinal Herbs as early as 1985, and are listed in the 2000 Mosby's Nursing Drug reference for colds, flu, yeast infections, nasal and chest congestion, and hay fever. In Israel, Hasassah's Oncology Lab has determined that elderberry stimulates the body's immune system and they are treating cancer and AIDS patients with it. The wide range of medical benefits (from flu and colds to debilitating asthma, diabetes, and weight loss)

At the Bundesforschungsanstalt research centre for food in Karlsruhe, Germany, scientists conducting studies on Elderberry showed that elderberry anthocyanins enhance immune function by boosting the production of cytokines. These unique proteins act as messengers in the immune system to help regulate immune response, thus helping to defend the

Studies at Austria's University of Graz found that elderberry extract reduces oxidation of low-density lipoprotein (LDL) cholesterol. Oxidation of LDL cholesterol is implicated in atherogenesis, thus contributing to cardiovascular disease.

<http://www.herbwisdom.com/herb-bergamot-orange.html>

Bergamot Orange

Bergamot Orange Benefits

The Bergamot is a surprisingly nutritious citrus fruit that has a fresh scent and a very useful essential oil which is taken from the peel. Bergamot supplements are taken for several reasons including lowering cholesterol levels, blood sugar,

Habitat

Native to South Asia, the bergamot orange or Citrus bergamia was exported to Italy where it flourished and now the fruit is harvested for medicinal and commercial purposes. The fruit is the size of an orange but yellow in color. The juice is

Lowers Cholesterol

Studies showed that bergamot lowered the total cholesterol levels in participants as well as the low-density lipoprotein (LDL) levels, which is a major factor for heart disease. It also raised the high-density lipoprotein (HDL) which is good

It is considered that bergamot works by blocking the production of cholesterol in the liver. Without cholesterol, the liver may be forced to find cholesterol that is stored in the bloodstream. Bergamot has compounds that are similar to

Bergamot contains very large amounts of polyphenols. Brutelidin and Metilidin are two that directly inhibit the biosynthesis of cholesterol. Triglyceride levels were also lowered in the participants of these studies.

Other uses for bergamot are-

- Along with ultra-violet (UV) light treatment for a fungal infection tumor under the skin
- Preventative for lice and other parasites
- Treatment along with UV light for psoriasis

Bergamot is used in skin care products such as creams, soaps, perfumes, lotions and suntan oils. It is used for psoriasis as well as an antiseptic against infections and to reduce inflammation. It is also used to treat Mycosis Fungoides, a rare type of skin cancer. It increases the skin's sensitivity to sunlight, so it must not be used along with other medications that increase sensitivity to sunlight. It could cause severe sunburn and rashes and blisters. For anyone using bergamot, it is

Bergamot Essential Oil

The essential oil used in aromatherapy is energizing and uplifting. It is used to reduce stress and calm as well as treat depression. For this purpose, it can be used as incense, or added to an essential oil diffuser. Its fragrance is very fresh and sweet and slightly fruity. It restores the appetite if the loss of appetite is due to depression. Inhaling the fragrance of the oil

- Linalol for the fragrant scent
- Linalyl acetate for the pleasant odor
- Sesquiterpenes for antibacterial, antiseptic or anti-inflammatory properties and for its calming effect
- Terpenes shape the properties of the pleasant odor and taste
- Furocoumarins used as treatment for pigment loss in skin
- Bergapten for the treatment of pigment loss in skin
- Alkanes

A small amount can also be added to bath water, but if it is too concentrated, it can be harsh on the skin.

Dosage

There are no guidelines for the dosage of bergamot orange for high cholesterol, but usually two to four 500 milligrams of extract in capsules is taken on an empty stomach once or twice a day for a month. After that, one capsule per day is taken to maintain the bergamot in the blood. The dosage for using the essential oil depends on the user's health, age and other

Bergamot oil and zest is used in very small amounts as a flavoring in food, and this is safe for most people. It is used as a

<http://www.herbwisdom.com/herb-chamomile.html>

Chamomile (*Matricaria recutita*)

Chamomile Benefits

Dried chamomile flower is an age-old medicinal drug known in ancient Egypt, Greece and Rome. Chamomile's popularity grew throughout the Middle Ages, when people turned to it as a remedy for numerous medical complaints including asthma, colic, fevers, inflammations, nausea, nervous complaints, children's ailments, skin diseases and cancer. As a

Recent and on-going research has identified chamomile's specific anti-inflammatory, anti-bacterial, anti-allergenic and sedative properties, validating its long-held reputation. This attention appears to have increased the popularity of the herb

Chamomile has been used for centuries in teas as a mild, relaxing sleep aid, treatment for fevers, colds, stomach ailments, and as an anti-inflammatory, to name only a few therapeutic uses. Extensive scientific research over the past 20 years has confirmed many of the traditional uses for the plant and established pharmacological mechanisms for the plant's

In addition to medicinal use, chamomile enjoys wide usage, especially in Europe and the U.S., as a refreshing beverage tea and as an ingredient in numerous cosmetic and external preparations. Rob McCaleb, President of the Herb Research Foundation in Boulder, Colorado estimates that over one million cups of Chamomile tea are ingested worldwide each day,

Although best known as a muscle relaxant and antispasmodic, chamomile is also believed to have antiseptic and anti-inflammatory capabilities. The plant's healing properties come from its daisylike flowers, which contain volatile oils (including bisabolol, bisabolol oxides A and B, and matricin) as well as flavonoids (particularly a compound called

Specifically, chamomile may:

as a tea, be used for lumbago, rheumatic problems and rashes.

as a salve, be used for haemorrhoids and wounds.

as a vapor, be used to alleviate cold symptoms or asthma.

relieve restlessness, teething problems, and colic in children.

relieve allergies, much as an antihistamine would.

aid in digestion when taken as a tea after meals.

relieve morning sickness during pregnancy.

speed healing of skin ulcers, wounds, or burns.

treat gastritis and ulcerative colitis.

reduce inflammation and facilitate bowel movement without acting directly as a purgative.

be used as a wash or compress for skin problems and inflammations, including inflammations of mucous tissue.

promote general relaxation and relieve stress. Animal studies show that chamomile contains substances that act on the same parts of the brain and nervous system as anti-anxiety drugs. Never stop taking prescription medications, however, control insomnia. Chamomile's mildly sedating and muscle-relaxing effects may help those who suffer from insomnia to

Treat diverticular disease, irritable bowel problems and various gastrointestinal complaints. Chamomile's reported anti-inflammatory and antispasmodic actions relax the smooth muscles lining the stomach and intestine. The herb may

therefore help to relieve nausea, heartburn, and stress-related flatulence. It may also be useful in the treatment of soothe skin rashes (including eczema), minor burns and sunburn. Used as a lotion or added in oil form to a cool bath,

chamomile may ease the itching of eczema and other rashes and reduces skin inflammation. It may also speed healing and treat eye inflammation and infection. Cooled chamomile tea can be used in a compress to help soothe tired, irritated eyes

heal mouth sores and prevent gum disease. A chamomile mouthwash may help soothe mouth inflammations and keep

reduce menstrual cramps. Chamomile's believed ability to relax the smooth muscles of the uterus helps ease the

Colloidal Silver

<http://www.herbwisdom.com/herb-colloidal-silver.html>

Colloidal Silver

Colloidal Silver Benefits

Colloidal silver is a health supplement that is created by immersing tiny particles of silver in a colloidal base solution. It is consumed by those who would like to stave off such serious health ailments as cancer, AIDS and herpes. Silver is thought to make the immune system more active and thereby more effective at fending off disease. It is most commonly available in a liquid form that is dispensed with a dropper. Clear or pale yellow colloidal silver is the best as the particle size affects

History of Use Before the invention of antibacterial soap, colloidal silver was used as a disinfectant. It is still most commonly used to kill bacteria. Silver is effective at both preventing and combating bacterial illnesses and infections because it does not corrode. In ancient times silver was used in wound dressings and it was frequently used for the same purposes in America following the Civil War. It is also why churches use silver chalices in Communion to stop disease

Blue Bloods Even thousands of years ago, Ancient Greeks realised that the rich families who ate, drank and stored food in silverware were much less likely to be ill than the commoners who ate from ceramics and used iron utensils. The rich

How it Works Proponents of colloidal silver claim that it is effective against every virus and illness and that it has never reacted dangerously with other medications. Scientific studies have shown that pure silver quickly kills bacteria. It even kills the super-bacteria that evolve after conventional disinfecting agents kill the weak strains of bacteria. Silver acts as a catalyst and disables an enzyme that facilitates actions inside cells. It is not consumed in the process so it is available to keep working again and again. The enzyme silver destroys is required by anaerobic bacteria, viruses, yeast and molds.

Since it is not designed to combat a specific pathogen but rather works against the very nature of their life cycles, it is an effective preventative agent against all illnesses caused by all pathogens including future mutations. There is no known disease-causing organism that can live in the presence of even minute traces of colloidal silver. Laboratory tests show that anaerobic bacteria, virus, and fungus organisms are all killed within minutes of contact. Parasites are also killed whilst still

Colloidal Silver is touted as a treatment for HIV and AIDS. These claims have not been recognized by the medical community but there is no denying the lengthy survival rates of some AIDS patients who swear by colloidal silver.

The same mechanism that hinders the replication of pathogens also seems to prevent the body from developing cancer. Cancerous tumors form when the cells' internal regulators stop working. The cells divide at a rate that outstrips the body's

When colloidal silver is used as a broad-spectrum viral and bacterial preventative it may cure other seemingly unrelated ailments. People who have sustained severe burns can use colloidal silver to promote healthy cell growth and fend off infections. It reduces the appearance of acne that is bacterial in origin. It helps maintain a healthy digestive environment

Colloidal Silver is also effective as a digestive aid when taken with meals as it stops fermentation of food in the stomach and intestines. Fermentation can occur if food sits there for too long and this can lead gas, bloating, pain, indigestion and

Silver has also been known to destroy water-borne parasites and to filter out impurities.

How to Use People who use colloidal silver tend to develop their own ways of maximizing its efficacy. People who suffer from conjunctivitis sometimes drop it directly into their eyes several times every day. Throat problems are treated by

Side Effects All of these positive claims considered, colloidal silver is still ignored by the medical community at large. Scientifically speaking, the human body has no essential need for silver. Someone who is overzealous in his consumption may experience a build-up of the metal in his organs. The most common negative side effect of colloidal silver is a

<http://www.herbwisdom.com/herb-cla.html>

Conjugated Linoleic Acid - CLA

Conjugated Linoleic Acid - CLA Benefits

Conjugated linoleic acid (CLA) is a type of unsaturated fatty acid that is found in meat and dairy products of ruminant animals, such as cows and sheep. CLA consist of at least 28 different forms (isomers) of the fatty acid known as Linoleic acid. Conjugated forms of Linoleic acid are where there are at least two double bonds in the molecule, with only a single

Even though meat and dairy products are the best sources of CLA, many people today choose to take it in the form of a supplement. Researchers have studied the effects of CLA since the 1970s, and they have found that CLA has many

Prevention of Cancer

There have been studies performed on animals that have shown that increasing one's intake of CLA by 0.5 percent can reduce the risk of cancer by up to 50 percent. Breast, colon, skin and stomach cancer are the types that this supplement

Improves Insulin Sensitivity

Type 2 diabetes is the most prevalent type of diabetes. It occurs when the body produces insulin, but the cells are unable to respond to it. There was a study done where type 2 diabetic mice were given a CLA supplement. The results of the

Furthermore, there was an eight-week study performed on humans that showed similar results. Researchers believe that

Promotes Weight Loss

Health experts have been debating about whether or not CLA can cause weight loss. However, there has been evidence to suggest that this supplement can indeed have a modest effect on weight loss. One of the studies was performed by Lipid

The study consisted of 105 subjects who were placed into two groups. One of the groups was given a CLA supplement while the other group was given a placebo. The results of the study showed that the subjects who were given the CLA supplement lost an average of 5.6 percent more body fat than the placebo group. They also lost an average 3.3 pounds

Improves Immune System Function

Some studies suggest that people who take CLA supplements suffer from fewer colds and are less likely to develop the flu. CLA helps reduce the amount of prostaglandins and leukotrienes in the body. Both of these substances can potentially suppress the immune system. Additionally, CLA can benefit people who suffer from allergies. This supplement can block

Prevent Heart Disease

Heart disease is the top killer of both men and women in the United States. CLA supplements have been shown to potentially reduce the risk of this condition. This supplement helps reduce LDL, which is better known as the bad

CLA can also help prevent atherosclerosis. Atherosclerosis is a condition that causes plaque to build up in the arteries.

Arthritis Management

Arthritis is a condition that causes pain and inflammation around the joints. CLA has anti-inflammatory properties and can

<http://www.herbwisdom.com/herb-cumin.html>

Damiana (Turnera aphrodisiaca)

Damiana Benefits

Damiana leaves have been used as an aphrodisiac and to boost sexual potency by the native peoples of Mexico, including the Mayan Indians and is used for both male and female sexual stimulation, increased energy, asthma, depression,

Damiana is a small shrub with aromatic leaves found on dry, sunny, rocky hillsides in south Texas, Southern California, Mexico, and Central America. Damiana leaves have been used as an aphrodisiac and to boost sexual potency by the native peoples of Mexico, including the Mayan Indians. The two species used in herbal healing, both of which are referred to as

Historically damiana has been used to relieve anxiety, nervousness, and mild depression, especially if these symptoms have a sexual component. The herb is also used as a general tonic to improve wellness.

Damiana has also been used traditionally to improve digestion and to treat constipation, as in larger doses it is thought to

It is well known in south-western cultures as a sexuality tonic and is recommended by many top herbalists. It stimulates the intestinal tract and brings oxygen to the genital area. It also increases energy levels which does a lot to restore libido and desire. In women, Damiana often restores the ability to achieve orgasm. Damiana is used primarily as an energy tonic

Damiana has a dual effect. It can work quickly to stimulate the genital area by enriching the oxygen supply. Longer term

The libido-boosting power of damiana hasn't been tested in humans, although a liquor made from the leaves has long been used as an aphrodisiac in Mexico. In animal studies, extracts of damiana speeded up the mating behavior of "sexually

The chemical composition of damiana is complex and all of the components have not been completely identified. However, the known make-up is 0.5-1% volatile oil, flavonoids, gonzalitosin, arbutin, tannin and damianin (a brown bitter substance). It also contains essential oils (containing cineol, cymol, pinene), cyanogenic glycosides, thymol and trace

How damiana works as an aphrodisiac is currently not known. It is also claimed that when drunk as a tea it has a relaxing

<http://www.herbwisdom.com/herb-feverfew.html>

Feverfew (*Tanacetum parthenium*)

Feverfew Benefits

Used for the prevention of migraines & headaches, arthritis, fevers, muscle tension and pain, Feverfew is also used to lower blood pressure, lessen stomach irritation, stimulate the appetite and to improve digestion and kidney function. It has

Herbal medicine has an impressive track record in treating migraines and chronic headaches. Feverfew treats the cause of the headaches rather than simply the pain. Both the British Medical Journal and the Harvard Medical School Health Letter

Clinical tests have shown the use of feverfew may reduce of frequency and severity of headaches. It may be more effective than other non-steroidal anti-inflammatories (NSAIDS), like aspirin. It is the combination of ingredients in the feverfew plant that brings such effective relief. It works to inhibit the release of two inflammatory substances, serotonin and prostaglandins, both believed to contribute to the onset of migraines. By inhibiting these amines as well as the production

In several studies, both the frequency and the severity of migraines were reduced among study participants who took feverfew daily as a preventive measure. However, active migraine headaches were not relieved by taking feverfew.

Menstrual cramps occur when the uterine lining produces too much prostaglandin, a hormone that can cause pain and inflammation. Because it can help limit the release of prostaglandin, feverfew may have a role to play in easing menstrual cramps. While more research is required, there's probably no harm in starting to take feverfew a day before you anticipate

Feverfew has also been used for relieving the pain and inflammation of arthritis. It is known that chemicals in feverfew may reduce the body's production of substances that initiate and prolong inflammation, which is the body's response to irritation, injury, or infection. Inflammation usually includes pain, redness, and swelling in the area of the damage, and it can occur within body tissues as well as on the surface of the skin. Chemicals in feverfew are thought to prevent blood components called platelets from releasing inflammatory substances. Feverfew may also reduce the body's production of

Additional benefits include lower blood pressure, less stomach irritation and a renewed sense of well-being. Feverfew has been used to stimulate appetite, and improve digestion and kidney function. It may also relieve dizziness, tinnitus, and

25 million Americans spend \$5 billion a year on medication for migraines. But many of the over-the-counter and prescription pain killers have a "rebound effect" after a period of use. The unfortunate consequence is that the drug actually begins to cause the headache. Feverfew does not have this problem and is recommended by experts such as Dr. Andrew Weil as an effective alternative for headache sufferers. Since Feverfew is a fraction of the cost of the

<http://www.herbwisdom.com/herb-echinacea.html>

Echinacea purpurea

Echinacea purpurea Benefits

Echinacea should be of particular interest during the cold and flu season when you are exposed to these illnesses on a regular basis. When used correctly it is the closest thing to a cure for the common cold.

Echinacea stimulates the overall activity of the cells responsible for fighting all kinds of infection. Unlike antibiotics, which directly attack bacteria, echinacea makes our own immune cells more efficient at attacking bacteria, viruses and abnormal cells, including cancer cells. It increases the number and activity of immune system cells including anti-tumor

The most consistently proven effect of echinacea is in stimulating phagocytosis (the consumption of invading organisms by white blood cells and lymphocytes). Extracts of echinacea can increase phagocytosis by 20-40%.

Echinacea also stimulates the production of interferon as well as other important products of the immune system, including "Tumor Necrosis Factor", which is important to the body's response against cancer.

Echinacea also inhibits an enzyme (hyaluronidase) secreted by bacteria to help them gain access to healthy cells. Research in the early 1950's showed that echinacea could completely counteract the effect of this enzyme, helping to prevent

Although echinacea is usually used internally for the treatment of viruses and bacteria, it is now being used more and more for the treatment of external wounds. It also kills yeast and slows or stops the growth of bacteria and helps to stimulate the

<http://www.herbwisdom.com/herb-cranesbill-geranium.html>

Cranesbill/Geranium

Cranesbill/Geranium Benefits

The roots of Cranesbill (*Geranium maculatum*) contain a powerful ingredient called tannin. Tannin is responsible for soothing the digestive tract, and it is useful in preventing and treating frequent diarrhoea.

Many people turn to harsh over-the-counter liquid medications and horse pills to deal with gastrointestinal problems. Patients with gastrointestinal ailments are increasingly looking for ways to naturally treat their conditions without the use of synthetic medications. Cranesbill has been used for centuries as a way to treat such problems. The raw plant was used

Facts

Cranesbill is indigenous to the North eastern United States, where the herb has been utilized as a natural remedy for centuries. The plant is most commonly referred to as a geranium, and it features small flowers in a variety of colors. Many people feature the flowers in their gardens without even realizing the potential healing powers that the plants possess when

Active Ingredients

Geraniums look pretty, but the roots of crane's bill contain a powerful ingredient called tannin. Tannin is responsible for soothing the digestive tract, and it is useful in preventing and treating frequent diarrhoea. The primary active ingredient can also act as a natural astringent to reduce

Cranesbill contains other active ingredients that can potentially interact with other herbs that have the same features. The ingredients include calcium oxalate, gallic acid and potassium. Take care in combining herbal treatments to reduce the

Health Benefits

Cranesbill best benefits those with mild gastrointestinal ailments. The presence of tannin in the herb may help alleviate diarrhoea, inflammation in the bladder and other symptoms related to Chron's disease. Cranesbill may also be applied topically to help treat haemorrhoids. Less common uses of the herb are for the treatment of eye conditions, such as

Historically, crane's bill was also used in folk medicine to stop abnormal bleeding, including that related to menstruation and uterine problems. However, this potentially life-threatening problem is best addressed with an emergency medical professional. Herbal remedies like cranes bill are most appropriate for the use of mild to moderate health ailments. Never

Instructions

Like many herbs, the healing power of cranesbill is derived from the roots. Capsules are the most common forms of the herb today, and they are best taken once or twice a day with a glass of water. Experienced herb users might opt for a tea version, which is brewed with hot water and consumed throughout the day. Tincture versions of crane's bill can be more

<http://www.herbwisdom.com/herb-holly.html>

Holly

Holly Benefits

It may surprise some to learn that the leaves of certain types of holly are used for medicinal purposes. They are utilized to combat issues such as digestive maladies, rheumatism, fever, high blood pressure and more. When it is taken in the correct

Which varieties of Holly are used? Many people only think of holly as a decorative plant used during winter holidays. Others are aware that its berries can be highly toxic when ingested. Only the leaves of certain species of holly plants are employed for medicinal use. Examples of some of the types used include *Ilex vomitoria*, which is also known as Yaupon holly, and *Ilex aquifolium*, which is commonly referred to as European holly. *Ilex opaca* is another kind of holly that is

Yaupon holly is a native species of the south eastern part of the North American continent. It can grow in various types of soil, and it is fairly resistant to many pest species. While European holly was originally grown in the central and southern parts of Europe, it is now grown in the north western regions of Canada and the United States. The European variety

Holly Berries Although holly berries have been used by some in a purgative capacity, they can also cause excessive diarrhoea, vomiting and dehydration. When they are taken under certain circumstances, the berries may even lead to

Holly Leaves After they have been dried, the leaves can be implemented in the form of a tea. While there is not a set standard of how much to take at one time, a common dosage is a few teaspoonfuls of dried leaves per cup of water. The beverage is often taken a few times per day. Another method used to ingest holly leaves is to swallow a liquid extract.

Active Ingredients The primary active ingredient in holly is caffeine, and this should be taken into consideration by those who use it as a health aid. The berries typically contain a higher concentration of caffeine than is found in the leaves. The amount found in some holly leaves is undetermined, but Yaupon leaves can contain as much as .65 to .85 percent of

Ailments Holly Leaves are used for Holly leaves are utilized to offset a variety of health disorders. One common ailment they are used to remedy is hypertension, which is also referred to as high blood pressure. The leaves can have a calming

Other ailments that the leaves are used to treat include fever, rheumatism and digestive issues. Some species are utilized for their emetic properties, and others are employed to assist with symptoms such as joint pain and swelling. Holly leaf extract is sometimes used to combat jaundice, dizziness and emotional problems. In some cases, holly is even utilized as a

While it is true that holly is widely utilized for its aesthetic qualities, it is also valued for its medicinal properties. When they are used properly, holly leaves may offer people an alternative to modern medical treatments. In other cases, the leaves may be implemented to enhance medical treatments that are currently in use. The plant has been employed for

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Goldenseal

<http://www.herbwisdom.com/herb-goldenseal.html>

Goldenseal (*Hydrastis canadensis*)

Goldenseal Benefits

Goldenseal is one of the most popular herbs sold on the American market and has recently gained a reputation as a herbal antibiotic and immune system enhancer. American Indians used goldenseal as a medication for inflammatory internal conditions such as respiratory, digestive and genito-urinary tract inflammation induced by allergy or infection. The Cherokee used the roots as a wash for local inflammations, a decoction for general debility, dyspepsia, and to improve appetite. The Iroquois used a decoction of the root for whooping cough, diarrhoea, liver disease, fever, sour stomach,

It was not until 1798 that its medicinal virtues began to attract attention. From then on its reputation as a powerful healing herb spread, both in England and America, and by about 1850 it had become an important article of commerce. It was popularly used as a bitter stomach digestive (to help stimulate digestion and improve appetite), to treat skin inflammations, and those of the eyes such as conjunctivitis. It was also used for inflammation of the mucous membranes of the throat and digestive system. It's traditional uses also include the treatment of peptic ulcers, gastritis, dyspepsia and

Goldenseal's numerous uses are attributed to its antibiotic, anti-inflammatory and astringent properties. It soothes irritated mucus membranes aiding the eyes, ears, nose and throat. Taken at the first signs of respiratory problems, colds or flu, Goldenseal helps can help to prevent further symptoms from developing. It has also been used to help reduce fevers, and

Goldenseal cleanses and promotes healthy glandular functions by increasing bile flow and digestive enzymes, therefore regulating healthy liver and spleen functions. It can relieve constipation and may also be used to treat infections of the

Goldenseal contains calcium, iron, manganese, vitamin A, vitamin C, vitamin E, B-complex, and other nutrients and minerals. The roots and rhizomes of goldenseal contain many isoquinoline alkaloids, including hydrastine, berberine, canadine, canadoline, and l-hydrastine as well as traces of essential oil, fatty oil and resin. It is believed that the high

In particular it is the alkaloid berberine that is most likely responsible for Goldenseal's effectiveness against bacteria, protozoa, fungi, Streptococci and it also promotes easier removal of the bacteria by inhibiting their ability to adhere to tissue surfaces. Berberine is also anti-fungal and strongly anti-diarrhoeal. It aids against the infection of mucous membranes such as the lining of the oral cavity, throat, sinus, bronchi, genito-urinary tract and gastrointestinal tract.

Goldenseal may also help with allergic rhinitis, hay fever, laryngitis, hepatitis, cystitis, and alcoholic liver disease.

It has proven its value in cases of diarrhoea and haemorrhoids. Its astringent properties have also been employed in cases of excessive menstruation and internal bleeding. Externally, a wash can be prepared to treat skin conditions such as eczema and ringworm, as well as wounds and badly healing sores, or used as drops in cases of earache and conjunctivitis. The decoction is also said to be effective as a douche to treat trichomonas and thrush. As a gargle it can be employed in

<http://www.herbwisdom.com/herb-ginkgo-biloba.html>

Ginkgo biloba

Ginkgo biloba Benefits

Ginkgo biloba has been traced back nearly 300 million years making it the oldest surviving tree species on earth! The Chinese have used the plant medicinally for eons but many of the modern applications come from the research of German

Ginkgo Biloba is especially good when combined with Panax Ginseng.

Ginkgo extract has proven benefits to elderly persons. This ancient herb acts to enhance oxygen utilization and thus improves memory, concentration, and other mental faculties. The herbal extract has also been shown to significantly improve long-distance vision and may reverse damage to the retina of the eye. Studies have also confirmed its value in the treatment of depression in elderly persons. The ginkgo extract may provide relief for persons with headache, sinusitis, and

In studies, Ginkgo biloba has been reported as demonstrating anti-oxidant abilities with improvements of the platelet and nerve cell functions and blood flow to the nervous system and brain. It has also been reported as reducing blood viscosity. It's ability to increase vascular dilation, may help reduce retinal damage due to macular degradation and may reverse

Recently, extensive research on the herb has been conducted on the healing properties of the leaf extract. Germany and France have run literally hundreds of studies on the leaf extract. These studies along with similar studies in America, have shown significant results. The extract of Ginkgo biloba has been studied for its effectiveness in the treatment of Acrocyanosis, Alzheimer's disease, Cerebral atherosclerosis, Cerebral insufficiencies, Cochlear deafness, Dementia,

It is said to be effective in improving the blood flow to the hands and the feet as well as stimulating the brain and reducing short-term memory loss. It increases blood flow to the brain, the uptake of glucose by brain cells, and has been said to

Depression: Patients suffering from varying degrees of vascular insufficiency also noted an improvement in mood while taking ginkgo biloba extract. This has prompted a surge of interest in its use as a treatment for depression, especially in the elderly. Many people have found GBE to enhance other depression treatments and to often even prevent the need for pharmaceutical treatments in mild cases of depression. Those under the age of fifty may also benefit from ginkgo biloba's

Alzheimer's & Mental Function: As more than 300 studies demonstrate, ginkgo facilitates better blood flow through out the body, most notably the brain, where it both protects and promotes memory and mental function, even for people with

***Alzheimer's:* **Since doctors are still not sure what causes Alzheimer's disease, we do not have a definite idea of how ginkgo works to stabilise, and in some cases, improve the quality of life for those suffering from this degenerative disease. Scientists have noted that Alzheimer's is marked by a major loss of nerve cells in the brain, particularly those in areas controlling memory and thinking. Since doctors have found antioxidants to help slow the destruction of nerves, it is not a stretch to see ginkgo's antioxidant properties helping in this area. The disease is also believed to have a connection to

Antioxidant Properties: Although oxygen is essential for life, it can have adverse effects on your body. Unstable oxygen molecules can often be created during our body's normal break down and use of oxygen or can form in response to external factors and pollutants. These unstable molecules, called free radicals, can damage cells and structures within cells. If the genetic material in cells is affected and not repaired, it can replicate in new cells, contributing to cancer and other health problems. These free radicals may also weaken artery walls, allowing fatty deposits that can lead to heart disease. As an antioxidant, ginkgo biloba combats free radicals and repairs molecular damage. A great deal of research

Impotency: Another use for ginkgo biloba is in the treatment of impotency. The main cause of male impotence is poor circulation and impaired blood flow through the penis, which is often the result of atherosclerosis. Since ginkgo biloba

Raynaud's disease: Raynaud's disease is believed to be caused by blood vessels that over react to the cold and spasm, reducing blood flow and there by depriving extremities of oxygen. Ginkgo biloba may help this condition by widening the

***Parkinson's Disease:* **The lack of dopamine is believed to produce the progressive stiffness, shaking and loss of muscle coordination typical in Parkinson's disease. Doctor's theorise that along with other treatments, Ginkgo biloba may help symptoms by increasing the brain's blood flow and there by allowing more of the depleted dopamine to be circulated

Other Conditions: Other uses for which ginkgo biloba extract is often recommended include depression, diabetes related nerve damage and poor circulation, allergies, vertigo, short-term memory loss, headache, atherosclerosis, tinnitus,

Strokes: Scientists continue to study the prevention and treatment benefits to stroke patients that are attributed to GBE. It's believed that by preventing blood clots from developing and increasing the blood flow to the brain, ginkgo biloba may

Multiple sclerosis & Organ transplant: GBE also appears to have an anti-inflammatory action that may make it valuable in the future for conditions such as multiple sclerosis and organ transplants.

<http://www.herbwisdom.com/herb-liverworth.html>

Liverwort

Liverwort Benefits

Also known as American Liverwort and by its scientific name, *Anemone hepatica*, this perennial herb has a long history of medicinal herbal use especially for liver ailments. References to Liverwort can be found in the pages of Maude Grieve's

Habitat and Cultivation Liverwort prefers deciduous forests with loamy soil, but the plant has been found in clay soils, lime soils, and in grasslands. It is indigenous to the eastern United States, ranging as far north as Iowa and south to the Florida pan-handle. Typically a lowland plant, it has been spotted in the Allegheny mountain range. Many variations of the species *hepatica* exist around the world, including those on the Asian and European continent. At least one variation is

Liverwort is a deep-rooted and hardy plant. It requires good drainage and can survive in most soils that meet this requirement. Unlike other medicinal herbs, this one actually prefers a rich, porous soil and shelter, hence its profusion in

The leaves are the medicinal part and should be harvested while the plant is in bloom and dried in the shade.

The Liverwort plant is considered to be endangered in many areas, though its broad, dark-green leaves can still be found in temperate forests and grasslands across the world. Many early herbalists treated the plant dismissively, and modern

Historic and Modern Uses This herb was first identified by the Doctrine of Signatures and has been mistaken numerous times over the centuries for other herbal remedies. The first pharmaceutical reference comes from Tournefort's 1708 *Materia Medica*. It has been classified as an astringent, gentle herb suitable for topical applications in healing wounds and biliary complaints, from gallstones to jaundice. Grieve considered *hepatica* as an expectorant useful in bronchial

Preparations of liverwort are now primarily used for liver ailments. Herbalists may occasionally provide a topical rinse or liniment of the herb for skin conditions. Owing to the lack of scientific evidence confirming the actions of liverwort, it

Active Constituents Primary constituents of prepared *hepatica* include flavonoids and saponins. Saponins are also found in a number of more widely known medicinal herbs including ginseng, soybean and onions. Saponins have shown immunomodulating, anti-inflammatory, and expectorative properties. This suggests early uses of Liverwort in lung illnesses were

Flavonoids are considered the active constituents of Liverwort and include flavo-glycosides, anthocyan, and lactone-forming glycosides. Anthocyanins are what give red fruit its colour. They have been investigated extensively for anti-

Astragalins have shown some efficacy in treating dermatitis.

Isoquercitrin is a superior form of quercetin, due to better absorption, and both have been proven to aid capillary health by Quercimeritrin is broken down to quercetin and glucose during digestion.

The plant must be prepared carefully prior to use, because the fresh plant contains the precursor ranunculins, which produce protoanemonines on contact with the skin and mucous membranes. These compounds can cause blisters, which

Dosage Forms and Amounts No side effects have been reported from therapeutic dosage of liverwort. The fresh plant should be avoided, due to irritating constituents that are destroyed through drying and preparation. There is no defined

Internal dosage has traditionally been through infusion or extract of the herb. Dosage should not exceed 3.8 grams of the dried herb, which is roughly the equivalent of 4 teaspoons of a 3-6 percent infusion. Tinctured extracts may be more precisely calculated, depending on the reputability of the source. Capsules of powdered liverwort are now available to

Ginseng

<http://www.herbwisdom.com/herb-ginseng-asian.html>

Ginseng (*Panax ginseng*)

Ginseng Benefits

Asian Ginseng is one of the most highly regarded of herbal medicines in the Orient, where it has gained an almost magical reputation for being able to promote health, general body vigour, to prolong life and treat many ailments including depression, diabetes, fatigue, ageing, inflammations, internal degeneration, nausea, tumours, pulmonary problems,

Asian Ginseng has a history of herbal use going back over 5,000 years. It is one of the most highly regarded of herbal medicines in the Orient, where it has gained an almost magical reputation for being able to promote health, general body vigour and also to prolong life. The genus name Panax is derived from the Greek word meaning "panacea" or "all-healing"; the species ginseng is said to mean "wonder of the world". Both terms refer to the medicinal virtues of the plant.

Ginkgo Biloba is especially good when combined with Panax Ginseng.

Ginseng has been listed by some as useful in the treatment of anaemia, cancer, depression, diabetes, fatigue, hypertension, insomnia, shock, effects of radiation, effects of morphine and cocaine use, environmental, physical and mental stress, and chronic illness. It has been said to act as a stimulant, promote endurance, increase life expectancy, relax the nervous system, improve mental awareness, encourage proper hormonal functions, improve lipid levels, lower cholesterol,

Research has shown that Ginseng may have the ability to act as an "adaptogen", prolonging life by combating viral infections and Pseudomonas aeruginosa. Research continues to support ginseng's protective role against anti-cancer

There is some thought that Ginseng may be useful for the prevention of abuse and dependence of opioids and

Ginseng has been used to both stimulate and relax the nervous system. It increases capillary circulation in the brain and decreases the effects of stress. Though there are many kinds of ginsengs in the world but they cannot rival Asian Ginseng

Asian Ginseng contains anti-ageing substances such as anti-oxidants and insulin-like substances which are not found in

Ginsenosides are a diverse group of steroidal saponins, which demonstrate the ability to target a myriad of tissues, producing an array of pharmacological responses. However, many mechanisms of ginsenoside activity still remain unknown. Since ginsenosides and other constituents of ginseng produce effects that are different from one another, and a

In western herbal medicine, Panax ginseng's regulating effects on the immune system have been studied for potential effectiveness in preventing colds, flu, and some forms of cancer. In clinical studies, Panax ginseng has been shown to lower blood levels of both sugar and cholesterol, therefore it may help treat type 2 diabetes and high cholesterol. Its other potential uses are not as well defined, however. In separate studies of laboratory animals and humans, Panax ginseng had

In other studies, a combination of Panax ginseng and ginkgo is believed to boost memory and thinking processes. Early results from laboratory study may show that chemicals in Panax ginseng promote the growth of blood vessels, which

Recent reports on the pharmacology of ginseng indicate a wide range of effects, including influence on the central nervous system, endocrine and adrenocortical systems, internal, organs, metabolism, blood pressure and sugar, gonadotropic activity, cellular ageing, tumours, and stress. Ginseng appears to relieve stress, increase sexual activity, and facilitate mating in laboratory animals. The herb has been reported to be effective in prolonging survival time during cardiac arrest. It is reported to show hypoglycemic activity. Asian Ginseng has also been identified to protect the testis against 2,3,7,8-

Other data shows it works not only in preventing adult diseases including cancer, diabetes, hypertension, and impotence

German Commission E monograph and WHO support the use of ginseng as a prophylactic and restorative agent for enhancement of mental and physical capacities, in cases of weakness, exhaustion, tiredness, and loss of concentration, and during convalescence (WHO, 1999). In general, ginseng is used as a tonic, stimulant, aphrodisiac, immune booster, blood

<http://www.herbwisdom.com/herb-horny-goats-weed.html>

Horny Goats Weed

Horny Goats Weed Benefits

The herbal plant known as Horny Goat Weed gets its name from the Latin term "Epimedium"(often mis-spelt as: Epimedium). Legend in China claims that this weed was ingested by some goats. The herder observed the behavior of the animals after consuming the plant and decided that this plant must contain certain properties associated with aphrodisiacs.

Active Ingredients

One of the principal active ingredients in Horny Goats weed is "icariin". The concentration may determine much of the potency of each particular species of Epimedium. The icariin works by relaxing smooth muscle tissue, which is different from skeletal muscle tissue. The significance of this is that involuntary tension in the internal tissues can be relaxed, which many believe cause the central nervous system to shift from the so-called fight/flight mode into the rest/restore mode. When this change occurs, many elements of a disease tend to reverse because the body is no longer in a stressed

Habitat

Horny goats Weed is found growing all over the southern areas of China, but can also be found in the Asian countries that immediately border China, as well as some neighboring European countries. The Chinese name is Yin Yang Huo, or Xian Ling Pi, and it is used extensively in Traditional Chinese Medicine (TCM). It has become popular in the field of Western

One should realize that although the plant may bear the same name, there are close to 60 species of Epimedium plants and over 15 in China that bears the name "Yin Yang Huo." It might be difficult for the layperson to determine the strength and

Benefits and Conditions

Horny Goat Weed is often used to treat osteoporosis and various sexual dysfunctions. However, other uses of the plant include the treatment of hypertension, bronchitis, coronary heart disease, polio and more. This makes sense because the active ingredient works on smooth muscle tissue. This is the tissues that surround the heart. When the heart muscles are

Secondary benefits can also occur when the smooth muscle tissues relax. The health benefits could extend to relieving fatigue in both the mind and the body, as this herb is employed for this purpose in TCM. It has been used to treat joint pain, numbness, memory problems, painful or cold low back and/or knees, as well as irregular menstrual cycles,

Potency and Doses

Although there are many natural concentrations of icariin found in this plant in nature, during the process of cultivation, it is possible to regulate the dose for individual consumption. The individual dose will be partly determined by height, weight and other medical conditions. As always, it is highly recommended for anyone with a medical condition to speak with their appropriate health care professionals about the use of this herb in treating their condition. Overdoses should be

The leaves of this plant are edible, but are known to be extremely bitter and are sold most frequently in capsule form. However, some herbal outlets will also sell it in a prepared form that can be used to make a medicinal tea. The leaves will

<http://www.herbwisdom.com/herb-melatonin.html>

Melatonin

Melatonin Benefits

Melatonin is one of the many hormones produced by the body. This particular hormone is produced and released by the pineal gland, one of the body's other hormone producing glands besides the pituitary, thyroid, adrenal, and pancreas.

Circadian refers to any biological process that occur every 24-hours. Our circadian rhythm is like a clock in our system that comes in to play for our sleep process. It determines when we fall asleep and when we wake up. When the sun goes down and it gets dark, more melatonin is produced. Conversely, with the presence of the sun, the production decreases.

Jet lag – This usually results from flying from one time zone to another and is most severe when traveling across many

Shift work – People who work at night and must sleep during the day are very likely to have their circadian rhythm

Poor vision – Certain vision problems can upset the melatonin cycle.

Aging – It is believed by some that aging can affect melatonin levels. That is why many older adults have difficulty

Melatonin Supplements and Their Uses Non-prescription melatonin supplements have been on the market for years and are used to treat numerous different medical conditions. Most are related to sleep problems but there is some scientific

JET LAG AND SLEEP-RELATED USES FOR MELATONIN

Jet lag – Clinical trials have shown that melatonin supplements can significantly reduce jet lag. The melatonin should be taken on the first day of travel at approximately the bedtime of the destination and then every night for the next several days. This can decrease the days needed to get into a normal sleep routine, cut down on the time it takes to get to sleep

Delayed Sleep Phase Syndrome (DSPS) – This refers to the difficulty getting to sleep at night even when the natural sleep process has not been disrupted by things like jet lag or too much light in the evenings.

Insomnia in the Elderly – Melatonin taken at the same time every evening, approximately 30 to 60 minutes before bedtime, can cut down on the amount of time to get to sleep that often plagues elderly people.

Enhancement of sleep for healthy people – Melatonin taken regularly can even help healthy people who occasionally have

OTHER USES FOR MELANTONIN SUPPLEMENTS There are conditions for which melatonin may be used that have been studied in trials where the results, while appearing to be positive, are not completely conclusive as to their

Macular degeneration – Melatonin does have some antioxidants what are thought to possibly have some positive affects on the eyes by protecting the retina and delaying the onset of macular degeneration.

Anti-inflammatory – There is some indication that melatonin acts as an anti-inflammatory agent.

Anxiety – There have been some positive results when melatonin supplements are used as anti-anxiety medication prior to

Cancer treatment – There have been some clinical trials on patients with early stage cancer of different types to discern its usefulness in reducing chemotherapy side effects or in fighting the cancer itself. Results are still inconclusive but more

Glaucoma – There are theories that melatonin taken in high doses may possibly increase the risk of glaucoma and other age-related eye problems. But these theories are being discounted because of some evidence that melatonin in fact may be useful as a treatment for glaucoma. Until this is more conclusively proven, people with glaucoma should check with their

Other studies are trying to prove the usefulness of melatonin for treating headaches, high blood pressure, high cholesterol,

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739 Glucosamine

<http://www.herbwisdom.com/herb-glucosamine.html>

Glucosamine

Glucosamine Benefits

Glucosamine supplements are one of the most popular in the Western World, vastly outselling Vitamin C.

As some people get older they develop a degenerative condition known as osteoarthritis which is characterized by pain, stiffness, swelling of the joints and a general inability to move about easily. The condition, which is irreversible, is caused by the deterioration and eventual loss of bone cartilage, the soft connective tissue that protects joints and keeps bones from directly rubbing against each other. Some studies suggest that most people over 60 have osteoarthritis though the

Numerous allopathic and natural remedies are touted as treatments for the symptoms of osteoarthritis. Among them are nutritional supplements based on a substance called Glucosamine. Glucosamine is a naturally occurring amino sugar in the body that plays a vital role in keeping cartilage and other body tissues healthy. As people get older their bodies start producing less Glucosamine. This gradual diminishing of Glucosamine causes the bone cartilage to lose some of its elasticity and become stiff and inflexible, eventually resulting in osteoarthritis. Glucosamine supplements are designed to

Glucosamine Defined

Our bodies naturally make glucosamine as part of its way of keeping our joints lubricated and flexible for maximum mobility. Glucosamine is needed to react with hydrochloric acid in the stomach to eventually produce Hyaluronic Acid, which is a glycosaminoglycan. Hyaluronic acid is found naturally in cartilage, tendons, ligaments and synovial fluid around the joints. It helps with elasticity. Hyaluronic acid is unique among glycosaminoglycans in that it is nonsulfated, and can be very large, with its molecular weight often reaching the millions. It is one of the main components of the

Since glucosamine is naturally occurring in the human body, many find it a viable alternative to over the counter or prescribed pills known to erode the digestive tract or cause internal bleeding or liver problems.

Glucosamine is also known as glucosamine sulfate, glucosamine sulphate, glucosamine hydrochloride, N-acetyl

The Glucosamine Market

The common dosage for the supplement is 1,000 mg. It is also available in 300, 500 or 750 mg. as well. It can be taken in one of three ways; as an injection, in solid or pill form, or in liquid form.

In most cases, Glucosamine supplements are taken along with supplements based on another naturally occurring substance in the body called chondroitin. Chondroitin is a complex carbohydrate that helps cartilage retain water. Supplements

Glucosamine supplements are typically made from crab, lobster and shrimp shells, though some supplements are based on vegetables. Chondroitin supplements meanwhile are made from the cartilage of cows. Glucosamine is commercially

Research

Although it has only been tracked since the early 80's, research shows that it is generally safe for most people.

Though Glucosamine along with chondroitin supplements have been fairly widely used for some time now, there is still considerable discussion about the extent of their effectiveness in treating osteoarthritis. Previous clinical studies have suggested for instance that the effectiveness of a Glucosamine supplement is dependent on whether it is a Glucosamine

Some research suggests that Glucosamine sulfate is more effective at alleviating osteoarthritis symptoms because it is more bio-available, or most easily absorbed by the body compared to hydrochloride supplements. Other studies however suggest that Glucosamine hydrochloride supplements are more concentrated, and are absorbed more rapidly in the gastrointestinal tract than other Glucosamine supplements. A third school of thought holds that Glucosamine supplements

Sufferers of osteoarthritis who are looking for some clarity on the subject unfortunately have little to go by. The most solid research to date on the effectiveness of Glucosamine was conducted by the University of Utah, School of Medicine on behalf of the National Institutes of Health (NIH). The study, which was called Glucosamine/chondroitin Arthritis

The study of 1583 patients suggested that patients with moderate to severe pain did indeed obtain statistically significant pain relief when they took Glucosamine combined with chondroitin sulfate. The results were somewhat less clear in the case of osteoarthritis sufferers with only moderate pain. The NIH study however looked only at the effectiveness of

Meanwhile, a much earlier three-year clinical study conducted in the Prague Institute of Rheumatology, showed Glucosamine Sulfate to be effective in slowing the progression of knee osteoarthritis. The results of this study were very similar to those from a previous clinical study investigating the effectiveness of Glucosamine sulfate. What appears less clear though is the effectiveness of Glucosamine when it is taken by itself. The GAIT study for instance, showed that

Glucosamine and TMJ

The pain of Temporomandibular Joint pain (TMJ) is termed an arthritic condition and sufferers can attest to the enormous amount of pain the condition causes. Glucosamine has been labeled as "possibly effective" for this condition.

The Mayo Clinic's Findings

In connection with glucosamine sulfate which is found in cartilage fluid, The Mayo Clinic's opinion is that available evidence does support the use of glucosamine sulfate to strengthen cartilage and that only this form of the supplement is

The Mayo Clinic also reported that glucosamine is common in patients with osteoarthritis, and may be helpful in reducing the need for NSAID's. (non-steroidal anti-inflammatory agents) This is of course good news for those trying to reduce the

As a final grade, the Clinic gave glucosamine an "A" for good evidence to support its benefit for mild to moderate knee osteoarthritis. A "B" grade was issued for glucosamine's benefit when treating osteoarthritis in general. (The Mayo Clinic's

The National Institute of Health's Findings

Perhaps the final words about glucosamine should come from the United States National Institute of Health (NIH):

- Likely effective for osteoarthritis
- Takes 4-8 weeks to reduce pain compared to 2 weeks with standard treatment.
- Glucosamine slows break down of joints, if taken long term.
- Knee replacement surgery is less likely with glucosamine users.

Natural health enthusiasts advocate its use and its advantages over prescribed pills as being:

- Less costly
- More natural and therefore gentler on the stomach so less side effects.
- Proven effective for treating gout, joint pain, and rheumatoid arthritis

As is often the case with natural supplements and natural remedies the best advice might be to do your research, weigh the pros and cons, and consult your doctor for his or her opinion. The apparent fact that Glucosamine supplements have no side effects associated with their use has been one major factor driving growing adoption of the remedy. For the moment at least clinical studies have shown the use of Glucosamine to have no long term downsides. For many osteoarthritis

<http://www.herbwisdom.com/herb-lobelia.html>

Lobelia

Lobelia Benefits

Lobelia inflata is an herb that is used to treat asthma, allergies, whooping cough, congestion, and bronchitis. In the past, it was also useful for tobacco withdrawal as an herbal remedy to quit smoking. It is found in the south-eastern part of Canada from Nova Scotia to South-east Ontario and British Columbia. It is also present in the eastern half of the United

Lobelia is a fragile flower described as light bluish to violet in color with a touch of yellow that can grow to a height of about three feet. It is a very popular garden plant that also has pale green or yellowish leaves. It is categorized as an annual or biennial plant meaning that it reseeds every year or two. The stem is smooth towards the top and hairy and rough towards its bottom. The flowers are asymmetrical and bisexual. The main parts used of the Lobelia plant are the

Named after Matthias de Lobel, a 17th century botanist, Lobelia is known as Indian Tobacco because it contains lobeline. Lobeline is believed to have a chemical make up similar to nicotine and was therefore used as an alternative to tobacco. In the 19th century, Lobelia was also used as a medicinal herb to induce vomiting, thus removing harmful poisons from the

The name Indian Tobacco was assigned because the Aboriginal people smoked dried leaves of the plant. Historically, the Aboriginal people were very creative and efficient in using the Lobelia plant for medicinal purposes. The Iroquois used the root to treat leg sores, venereal diseases and ulcers. The Cherokees used a poultice of the root for body aches. They also used the plant for boils, sores, bites and stings. Considered a plant to cure asthma, phthisic (lung disease), croup and a

Dosage

Lobelia is considered to be a toxic herb because of its lobeline affiliation. It is important to begin with lower dosages and increase the dosage over a period of time. It is also imperative that you never surpass a dosage of 20 mg per day. If you consume a dosage higher than 500 mg, it could be fatal. Lobelia can be taken in a few different forms. It can be given as a vinegar tincture or a regular tincture, as a fluid extract, or as a dried herb for teas or in capsules. It is preferred that the

A few facts:

Latin Name: Lobelia inflata

Common Names : Lobelia, pukeweed, Indian Tobacco, gagroot, asthma weed, vomitwort, rapuntium inflatum, bladderpod

Indicated for: bronchitis, whooping cough, congestion, asthma, tobacco withdrawal, allergies, colds, soother for inflamed conditions, pain reliever in elevated amounts and as a sedative.

Properties: expectorant, emetic, anti-asthmatic, stimulant antispasmodic, diaphoretic, diuretic, nervine

<http://www.herbwisdom.com/herb-horse-chestnut.html>

Horse Chestnut (Aesculus hippocastanum)

Horse Chestnut Benefits

Horse chestnut is a traditional remedy for leg vein health. It tones and protects blood vessels and may be helpful in ankle oedema related to poor venous return. Utilised extensively throughout Europe as an anti-inflammatory agent for a variety of conditions, in addition to being used for vascular problems. The plant is taken in small doses internally for the

Horse chestnut is an astringent, anti-inflammatory herb that helps to tone the vein walls which, when slack or distended, may become varicose, haemorrhoidal or otherwise problematic. The plant also reduces fluid retention by increasing the

The seeds are decongestant, expectorant and tonic. They have been used in the treatment of rheumatism, neuralgia and haemorrhoids. A compound of the powdered roots is analgesic and has been used to treat chest pains. Extracts of the seeds are the source of a saponin known as aescin, which has been shown to promote normal tone in the walls of the veins,

Veins that are either weak and/or under chronic stress are more likely to fail and therefore more likely to allow leakage of

Fluid accumulation is more common in the legs and far more likely in individuals who stand for extended periods of time. Prolonged standing and obesity can increase pressure within leg veins causing weak veins to swell, leak and deteriorate into varicose veins. Aescin, performs an antioxidant function and has a general vasoprotective role by protecting collagen and elastin (the two chief proteins that form the structure of veins). By protecting these key vessel proteins, veins and

A study out of West Germany, reported in the early 1980s, showed one commercial horse chestnut product affected both the collagen content and architecture of the varicose vein and helped make the veins more normal.

Horse chestnut contains several triterpene glycosides, with aescin predominating in the seeds. Coumarin glycosides aesculin, fraxin, and scopolin and their corresponding aglycones, aesculetin, fraxetin, and scopoletin, are also found, along with flavonoids such as quercetrin. Allantoin, leucocyanidins, tannins, and the plant sterols sitosterol, stigmasterol, and campesterol have also been identified. The whole extract made from the Horse Chestnut is probably superior to the

Horse chestnut has also been taken internally for leg ulcers and frostbite, and applied externally as a lotion, ointment, or gel. In France, an oil extracted from the seeds has been used externally for rheumatism. The topical preparation has also been used to treat phlebitis. Most studies have looked at the plant's use internally. But there is some evidence that

Randomised double-blind, placebo-controlled studies have shown that horse chestnut can reduce oedema (swelling with fluid) following trauma, particularly those following sports injuries, surgery, and head injury. A clinical study compared horse chestnut extract to compression stockings and placebo for varicose veins. Both the herbal medicine and the stockings significantly reduced oedema of the lower legs compared to placebo. Feelings of tiredness and heaviness, pain, and swelling in the legs were alleviated by the extract, in comparison to placebo. In addition, common symptoms which

Trial studies suggest that Horse Chestnut may also be of value in treating lung conditions of infarction, embolisms and

<http://www.herbwisdom.com/herb-wild-yam.html>

Mexican Wild Yam (*Dioscorea villosa*)

Mexican Wild Yam Benefits

Mexican Wild Yam is a very good antispasmodic so is good for menstrual cramps, relaxing muscles, soothing nerves, relieving pain, poor circulation and neuralgia, for the inflammatory stage of rheumatoid arthritis and for abdominal and

It has long been used for its benefits in women's reproductive health, including pre-menstrual syndrome and menopausal problems. It can be taken in capsules or in tea (though there are mixed opinions on the flavour). The powder can be added

Wild Yam's traditional use is for easing menstrual cramps. Its antispasmodic property is beneficial for any kind of muscular spasm and colic, such as intestinal and bilious colic, flatulence, ovarian and uterine pain; for poor circulation and neuralgia; for the inflammatory stage of rheumatoid arthritis; and for abdominal and intestinal cramping. Wild Yam

As a stimulant for increased bile flow, it can help to relieve hepatic congestion, bilious colic and gallstones.

Also known to have a therapeutic action on overall liver health, it is believed that wild yam root's ability to lower blood cholesterol levels and lower blood pressure indirectly helps the liver by increasing its efficiency and reducing stress.

Its steroidal saponins are also anti-inflammatory, making it a useful herb when treating rheumatoid arthritis and inflammatory conditions of the bowel. Its diuretic effect, combined with the antispasmodic action, soothes painful

Wild yam contains alkaloids, steroidal saponins, tannins, phytosterols and starch.

<http://www.herbwisdom.com/herb-reishi-mushrooms.html>

Reishi Mushrooms

Reishi Mushrooms Benefits

Reishi mushrooms are not often used in cooking because they are hard and have a bitter taste, although some people do use them in the same dishes that you might use shitake mushrooms. But you are unlikely to find them at your favorite market. They are mainly used for purely medicinal purposes and have a number of health benefits. In fact, it is known

All mushrooms are the “fruit” of fungi as well as the reproductive part. Reishi mushrooms can be found growing up from underground networks called mycelium near organic waste and logs, which are both a good nutrient source. Given the

The Eastern world has been using reishi for thousands of years, particularly in China and Japan. Even the ancient kings and emperors drank reishi tea because it was believed that its properties encouraged vigor and long life. They also thought

The use of reishi has reached the Western world where these days people are making elixirs from the mushroom for the purpose of promoting vitality and longevity. It is also used to treat certain medical conditions.

Benefits of Reishi Mushrooms and Supplements

The benefits of reishi mushrooms are so well known and proven that you can get them in forms that are much convenient than slicing them up and cooking with them. You can buy them dried, in concentrated tablets, capsules, or even as an

Here is a list of the benefits that reishi mushrooms have as a daily dietary supplement or in helping to treat certain medical

- These mushrooms are very strong antioxidants. Antioxidants protect the body from the negative effects of free radicals that are formed inside the body by daily exposure to the sun, chemicals, and pollutants. Reishis are proven to boost the
- It is believed that reishi mushrooms can suppress the growth of tumors in people with cancer. It can reinforce the membranes in cancerous cells to keep the tumor from spreading. For this reason, they are often used in efforts to prevent
- Reishis are also beneficial for people suffering from asthma and other respiratory conditions because it seems to have a healing effect on the lungs. They are good for building respiratory strength and curbing a cough.
- Reishi mushrooms have anti-inflammatory properties and are therefore used sometimes for patients who have Alzheimer’s and heart disease. This is based on the idea that inflammation plays a part in each of these conditions. The pain that accompanies other inflammatory conditions like neuralgia and arthritis may also be lessened by reishi mushroom
- As far as benefits for the heart, reishi mushrooms can improve the flow of blood to the heart and reduce the amount of oxygen the heart consumes. It can help to lower cholesterol and some of the ingredients may help combat high blood

Ingredients in Reishi Mushrooms

So exactly what is it in reishi mushrooms that give it so many health benefits? Scientists have learned one active ingredient is polysaccharides, which contain beta glucan. Beta glucan is known for its ability to enhance the immune

Another ingredient in reishi is triterpenes. The type found in reishi mushrooms is a ganoderic acid that has been proven in studies to ease the symptoms of allergies by stopping the release of histamines. It also can improve the body’s use of

How Much Reishi to Take When Using As A Supplement

The recommended dose when using reishi mushrooms as a dietary supplement is 150 to 900 mg if taken in tablet or capsule form or 1.5 to 9 grams of the dried variety. There have rarely been any side effects reported from reishi, but some

<http://www.herbwisdom.com/herb-horsetail.html>

Horsetail (Equisetum arvense)

Horsetail Benefits

Horsetail is a member of the Equisetaceae family; the sole survivor of a line of plants going back three hundred million years. It is a descendant of ancient plants that grew as tall as trees during the carboniferous period of prehistoric times and members of this family gave rise to many of our coal deposits. Since being recommended by the Roman physician Galen, several cultures have employed horsetail as a folk remedy for kidney and bladder troubles, arthritis, bleeding ulcers, and

Because of its content of silica, this plant is recommended when it is necessary for the body to repair bony tissues that are in not well condition, as a result of some traumatism or because of their own corporal decalcification. Silica helps to fix

It will be advisable in those cases when an abnormal calcium intake or a bad fixation of it takes places, just as it happens in osteoporosis. Because of its mineral content horsetail is recommended for anaemia and general debility. It has also been

Horsetail is an astringent herb and has a diuretic action. It has an affinity for the urinary tract where it can be used to sooth inflammation, haemorrhaging, cystic ulceration, ulcers, cystitis and to treat infections. It is considered a specific remedy in cases of inflammation or benign enlargement of the prostate gland and is also used to quicken the removal of kidney

Its toning and astringent action make it of value in the treatment of incontinence and bed-wetting in children. It may be applied to such conditions as urethritis or cystitis with haematuria, reducing haemorrhage and healing wounds thanks to the high silica content. This local astringent and anti-haemorrhagic effect explains the application of horsetail to such

The horsetail constitutes one of the most diuretic species in all the plants. That is to say that it possesses a great capacity to eliminate water from the body, in such a point to increase urination up to 30% more than what is habitual. This fact makes that its scientific name *Equisetum arvense* generally appears in the composition of most of products that habitually are sold to reduce weight. This property is due to the action of several components, among which it is necessary to

As a diuretic it is particularly suited to metabolic or hormonal oedema during the menopause. The diuretic action is thought to be due partly to the flavonoids and saponins. *Equisetum* is restorative to damaged pulmonary tissue after

It may be taken internally to stop bleeding from ulcers or curb heavy menstrual bleeding. It may also be used as a gargle and mouth rinse for sore throat and bleeding gums or mouth ulcers. Externally it is a vulnerary and may also be applied as

It has been established that administration of silicic acid causes leucocytosis (a temporary increase in white blood cells). *Equisetum*'s silica content encourages the absorption and use of calcium by the body and also helps to guard against fatty

Recent research in Russia has apparently demonstrated that horsetail is effective in removing lead accumulations in the

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740 Nettle

<http://www.herbwisdom.com/herb-nettle.html>

Nettle (*Urtica dioica*)

Nettle Benefits

Nettle has been used for centuries to treat allergy symptoms, particularly hay fever which is the most common allergy problem. It contains biologically active compounds that reduce inflammation. Dr. Andrew Weil M.D. author of Natural Health/ Natural Medicine says he knows of nothing more effective than nettle for allergy relief. And his statement is

Decongestants, antihistamines, allergy shots and even prescription medications such as Allegra and Claritin treat only the symptoms of allergies and tend to lose effectiveness over a period of time. They can also cause drowsiness, dry sinuses, insomnia and high blood pressure. Nettle has none of these side effects. It can be used on a regular basis and has an

Nettle has been studied extensively and has shown promise in treating Alzheimer's disease, arthritis, asthma, bladder infections, bronchitis, bursitis, gingivitis, gout, hives, kidney stones, laryngitis, multiple sclerosis, PMS, prostate enlargement, sciatica, and tendinitis! Externally it has been used to improve the appearance of the hair, and is said to be a

In Germany today stinging nettle is sold as an herbal drug for prostate diseases and as a diuretic. It is a common ingredient in other herbal drugs produced in Germany for rheumatic complaints and inflammatory conditions (especially for the lower urinary tract and prostate). In the United States many remarkable healing properties are attributed to nettle and the

The root is recommended as a diuretic, for relief of benign prostatic hyperplasia (BPH) and other prostate problems, and

An infusion of the plant is very valuable in stemming internal bleeding. It is also used to treat anaemia, excessive menstruation, haemorrhoids, arthritis, rheumatism and skin complaints, especially eczema. Externally, the plant is used to

Taken orally, products made from nettle's aerial parts may interfere with the body's production of prostaglandins and other inflammation-causing chemicals. Consequently, nettle may have an anti-inflammatory effect. It may also enhance responses of the immune system. Chemicals in nettle's aerial parts are also thought to reduce the feeling of pain or

In addition, nettle's aerial parts may reduce the amount of histamine that is produced by the body in response to an allergen. An allergen is a substance such as pollen that may provoke an exaggerated immune response in individuals who are sensitive to it. Through this potential action, the aerial parts of nettle may help to reduce allergy symptoms. Results

A solution of the extract may be applied to the skin to relieve joint pain and muscle aches. Astringent properties of nettle aerial parts may also help to lessen the swelling of haemorrhoids and stop bleeding from minor skin injuries such as razor nicks. An astringent shrinks and tightens the top layers of skin or mucous membranes, thereby reducing secretions,

This herb should be used for a minimum of 30 days for full effects. Our Nettle is organically grown and cryogenically

<http://www.herbwisdom.com/herb-maca.html>

Maca

Maca Benefits

Maca root (*Lepidium meyenii*) has many health benefits. Known for their advanced knowledge of healing and the body's connection with nature, the Incan civilization used the maca root in many of their natural remedies. According to ancient Incan history, the maca root was known to have special properties which were believed to enhance energy and stamina. It is also believed to increase the sexual desire and endurance. Maca is often termed as Peruvian Ginseng due to its natural

The maca root can be found growing in the Andes Mountains, mainly in Peru. The environment which is deemed ideal for its growth is in uncongenial locations which are located high in the mountains. Maca flourishes in such climates due to its

Maca is related to the mustard plant, and has similarities in appearance. The flowers of the maca resemble those of the mustard plant. It is not uncommon for farmers and /or those who are knowledgeable in horticulture to mistake the identity

Medicinally, the part of the maca that holds the active nutrients is the flesh of its root. The nutritional contents of the maca root are impressive. The root or tuber is high in protein, natural sugars, iron, potassium, iodine, magnesium, calcium, and

Libido & Fertility Culturally, the ancient Peruvians ingested this powerful root to boost the potency of the male libido. Its natural properties help to create an aphrodisiac-like response in men who have suffered from impotency, low sex-drive, and fertility problems. The maca root is known to improve the quality and quantity of sperm in men who have lower than

Endurance Athletically speaking, the main ingredients and naturally occurring substances in maca are becoming widely used by today's amateur and professional athletes alike. The main action of this powerful super food is to strengthen

Menopause Over time, other uses for maca have also shown promising benefits to health such as relief of fatigue and the reduction of menopausal symptoms in women. One of the most troublesome symptoms of menopause is hot flashes. The active ingredients in the maca root appear to lessen the severity and frequency of hot flashes that occur due to hormonal changes in a woman's body as they reach middle age. Maca root helps to bring back into balance the body's natural

Menstruation Menstrual problems that often plague women of child-bearing age such as cramping, heavy or irregular periods, as well as PMS, have found that the maca root alleviates many of the uncomfortable symptoms.

Skincare For both men and women alike, skin problems such as acne have been drastically improved with the use of maca.

Depression Another essential benefit of the maca root is its known ability to relieve mild depression. There is an increase in the body's levels of serotonin in individuals using maca. Common treatments for depression are antidepressant medications which tend to have uncomfortable side effects such as weight gain, fatigue, and dulled senses. Maca has none

The benefits of the ancient Peruvian maca root continue through the present day as a leading super food health enhancer. For those who have benefited from its health properties, maca comes highly recommended as a time-tested source of

Dosage The strength of the active ingredients in maca varies, yet the typical dosage is 500mg. twice daily. Maca generally comes in capsule form. However, many herbalists prefer maca in powder form. The powdered maca preparation

<http://www.herbwisdom.com/herb-rosemary.html>

Rosemary

Rosemary Benefits

Rosemary (*Rosmarinus officinalis*) is a very popular shrubby, evergreen herb. Its small, drought-resistant leaves are widely used for their various medicinal properties as well as to season food. They are highly aromatic, which means they contain high concentrations of essential/volatile oils, hence their wide use for flavouring food and also as an airborne

Rosemary was originally cultivated on the shores of the Mediterranean. In fact, the herb's Latin name, *rosmarinus*, is derived from the words "ros", which is translated to dew, and "marinus", which means sea, as Rosemary can survive on just the spray in the sea air. It is a plant well suited to growing in poor or sandy soil, high salt, high wind areas such as the

Rosemary's symbolic uses are deeply inlaid within many cultural traditions including weddings, funerals, and during religious ceremonies. The herb is seen by many as a gift by the gods and as a symbol of love, friendship, and trust. In

Rosemary is a member of the Mint family (Lamiaceae). The first records of rosemary's use as a medicinal herb date back to ancient times in the civilizations surrounding the Mediterranean Sea. The herb was thought to have strong effects on memory and in strengthening the mind. Later accounts include that of Queen Elisabeth of Hungary, who claimed that drinking rosemary water led to her longevity as she lived beyond 70 years old while suffering from both gout and rheumatic disorder. Additional historic uses of the herb include its burning to purify the air near ill people to ward off

Rosemary is known to contain several chemicals that promote good health in human beings. The two primary active ingredients found in the herb are carnosic acid and rosmarinic acid. Carnosic acid is a preservative and antioxidant found in both rosemary and common sage. The compound has demonstrated its ability to prevent damage to skin cells by UV-A radiation and is accepted as a very powerful antioxidant. Studies have also shown that carnosic acid offers protection

The rosemary herb is used in modern times to treat a variety of symptoms and illnesses. The most prominent modern use of rosemary is as an antioxidant. The primary goal of the herb in this use is to prevent the damage caused by oxidative stress that occurs during many diseases. The brain is particularly susceptible to the effects of oxidative stress, as demonstrated by the condition's role in diseases such as Parkinson's disease and Alzheimer's disease. Studies have shown

Studies have also shown that rosemary is a potent anti-carcinogen and may play a role in treating cancer in the near future. One such study was conducted on rats and showed that rosemary, when administered in a powdered format, prevented the effects of carcinogens by 76% and decreased the incidence of tumors in mammary glands. In addition, by reducing the

Rosemary has been thought of as a memory booster throughout history. Recent advances in the science surrounding the herb have shown that it inhibits the breakdown of acetylcholine, which is a compound that plays a role in sections of the brain responsible for memory and reasoning. Rosemary may also promote memory function by increasing blood flow to

The herb is used by many as a natural antibacterial and antiviral. Rosemary is touted for its ability to eliminate several harmful forms of bacteria while leaving helpful bacteria undamaged. This use of the herb is particularly effective in

Since it is also commonly used as a seasoning, there are many ways to incorporate rosemary into the typical diet. The most common method is to simply season prepared food with the herb to taste. A tea can also be made by adding two teaspoons of the rosemary leaves to hot water and allowing it to steep for 10 to 15 minutes. Herb butters and oils are made

The leaves of the rosemary herb are used to make seasoning. When making rosemary oil nearly every part of this shrubby herb is used. Oil extract from the flowers is considered to be the best in quality. The leaves are often used to make

<http://www.herbwisdom.com/herb-sasparella.html>

Sasparella

Sasparella Benefits

Sasparella is the common name for smilax regelii, which has been used medicinally to treat everything from chronic pain to toe fungus. It has likely been used for thousands of years by indigenous tribes of South America but was first introduced to Europe near the end of the Dark Ages. Today, it is still a popular supplement ingredient and medicinal

Description of the Plant

This prickly vine is native to Mexico, the Caribbean and Central and South America. It climbs well and can grow to be over 50 yards long. The berries of sasparella come in lustrous black, purple-blue and a red so rosy it could almost be called fuchsia. This beautiful fruit is popular among wild birds as well as humans. Certain varieties of sasparella can also be found in India and China. The common name is derived from the Spanish zarzaparilla which means “little grape vine

A sarsaparilla root typically measures between six and feet in length. It’s tuberous in shape and has no particular smell or taste. It has been used medicinally for hundreds of years by the people native to Central and South America who found it

Uses*

Sarsaparilla root is globally recognized for medicinal properties. Since it was first introduced to the Western world, sarsaparilla has been used to treat gout, gonorrhoea, open wounds, arthritis, cough, fever, hypertension, pain, a lack of sexual desire, indigestion, and even certain forms of cancer. More serious conditions have also been treated with

Sarsaparilla first came to Europe in the 1400s as a medicine discovered in South America and brought back via boat. Europeans used the root to encourage sweating and urination as well as to purify blood, a common practice during the Dark Ages. During the 1800s, sarsaparilla was on the books in both Europe and the young United States for its blood

Sarsaparilla is also consumed for pleasure in drink and pickled form. Stores in some parts of Oceania stock a popular drink named simply Sarsaparilla that uses the plant to increase foaminess. In the past, it was also popular in the United States as part of a drink made with sassafras. In India, too, sarsaparilla is eaten for more than medicinal purposes. As well

Today, sarsaparilla roots is available most readily in health food stores. The capsules, tinctures and supplements of sarsaparilla usually include other herbs for a specific result. It is a common ingredient in hormone balancing, skin care and sex drive increasing natural products. These modern sarsaparilla products are primarily produced from plants grown in

Active Ingredients

The studies that have been done on sarsaparilla as a medicinal herb suggest that the benefits come from antioxidant properties and plant steroids beneficial to human health. Sarsaparilla also contains flavonoids, a pigmentation chemical that gives many plants their leaf, stem, flower and even root color. In the past decade, flavonoids have garnered more

One of the most fascinating ingredients in sarsaparilla root are saponins, a chemical compound. Saponins, usually bitter to the taste, are named after soap because of the foam-like reaction they have when placed in water. In the plants where they originate, saponin chemical compounds help deter fungi and insects from eating their leaves. This could be one of the

Preparation

The best way to prepare raw or dried sarsaparilla root is to boil it into an infusion and take a cup of it several times a day. With capsules and supplements, read the instructions on the bottle. Usually, it takes less than half a teaspoon of ground

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<http://www.herbwisdom.com/herb-valerian.html>

Valerian (Valeriana officinalis)

Valerian Benefits

Valerian is well known for its sedative qualities and its ability to relax the central nervous system and the smooth muscle groups. It has been used as a sleeping aid for hundreds of years especially when there is excitation or difficulty in falling to sleep due to nervousness. Over 120 chemical components are found in valerian and although a very complex herb, it

It is calming without exerting too sedative an effect and is practically non-addictive. It is a valuable treatment for insomnia, the sedative effect due to the valepotriates and the isovaleric acid.

At least two double-blind studies have demonstrated that valerian extract can significantly reduce the amount of time it takes people to fall asleep without changing the normal stages of sleep.

Documented research has noted a mild hypnotic action in both normal sleepers and insomniacs, indicated by a beneficial effect on sleep latency, wake-time after sleep, frequency of waking, nocturnal motor activity, inner restlessness and tension and quality of sleep. Sleepiness and dream recall the morning after were unaffected. The valepotriates have a

Valerian is used in Europe as an antispasmodic, particularly for abdominal cramps due to nervousness and for uterine cramps and menstrual agitation. It helps relieve dysmenorrhoea and it can be of benefit in migraine and rheumatic pain. It

Valerian is also used as a mild tranquilizer for people experiencing emotional stress, much as anti-anxiety drugs are prescribed and has been prescribed for exhaustion. Valerian has occasionally been tried as part of a program to take a

Valerian does not impair driving ability and produces no morning hangover effect. It is a gentle relaxant and an effective

Millions of people have difficulty sleeping and the pharmaceutical industry has cashed in on the problem to the tune of billions of dollars. But herbal sleep aids can be as effective as the powerful prescription sedatives such as valium and

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Yerba Mate

<http://www.herbwisdom.com/herb-yerba-mate.html>

Yerba Mate (*Ilex paraguariensis*)

Yerba Mate Benefits

Yerba mate has been used as a beverage since the time of the ancient Indians of Brazil and Paraguay and is considered a

Woman's World writer Barbara Tunick reports; "A drink from South America has hit U.S. shores-and experts say it's the ticket for those who love the boost of coffee but hate it's side effects."

In addition to its standing as a popular beverage, Yerba mate is used as a tonic, diuretic and as a stimulant to reduce fatigue, suppress appetite and aid gastric function in herbal medicine systems throughout South America. It also has been used as a depurative (to promote cleansing and excretion of waste). In Brazil, mate is said to stimulate the nervous and muscular systems and is used for digestive problems, renal colic, nerve pain, depression, fatigue, and obesity. It also has

In Europe it is used for weight loss, physical and mental fatigue, nervous depression, rheumatic pains and psychogenic and fatigue related headaches. In Germany it has become popular as a weight-loss aid. Yerba mate is the subject of a

In France yerba mate is approved for the treatment of asthenia (weakness or lack of energy), as an aid in weight-loss

It also appears in the British Herbal Pharmacopoeia (1996) and indicated for the treatment of fatigue, weight loss and headaches. In the U.S., Dr. James Balch, M.D. recommends Yerba mate for arthritis, headaches, haemorrhoids, fluid retention, obesity, fatigue, stress, constipation, allergies and hay fever, and states that it "cleanses the blood, tones the

Millions of South Americans drink Mate on a daily basis where weight problems are uncommon. Researchers think that Yerba Mate may be an important factor. A couple of cups a day may just set you on the course to your goals.

Yerba Mate contains xanthines, chemicals that boost your metabolic rate by 10% and is rich in pantothenic acid, which prevents over stimulation of the nervous system. Yerba Mate has a host of anti-oxidants that boost immunity and protect against colds and flu. Studies show it is as powerful a cell protector as vitamin C, reducing the effects of aging as well as protecting against cancer and other disease. Furthermore, researchers say that Yerba Mate is a rich source of magnesium that has been proven to ease anxiety: unlike the herbal formulas such as Metabolife that reduce appetite by

<http://www.herbwisdom.com/herb-soy-isoflavones.html>

Soy Isoflavones (Glycine)

Soy Isoflavones Benefits

For more than five thousand years China has been using soy beans as an additional nitrogen supplement for soil during crop rotation. Found in many East Asian and Hawaiian dishes, green baby soy beans are commonly known as edamame

Brought to America in the 1930s, soy beans have proved to be useful in a variety of ways. Soy products are derived from soy beans that are labeled as field or vegetable types. Also classified as oil, field types are generally grown to produce soy oil. High in Omega fatty acids, soy is also used in feed for livestock and fowl. Vegetable soy beans known as garden types are higher in protein than field types and are used to produce soy milk, tofu, and other soy based food products. It is

Soy is used to make a wide range of vegan and vegetarian products like soy vegetable oil, soy milk, soy lecithin, and tofu. Miso, soy sauce, and tempeh, are some fermented food products made from soy. Textured vegetable protein is made from

Processed soy is used in various dairy free products such as ice cream, cheese, yoghurt, milk, cream cheese, and margarine. Although they are high in protein, soy based dairy products do not contain large amounts of calcium. To manufacture products like sprouted soy beans, tofu, soy concentrate, or soy protein isolates, dissoluble soy carbohydrates

For babies who may be allergic to the proteins in pasteurized cows milk, or for vegetarian and vegan families, soy companies offer soy based infant formulas that the Food and Drug Administration have concluded as safe to use for sole

The United States Food and Drug Administration declares that supplemental vitamin products must have a source of full protein. Full, or complete protein contains adequate amounts of essential amino acids that is required by the human body. Soy products offer complete protein for those who would like to replace or reduce their consumption of meat. Animal

Since 1990, protein quality has been measured by The Protein Digestibility Corrected Amino Acid Score. Their primary focus is the evaluation of protein quality according to human amino acid requirements, and how well they can be digested. According to score criteria, soy protein products are nutritionally equivalent to eggs and meat, and includes casein, which

Concentrated soy protein absorbs nearly all of the fibre from the initial soy bean. Soy's high protein content makes it an extensively used ingredient for manufactured cereals and baked goods, and for protein powders and beverage drinks.

Not only high in protein, soy based products offer other healthy benefits such as Omega-3 fatty acids that contribute to numerous body actions, and isoflavones that are considered useful in the prevention of prostate, uterine and breast cancer.

Soy is rich in isoflavones, which are the most active phytoestrogens in the human diet. These may help to relieve menopausal symptoms. After the menopause, the level of oestrogen in a woman's body falls and it is thought that phytoestrogens may provide a substitute for the body's own oestrogen, relieving symptoms such as hot flushes and dry skin. The interest in phytoestrogens has developed because of the evidence that women in Japan and Asia who consume diets rich in these compounds, do not appear to suffer the same way with hot flushes and sweats as in the western world.

Phytoestrogens can be consumed by purely increasing dietary intake, but this involves eating large amounts of legume food plants, such as peas and beans, with variable phytoestrogen content. Supplements of Soya Isoflavones are a

Cholesterol reduction is another healthful advantage that comes with soy protein and soy based foods. Diets high in cholesterol and saturated fats are primary targets for heart disease. Fat free textured vegetable protein and processed soy

<http://www.herbwisdom.com/herb-watercress.html>

Watercress

Watercress Benefits

Watercress (*Nasturtium officinale*) has a long history of its many medicinal uses, and a long history in general, dating back to the ancient times of the Greeks. It is an herb native to Europe but grown perennially all over the world. It is

Skin Health

Watercress is a good source of lutein and beta-carotene, two important components in preventing UV-damage and maintaining skin health, which is key to an anti-aging regime. It also helps in treating eczema, acne, and generally

Antioxidants

Watercress is heavy in antioxidants, a key ingredient in the prevention of cancer. Antioxidants prevent damage to cells by stopping dangerous free radicals from running rampant and causing cancerous harm. These active antioxidants include vitamins C, A, E, and several B vitamins. The antioxidant properties of watercress especially help in preventing the

Liver

Watercress is very rich in glucosinolates, which are water soluble phytochemicals that contain sulfur. The liver, the body's filtration system, serves to clean the blood of impurities that pass through the body. It also controls synthesis, creates and breaks down proteins, and plays a key part in maintaining a healthy metabolism. It is a vital organ that effects many

Weight Loss

Watercress is loaded with potassium, which acts as a diuretic and draws out excess water weight from the body. Watercress has a lot of fibre as well, which treats and prevents constipation and other bowel troubles. A healthy digestive system is imperative to maintaining a healthy weight. Watercress also contains iodine, which helps maintain a healthy

All round Multivitamin

There are many more health benefits to watercress than the ones listed above, and it really is something of nature's multivitamin. It is host to a number of beneficial vitamins and minerals, including:

Vitamin A, K, D, E and several B vitamins

Iron

Potassium

Calcium

Glycosides

Protein

Omega-3 Fats

Antioxidants

Leucine

Iodine

Fibre

Sulfur

How to take

The leaves or stem of watercress are often taken fresh rather than in capsule form to get the most benefits. It is most nutritious when freshly picked and eaten raw. Use it for a salad or a sandwich for a quick shot of nutrition. It is available

<http://www.herbwisdom.com/herb-uva-ursi.html>

Uva Ursi (Arctostaphylos uva-ursi)

Uva Ursi Benefits

The leaves of this small shrub have been used as an herbal folk medicine for centuries as a mild diuretic and astringent, and in the treatment of urinary tract infections such as cystitis, urethritis and nephritis, pyelitis and in pyelonephritis. Uva ursi can help to reduce accumulations of uric acid and relieve the pain of bladder stones. Uva Ursi is also helpful for

Uva Ursi has a history of medicinal use dating back to the 2nd century. It has been widely used as a diuretic, astringent, and antiseptic. Folk medicine around the world has recommended Uva Ursi for nephritis, kidney stones, and chronic cystitis. The herb has also been used as a general tonic for weakened kidneys, liver or pancreas. Native Americans used it as a remedy for headaches, to prevent and cure scurvy and to treat urinary tract infections. In fact, until the discovery of sulfa drugs and antibiotics, Uva Ursi was the treatment of choice for such bladder and related infections. Through modern

Uva Ursi may be of great value in diseases of the bladder and kidneys, strengthening and imparting tone to the urinary passages. The diuretic action is due to the glucoside Arbutin, which is largely absorbed unchanged and is excreted by the kidneys. During its excretion, Arbutin exercises an antiseptic effect on the urinary mucous membrane. Therefore, it is used

This herb helps prevent postpartum infection. Uva Ursi is also helpful for chronic diarrhoea. As a nutritional supplement and muscle relaxant, Uva Ursi soothes, strengthens, and tightens irritated and inflamed tissues. The herb neutralizes acidity in the urine, increasing urine flow, therefore reducing bloating and water retention, making it beneficial for weight

Uva Ursi also contains allantoin which is well known for its soothing and tissue-repairing properties. Externally, it has been used as an astringent wash for cuts and scrapes and applied externally for back sprain.

Urinary Tract Infections

Uva Ursi contains chemicals, primarily hydroquinone and hydroquinone derivatives, that make it potentially useful for urinary conditions and is used to treat infections such as cystitis, urethritis and nephritis. The hydroquinone derivative, arbutin, is the chief active compound in Uva Ursi. It is absorbed in the stomach and converted into a substance with antimicrobial, astringent, and disinfectant properties. During urination, as it passes out of the body, it acts on the mucus membranes of the urinary tract to soothe irritation, reduce inflammation, and fight infection. Interestingly, arbutin taken

Uva Ursi has been approved for treating inflammation of the lower urinary tract by Commission E of the German Federal Institute for Drugs and Medical Devices, which is the German governmental agency that evaluates the safety and effectiveness of herbal products. An astringent shrinks and tightens the top layers of mucous membranes, thereby reducing

Uva Ursi also contains diuretic chemicals, including ursolic acid, powerful astringents, and a chemical that helps promote the growth of healthy new cells, allantoin. In addition to its antiseptic and astringent actions, Uva Ursi may help to flush out bacteria by promoting urination. It has been used to reduce the accumulation of uric acid and relieve pain of bladder

E. Coli

Uva Ursi has been reported to be effective against E. coli. Preparations made from bearberries act anti-bacterially in vitro against *Proteus vulgaris*, *E. coli*, *Ureaplasma urealyticum*, *Mycoplasma hominis*, *Staphylococcus aureus*, *Pseudomonas aeruginosa*, Friedlander's pneumonia, *Enterococcus faecalis*, and *Streptococcus* strains, as well as against *Candida albicans*.

High Blood Pressure

Diuretics are often prescribed to treat high blood pressure. However as they also deplete the body's potassium, it is advisable to increase your intake of fresh vegetables and bananas. Diuretics are also prescribed for congestive heart

Wounds/Infections

Allantoin contained in Uva Ursi is an active ingredient in many over the counter creams to treat cold sores, herpes, and

Diarrhoea

Astringent tannins found in this herb are binding and help relieve diarrhoea.

<http://www.herbwisdom.com/herb-whey-isolate.html>

Whey Isolate

Whey Isolate Benefits

Whey isolate is one of the most complete forms of protein available and because it lacks carbs, fats, cholesterol and lactose, it is commonly used as a health supplement. A single serving of many brands of whey isolate may provide your body with all of the amino acids it needs to promote ideal health results from workout and fitness efforts. Further, it contains a high level of leucine, cysteine and amino acids. These elements, in combination with the high levels of pure

What Is Whey Isolate?

Whey isolate, otherwise known as whey protein isolate, is natural by-product from the cheese production process. It is typically a dry, powdery substance that may be used in the making of various products that range from meats to candies and certain types of beverages. Because of its unique health benefits, whey isolate is also widely used as a health supplement. Through the whey isolate manufacturing process, this powder provides you with one of the most pure forms of complete protein available. It generally has a higher concentration of protein than other forms of whey, such as

A Closer Look At Its Benefits

After learning that whey isolate is a complete form of protein that is also rich in amino acids, leucine and cysteine, the question arises of what results you might expect to enjoy when you take a whey isolate supplement on a regular basis. The benefits are varied, and they include the promotion of muscle growth, the loss of body fat, a boost to the body's immune function, a reduction in the risk for breast cancer in women, an improvement in the control of blood glucose levels and prevention for muscle and bone loss in aging adults. Through a review of the benefits whey isolate can provide, you can

How to Get the Best Results

There are several different types of whey isolate available on the market, and the supplement can be found both online and in numerous local and chain stores. The most common type is a powder that is designed to be added to water or milk to prepare a health drink. You may also find whey isolate in an already prepared drink that is ready for immediate consumption. Both the powder mixes and prepared drinks may be found in a variety of flavors like chocolate, vanilla and more. The best results for muscle growth are usually enjoyed when the whey isolate enters your body either immediately

<http://www.herbwisdom.com/herb-whey-protein.html>

Whey Protein

Whey Protein Benefits

Whey protein can be a healthy addition to many diets. It can be used as a food supplement or consumed with meals. Athletes and body-builders are associated with using whey protein because it helps to increase lean muscle mass. However, anyone wanting to build, retain and repair muscle tissue may benefit. Due to the variety available, it is an accessible source of protein for many people. Receiving adequate protein is essential for good health. Though other forms

Athletic Performance Athletes may use whey protein in their training regimen to enhance their performance and increase lean muscle mass. When the body is exposed to physical stress, such as exercise, muscle is naturally broken down and repaired. Whey protein optimizes muscle repair by speeding the time it takes to regenerate tissue. The production of glutathione is increased, assisting the process of muscle building and repair. Fat oxidation is improved to produce greater

Muscle Wasting Diseases Whey protein may benefit those with cachexia because it helps to prevent muscle wasting. Cachexia occurs in patients with certain diseases such as the AIDS virus or those with cancer. Consuming whey protein may also benefit senior citizens and others who may be losing muscle mass due to natural aging. A healthy

Improved Digestion Whey protein may improve digestion. It can help to regulate bowel movements and in certain forms, may be consumed by those who are lactose intolerant. It is often used in milk-based formulas for infants.

So What exactly is Whey Protein?

Whey is the liquid portion of milk that separates after manufacturing cheese. It is a globular protein composed of beta-lactoglobulin, alpha-lactalbumin, bovine serum albumin and immunoglobulins. The chemical composition is similar to

Good Source of Amino Acids Whey protein is a good source of amino acids such as glutamine, leucine, and cystine. The high concentration of branched chain amino acids are specifically responsible for the whey protein's optimal maintenance and repair of muscle tissue. Glutamine and leucine stimulate protein synthesis after exercise and are responsible for reducing tissue damage and improving endurance. Cystine helps to produce glutathione, an antioxidant which helps to

Whey Protein is Available in a Variety of Forms Whey protein may be consumed as a protein concentrate, an isolate or in a hydrolysed form. [See also our article on Whey Isolate.](#) Whey protein concentrate is usually found in protein powder supplements and is approximately 80% protein. Whey protein isolate is the purest form of whey protein and is approximately 90-95% protein. The isolate form contains minimal lactose, making it suitable for those who are lactose intolerant. Hydrolysed whey protein is the most easily absorbed because the protein has already been broken down into

Whey protein is available in snack and energy bars, pre-made shakes and sports drinks. It can be consumed in powders and be added to smoothies or mixed with food. Whey protein can also be taken in capsules.

<http://www.herbwisdom.com/herb-yarrow.html>

Yarrow (*Achillea millefolium*)

Yarrow Benefits

Achillea millefolium, or yarrow, originates from Europe and has adapted to the regions of North America as well as other moderate regions. The word "Achillea" refers to Achilles, an ancient hero. He said that he used yarrow for himself and for his soldiers. "Millefolium" means "coming of a thousand leaves". This refers to the very small, fine and feathery leaves of

This herb plant was first used by ancient Greeks over 3,000 years ago for treating external wounds on the skin. The flowers and leaves of yarrow were eaten and also made into a tea-like drink. The fresh leaves were used to stop bleeding wounds, treat gastrointestinal problems, fight fevers, lessen menstrual bleeding and better circulation. The fresh leaves

Native Americans used yarrow for wounds, infections and bleeding. Chinese medicine gives it praise for the ability to affect the kidney, spleen, liver and energy channels throughout the body. Animal studies have also shown support for the use of yarrow in cleansing wounds and controlling the bleeding of wounds, cuts and abrasions. Many times yarrow is categorized as a uterine tonic, which supports the circulation in the uterine. Many studies show that it helps the uterine by

There are many other benefits of yarrow:

Fights bacteria. Yarrow has an antiseptic action. The bitter parts and fatty acids encourage bile flow out of the gallbladder, known as the cholagogue effect. The free-flowing action improves digestion and prevents gallstones from forming. **Decongestant.** Yarrow contains a drying effect and seems to improve coughs and sinus infections with sputum formation.

Astringent. Very helpful with allergies where nasal secretions and watery eyes are caused by molds, dust, pollen and dander. Yarrow is also known to cause sweating in cases of flu, fevers and colds, helping to cure simple infections.

Infusion. Yarrow is used to aid in healing skin conditions, such as eczema. The essential oils are used and rubbed onto the skin. **Anti-inflammatory.** The oil found in the yarrow has been used to treat arthritis.

Expectorant. Helps to cure colds.

Promotes digestion. Helps in the secretion of enzymes and digestive juice and increases appetite; both help in digestion.

Yarrow is highly known and widely used in herbal medicines and supplied either externally or internally. The entire plant is used, both dried and fresh and is best when gathered while in flower. It is recommended to use caution when this herb is used in large or frequent doses taken for a long period of time. This can possibly be harmful and may cause rashes or

The leaves of the yarrow can be used cooked or raw. They have a bitter flavor but are good in mixed salads and best used when they are young. The leaves may also be used as a preservative or flavoring for beer. The flowers and leaves can be made into an aromatic tea and the essential oils found in the flowering heads can be used as flavor for soft drinks. Its basic components are Alpha Pinene, Acetate, Borneol, Beta Pinene, Borneol, Cineole, Camphene, Camphor, Gamma

Recommended dosage and administration of yarrow for adults

~Yarrow flowers or equal preparations: 3g in one day as tea or infusion *~Extract (1:1, 25 ethanol):* 1-4 ml three times in a day *~Dried herb:* 2-4 g of infusion or capsules three times in a day *~Tincture (1:5: 40 ethanol):* 2-4 three times in a day.

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Royal Jelly

<http://www.herbwisdom.com/herb-royal-jelly.html>

Royal Jelly

Royal Jelly Benefits

Royal Jelly is a substance that is secreted by the honey bee. It is used to feed the larvae and the adult queens. Royal Jelly is made up of 60-70 percent water, 12 percent protein, 12-15 carbohydrates and five to six percent lipid. It also has vitamin B1, vitamin B2, vitamin B6, niacin, pantothenic acid, folic acid and trace amounts of vitamin C. The recommend

Researchers have been studying Royal Jelly for quite some time and have found that it has many health benefits. Below

Lower cholesterol level

High cholesterol is a condition that affects nearly 40 percent of the adult populations. If it is left untreated, it can cause a stroke and/or heart attack. There was a study done that involved two groups of volunteers. Half of the volunteers were given six grams of royal Jelly while the other half were given a placebo. The results of the study were that the volunteers

Helps aid female fertility

Infertility is a problem that affects approximately 10 percent of women. Ovulatory dysfunction is the most common cause of female infertility. Royal Jelly can help boost a woman's fertility by increasing the quality of her eggs and improving her

Eases the symptoms of PMS

Pre-menstrual syndrome, which is also referred to as PMS, is a condition that affects over 50 percent of women. Mood swings, bloating, headaches and fatigue are some of the most common symptoms of PMS. There has been evidence to

Can help treat bacterial infections

Antibiotics are a class of medication that is commonly prescribed to treat bacterial infections. Royal Jelly contains 10-Hydroxy-Dgr2-decenoic acid, which is a natural antibiotic. Additionally, royal jelly has also been shown to boost

Has anti-inflammatory properties

Inflammation is a natural process that occurs when the body detects a harmful stimulus. Chronic inflammation can lead to a number of health problems if it is left unchecked. Royal Jelly has anti-inflammatory properties.

Can help slow down the aging process

Most people look forward to living longer, but no one wants the wrinkles, age spots and fine lines that come along with getting older. Royal Jelly can help slow down the aging process. It has been shown to boost collagen production and

Lower blood sugar

Diabetes is a condition that affects roughly eight percent of the population. The key to controlling diabetes is to keep one's blood sugar within a healthy range. Royal jelly has been shown to help lower blood sugar. There was a study done in Germany that involved 20 volunteers. The volunteers underwent an oral glucose tolerance test and were given a 20 grams of royal jelly. After they were given the jelly, they underwent a second oral glucose tolerance test. The results of the

Reduce the risk of breast cancer

Breast cancer is a condition that affects approximately 12 percent of women. Researchers have not been able to identify the exact cause of breast cancer. However, they have found that excess oestrogen can make a woman or man more

Royal Jelly has a number of health benefits. Side effects from Royal Jelly are rare, but have been reported. Royal Jelly can cause skin irritations and may also interact with certain medications.

<http://www.herbwisdom.com/herb-saw-palmetto.html>

Saw palmetto (Serena repens)

Saw palmetto Benefits

Saw palmetto is an extract derived from the deep purple berries of the saw palmetto fan palm (*Serenoa repens*), a plant indigenous to the coastal regions of the southern United States and southern California.

Saw palmetto is a remarkable herb for both men and women and is used by natural health practitioners to treat a variety of ailments such as testicular inflammation, urinary tract inflammation, coughs and respiratory congestion. It is also used to strengthen the thyroid gland, balance the metabolism, stimulate appetite and aid digestion. This wonderful herb is

Saw palmetto berry also tones the urethra and it may be used to uphold the healthy function of the thyroid gland and

In the United States, its medicinal uses were first documented in 1879 by Dr. J.B. Read, a physician in Savannah, Georgia, who published a paper on the medicinal benefits of the herb in the April 1879 issue of American Journal of Pharmacy. He found the herb useful in treating a wide range of conditions. "By its peculiar soothing power on the mucous membrane it induces sleep, relieves the most troublesome coughs, promotes expectoration, improves digestion and increases fat, flesh and strength. Its sedative and diuretic properties are remarkable," Read wrote. "Considering the great and diversified

Since the 1960s, extensive clinical studies of saw palmetto have been done in Europe. A review of 24 European trials appeared in the November 1998 issue of the Journal of the American Medical Association. The trials involved nearly

The men taking saw palmetto had a 28% improvement in urinary tract symptoms, a 24% improvement in peak urine flow and 43% improvement in overall urine flow. The results were nearly comparable to the group taking Proscar and superior

There is much scientific documentation outlining the effectiveness of the herb in treating irritable bladder and urinary problems in men with benign prostate hyperplasia (BPH), an enlargement of the prostate gland. BPH results in a swelling of the prostate gland that obstructs the urethra. This causes painful urination, reduced urine flow, difficulty starting or stopping the flow, dribbling after urination and more frequent night time urination. In addition to causing pain and

Saw palmetto does not reduce prostate enlargement. Instead, it is thought to work in a variety of ways. First, it inhibits the conversion of testosterone into dihydrotestosterone (DHT). BPH is thought to be caused by an increase in testosterone to DHT. Secondly, saw palmetto is believed to interfere with the production of oestrogen and progesterone, hormones

In a controlled clinical trial with patients with enlarged prostate glands, 50 patients who received saw palmetto (320 mg per day - 4 tablets taken in two separate doses with meals) were compared to 44 patients receiving placebo. Patients treated with saw palmetto urinated less frequently, produced a better flow rate and amount of urine and had less pain and

Presently, saw palmetto is being evaluated by the U.S. Food and Drug Administration (FDA) for treatment of BPH. If approved, it would become the first herbal product to be licensed by the agency as a treatment for a specific condition.

<http://www.herbwisdom.com/herb-sea-buckthorn.html>

Sea Buckthorn

Sea Buckthorn Benefits

The Sea Buckthorn is becoming increasingly popular for its impressive range of healing properties! Sea Buckthorn is a thorny shrub that grows near rivers and in sandy soil along the Atlantic coasts of Europe and throughout Asia, where it has been used for centuries in traditional medical applications. The leaves, flowers, fruits and oils from the seeds are all used

About The Plant

There are seven varieties of the Sea Buckthorn, the most common of which is the *Hippophae rhamnoides* L. Sea Buckthorn, or *Hippophae rhamnoides* L. is commonly known by a plethora of names including: Argasse, Argousier, Buckthorn, Chharma, Dhar-Bu, Espino Armarrillo, Espino Falso, Finbar, Grisset, *Hippophae rhamnoides*, Meerdorn,

Most of the world's Sea Buckthorn plantations are located in China. There, the shrub is used for soil and water conservation in addition to its healing properties. The fruit of the Sea Buckthorn is difficult to harvest, due to the thorny nature of the shrubs themselves. The harvested fruit is quite acidic and its juices are often combined with those of sweeter

Uses

In natural medicine, there are many uses and indications for the Sea Buckthorn. Leaves and flowers are utilized for arthritis, GI ulcers, gout and skin rashes and irritations. Tea made from the leaves contains vitamins and minerals, antioxidants, amino acids, and fatty acids. The tea is typically used for lowering blood pressure and serum cholesterol, prevention and treatment of diseases of the blood vessel, and for increasing immunity. Sea Buckthorn berries are used for

Seed or berry oil is used for asthma, angina, hyperlipidemia (high cholesterol), as an antioxidant and as an expectorant. Sea Buckthorn oil is used in traditional medicine to slow the reduction of mental agility associated with aging and to reduce the side effects of cancer and cancer treatments. It may be used to treat GI tract diseases including ulcers, GERD,

Sea Buckthorn is a supplemental source of vitamins C, A, and E, beta-carotene, minerals, amino acids, and fatty acids. One recent study suggests that Sea Buckthorn seed oil may be effective for assisting in weight loss. Chinese researchers have completed a study suggesting that Sea Buckthorn oil extract can lower cholesterol, reduce angina and improve heart function in patients with cardiac disease. Research on Sea Buckthorn as it relates to weight loss, cardiac disease and

Sea Buckthorn tea, oil or berries can be used for a variety of skin conditions and to heal wounds of the skin, and scientific studies indicate it may have some antibiotic properties. Extracts can be used for acne, rosacea, insect bites and sunburn.

<http://www.herbwisdom.com/herb-red-clover.html>

Red clover (*Trifolium pratense*)

Red clover Benefits

Red clover is considered to be one of the richest sources of isoflavones (water-soluble chemicals that act like oestrogens and are found in many plants). It is used for hot flashes/flushes, PMS, lowering cholesterol, breast enhancement and breast health, improving urine production and improving circulation of the blood. It is also used to help prevent osteoporosis,

Red clover is a source of many valuable nutrients including calcium, chromium, magnesium, niacin, phosphorus, potassium, thiamine, and vitamin C. Red clover is also considered to be one of the richest sources of isoflavones (water-

Several studies of a proprietary extract of red clover isoflavones suggest that it may significantly reduce hot flashes in menopausal women. Also, menopause increases a woman's risk for developing osteoporosis (significant bone loss) and some studies suggest that a proprietary extract of red clover isoflavones may slow bone loss and even boost bone mineral density in pre and peri-menopausal women. The oestrogen-like effect of red clover isoflavones may be involved, and red

However, this possible bone-strengthening effect has not been seen in men and post-menopausal women.

Because it contains chemicals called isoflavones, which belong to a larger class of plant chemicals known as phyto (plant-derived) oestrogens, red clover is often taken to relieve symptoms of premenstrual syndrome (PMS). Isoflavones are similar in shape to the female hormone, oestrogen. Therefore, they may attach to oestrogen receptors throughout the body

For women with normal oestrogen levels, red clover isoflavones may displace some natural oestrogens, possibly preventing or relieving oestrogen-related symptoms, such as breast pain, that are associated with PMS. This effect may also reduce the possibility of developing oestrogen-dependent cancer of the endometrium (the lining of the uterus). In

Red clover may also block enzymes thought to contribute to prostate cancer in men. It has shown a definite limiting effect, however, in the development of benign prostate hyperplasia (BPH), which is a non-cancerous enlargement of the prostate gland. An enlarged prostate may cause men to experience a weak or interrupted urine stream, dribbling after urinating, or

It is believed that red clover may help to prevent heart disease in several ways. Although results from human studies are not definite, some show that taking red clover may lower the levels of 'bad' low-density lipoprotein cholesterol (LDL) and raise the levels of 'good' high-density lipoprotein (HDL) cholesterol in the body. In addition, red clover may also promote an increase in the secretion of bile acid. Because cholesterol is a major component of bile acid, increased bile acid production usually means that more cholesterol is used and less cholesterol circulates in the body. Additionally, red clover contains small amounts of chemicals known as coumarins, which may help keep the blood from becoming thick and gummy. Therefore, the possibility of forming blood clots and arterial plaques may be reduced. Plaques are accumulations

It has been found to be helpful in quitting smoking.

<http://www.herbwisdom.com/herb-squill.html>

Squill/Scilla

Squill/Scilla Benefits

Squill (Scilla) is a bulb-forming herbaceous perennial plant in the hyacinth family that grows along the sandy coastline of the Mediterranean Sea. Squill plants have a large bulb root, 15cm across, looking similar to an onion. This bulb can weigh up to four pounds. It is normally harvested after the base leaves have withered, a time when the medicinal properties of the

There are two varieties of squill distinguished by herbalists, 25 varieties distinguished by horticulturists, each with slightly different chemical properties. Red squill, often referred to as Indian Squill, contains a toxin called Scilliroside. This toxin is harmful to all creatures and deadly to those unable to rid itself of the toxin through vomiting. This is why red squill is commercially prepared for use as a rodent poison. White Squill, known as European squill, is the most common used for

The compounds that make squill desirable for medicinal purposes are found in the inner layers of the bulb. Just as an onion is peeled, squill's outer layer is removed and discarded. The inner layers are finely sliced, dehydrated and ground in to a powdered form to use in medicines. Squill can be distilled as vinegar. It is often prepared in liquid form as an extract

Ancient physicians surrounding the Mediterranean Sea used squill as a remedy for coughs, as an expectorant and as a diuretic. It is also believed they used a tonic containing squill to assist the function of a patient's heart. These ancient physicians were aware of the poisonous affect on animals, including humans, from the over consumption of any remedy

Squill is found in remedies used to treat various lung diseases. Tonics are prepared for persons suffering with asthma, chronic bronchitis and those with whooping cough. The addition of squill to the body stimulates the production of phlegm,

Medications containing squill are still used in some countries by traditional physicians to treat irregular heartbeats, mild heart failure and other heart-related issues. The bulb contains glucosamides, aiding the stimulation of the heart. Squill extract's affect on the heart is both slowing the beats per minute and increasing the force of each individual beat. It has

As well as the major medical issues such as chronic kidney disease and cardiovascular problems, squill is used to treat a wide variety of mild complaints. Chronic pain, stemming from over-stressed muscles and diseases such as Fibromyalgia, can be alleviated by squill extracts. The extract is thought to have some analgesic properties, though more research is needed to confirm this fact. Squill supplements can be effective in regulating a woman's menstrual cycle. It is sometimes prepared as a hair tonic to relieve dandruff and seborrhoea. It can be used externally as a poultice, on bruises, burns, cuts,

Squill is widely available in many different forms. Squill extract is used to create tonics. Many cough remedies contain squill. Some squill cough remedies were first made by Pythagoras in ancient Greece, and are still available today. Squill supplements are available in both capsules and in tablet forms. Most supplements have had opium added to them as a way

<http://www.herbwisdom.com/herb-chlorella.html>

Chlorella (Chlorella pyrenoidosa)

Chlorella Benefits

Chlorella is a fresh water, single-celled algae that grows in fresh water. Chlorella emerged over 2 billion years ago, and was the first form of a plant with a well-defined nucleus. Because Chlorella is a microscopic organism, it was not discovered until the late 19th century, deriving its name from the Greek, "chloros" meaning green and "ella" meaning

It is thought to boost the immune system and help fight infection. It has been shown to increase the good bacteria in the gastrointestinal (GI) tract, which helps to treat ulcers, colitis, diverticulosis and Crohn's disease. It is also used to treat constipation, fibromyalgia, high blood pressure and high cholesterol. Chlorella has been used to treat cancer and also help

The algae, which is a popular food supplement in Asia and has been used as energy-producing food for centuries, is often used to prevent or curb the spread of cancer, enhance immunity, promote a good balance of bacteria in the gut, and lower blood cholesterol. In Japan, it is traditionally used as a treatment for duodenal ulcers, gastritis, hypertension, diabetes, hypoglycaemia, asthma, and constipation. More recently, it has been touted as an effective therapy for elevated

Chlorella is now used as an adjunct supplement during radiation treatment for cancer. Its abundance of chlorophyll is

It is a nutrient-dense super food that contains 60% protein, 18 amino acids (including all the essential amino acids), and various vitamins and minerals. One of its unique properties is a phytonutrient called CGF.

Chlorella provides all of the dietary-essential amino acids in excellent ratios. It is also a reliable source of essential fatty acids that are required for many important biochemical functions, including hormone balance. Chlorella also contains high levels of chlorophyll, beta-carotene and RNA/DNA. More than 20 vitamins and minerals are found in chlorella, including

Although the algae grow naturally in fresh water, Chlorella destined for human consumption is generally cultivated outdoors in mineral-rich freshwater ponds under direct sunlight. The entire process from strain maintenance in the laboratory to harvesting of the final product is monitored by microbiologists to ensure optimal nutrient value and product

Chlorella has been the focus of many medical and scientific research projects. Based on very early research, it appears that chlorella may play a role in fibromyalgia, hypertension, or ulcerative colitis and has an effect on the immune system.

Research conducted in Japan suggests that chlorella may have anti-tumour activity against breast cancer. However, its main use in cancer therapy is to help remove radioactive particles from the body after radiation treatment.

So far, the bulk of evidence for chlorella's long list of medicinal powers comes from animal studies. Studies in mice have shown that Chlorella vulgaris can protect against the development and spread of cancer, and other rodent studies have

<http://www.herbwisdom.com/herb-cats-claw.html>

Cats Claw (*Uncaria tomentosa*)

Cats Claw Benefits

Cats Claw is a vine commonly known as Una de Gato and is used traditionally in Peruvian medicine for the treatment of a wide range of health problems, particularly digestive complaints and arthritis and to treat wounds, stomach problems, cancer, and more. It has only recently caught the attention of western herbalists and researchers. Today, mainly by word of

Since the 1970s, studies and research have been carried out by scientists in Peru, Germany, Austria, England and other countries, to find out more about the powerful healing properties of Cat's Claw. Today, mainly by word of mouth, it has become one of the best selling herbs in the USA. Not since quinine was discovered in the bark of a Peruvian tree during

The most attention was given to the oxindole alkaloids found in the bark and roots of Cats Claw, which have been documented to stimulate the immune system. It is these seven different alkaloids that are credited with having a variety of different medicinal and healing properties. The most immunologically active alkaloid is believed to be Isopteropodin (Isomer A), which increases the immune response in the body and act as antioxidants to rid the body of free radicals.

It has been suggested that Cat's claw extracts exert a direct anti-proliferative activity on MCF7 (a breast cancer cell line). This has led to its use as a adjunctive treatment for cancer and AIDS as well as other diseases that negatively impact the immunological system. In addition, the presence of glycosides, proanthocyanidins and beta sitosterol help provide anti-

This herb's anti-inflammatory properties may help to relieve arthritis, gout, and other inflammatory problems. The primary mechanism for Cat's claw anti-inflammatory actions appears to be immunomodulation via suppression of TNF-alpha

Cat's Claw may help create support for the intestinal and immune systems of the body, and may also creates intestinal support with its ability to cleanse the entire intestinal tract. This cleansing helps create support for people experiencing

In addition, in one study, human volunteers who took Cat's claw for 8 weeks showed improved DNA repair.

Cat's Claw can often be found combined with other 'immune' herbs with similar healing properties such as Echinacea and

reduce pain and inflammation of rheumatism, arthritis and other types of inflammatory problems.

have anti-tumor and anti-cancer properties that inhibits cancerous cell formation.

promote the healing of wounds.

be useful for treatment of gastric ulcers and intestinal complaints

help to relieve chronic pain.

enhance immunity by stimulating the immune system.

help people experiencing stomach and bowel disorders, including colitis, Crohn's disease, irritable bowel syndrome, leaky bowel syndrome, gastritis and duodenal ulcers, intestinal inflammation.

help fight both viral and fungal infections such as Herpes and Candida

<http://www.herbwisdom.com/herb-black-cohosh.html>

Black Cohosh (*Cimicifuga racemosa*)

Black Cohosh Benefits

Black Cohosh has been used by Native Americans for more than two hundred years, after they discovered the root of the plant helped relieve menstrual cramps and symptoms of menopause. These days it is still used for menopausal symptoms such as hot flashes/flushes, irritability, mood swings and sleep disturbances. It is also used for PMS, menstrual

Herbal researcher Dr. James Duke has this to say about Black Cohosh; "Black cohosh really should be better known in this country, especially with our aging population and the millions of women who are now facing menopause. Recognized for its mild sedative and anti-inflammatory activity, black cohosh can help with hot flashes and other symptoms associated with that dramatic change of life called menopause. It's also reported to have some oestrogenic activity. Herbalist Steven Foster refers to a study that compared the effects of conventional oestrogen replacement therapy with black cohosh. That

"Native Americans used the roots and rhizomes of this member of the buttercup family to treat kidney ailments, malaria, rheumatism, and sore throats. Early American settlers turned to it for bronchitis, dropsy, fever, hysteria and nervous

This oestrogenic activity, notes Dr. Duke, can contribute to a 'mastogenic' effect; the natural enlargement of the breasts. Black Cohosh has also been used to induce labour and should not be used during pregnancy.

A dozen studies or more conducted throughout the 1980s and 1990s confirm that the long-standing use of black cohosh for menopausal symptoms has scientific validity. For example, in a German study involving 629 women, black cohosh improved physical and psychological menopausal symptoms in more than 80% of the participants within four weeks. In a second study, 60 menopausal women were given black cohosh extract, conjugated oestrogens, or diazepam (a leading anti-anxiety medication) for three months. Those who received black cohosh reported feeling significantly less depressed and anxious than those who received either oestrogens or diazepam. In another study, 80 menopausal women were treated for

Given these examples, and results of other studies, some experts have concluded that black cohosh may be a safe and effective alternative to oestrogen replacement therapy (ERT) for women who cannot or will not take ERT for menopause.

Preliminary studies also suggest that black cohosh may help reduce inflammation associated osteoarthritis and rheumatoid arthritis. In a review of scientific studies, researchers concluded that a combination of black cohosh, willow bark (*Salix* spp.), sarsaparilla (*Smilax* spp.), guaiacum (*Guaiacum officinale*) resin, and poplar bark (*Populus tremuloides*) may help

For more information on Black Cohosh visit drugdigest.org.

<http://www.herbwisdom.com/herb-avena-sativa.html>

Avena sativa (Oats)

Avena sativa Benefits

Are you feeling stressed, tired, depressed, fed-up, run down or even lacking your usual sexual desire? If so, have you considered a daily dose of Avena sativa (also known as Oats or Oatstraw)?

This wonderful herb is thought to be soothing to the brain and nervous system, whilst at the same time increasing sexual

Avena sativa is quickly becoming a popular natural alternative to pharmaceutical erection enhancers without the dangerous side effects. Also known as Oats Milky Seed or Oatstraw, Avena Sativa is used to stimulate both men and women quickly and effectively. It is often described as the "Natural Viagra"! Its stimulating effects are well known in the

Dr. Larry Clapp has studied alternative virility medicines extensively and concludes that "ten drops, under the tongue, twice a day works very powerfully to enhance erectile function." Other studies have also suggested powerful results in

In women, the effect seems to be that of increasing sexual desire rather than physical performance. Avena sativa contains compounds which are both sedative and soothing to the brain and nervous system, hence it is said to be a good herb as a nerve restorative. In women the aphrodisiac effect seems to work by relaxing the body which in turn allows a natural

In men it appears to be effective for treating impotence and premature ejaculation, probably by increasing healthy blood

As a food, oats are known to be good for the heart because they keep blood fats under control. They also have other

Avena sativa seeds are not only a rich source of carbohydrate and soluble fibre, they also have the highest content of Iron, Zinc and Manganese of any grain. It is said to be useful as a nerve restorative.

Avena sativa has no known side effects, unlike the sometimes dangerous sexual prescription drugs. It is used as a nervous

Avena sativa is often the primary ingredient in expensive sexual formulas and in the popular alternatives Herbal V, Cobra and Biogra. There is no need to purchase expensive herbal formulas. The pure herb is more powerful and is not expensive

Avena sativa does not appear to interact with drugs so it is often used as a safe alternative to other herbs that are used for anxiety, such as St John's wort, which cannot be taken with many prescription medications. Avena sativa may also be of

Oats are sometimes added to the bath as a topical treatment for the skin condition eczema. Generally, there are no side effects or contra-indications from using avena sativa herbal supplements.

<http://www.herbwisdom.com/herb-bilberry.html>

Bilberry (Vaccinium myrtillus)

Bilberry Benefits

Bilberry has a long medicinal history in Europe. It has been used to treat anything from kidney stones to Typhoid fever. During World War 2 British pilots noted that Bilberry jam before a flight dramatically improved night vision. Modern

Bilberry contains anthocyanosides which are potent antioxidants which strengthen blood vessels and capillary walls, improve red blood cells, stabilize collagen tissues such as tendons, ligaments and cartilage and has cholesterol lowering effects. They also increase retinal pigments that allow the eye to tolerate light. In addition, it helps to maintain the flexibility of red blood cells, allowing them to pass through the capillaries and supply oxygen. The herb has been shown to be a vasodilator that opens blood vessels and lowers blood pressure. Since the eyes have a high concentration of capillaries, bilberry may be particularly helpful in improving eyesight. The herb has been shown to improve night vision.

Individuals with hardening of the arteries, diabetes, high blood pressure or other conditions that increase the likelihood of damage to the small blood vessels in the eyes are more likely to have serious vision problems as a result of blood vessel

Oral bilberry preparations are also used to prevent and treat a condition known as chronic venous insufficiency, which occurs when valves in the veins that carry blood back to the heart are weak or damaged.

Blood may collect in the veins of the legs and lead to varicose veins, spider veins, or sores on the legs. More serious results can include blood clots in the legs. Because bilberry may strengthen the walls of all blood vessels in the body. It

In the past, dried bilberries have been used to treat diarrhoea because the tannins it contains (1.5% and as much as 10%) act as an astringent to the gastrointestinal tract. An astringent shrinks and tightens the top layers of skin or mucous membranes thereby reducing secretions, relieving irritation, and improving tissue firmness. Tea brewed from dried

In folk medicine, bilberry leaf has been used to treat a number of conditions including diabetes. Limited evidence from a few animal studies shows that it may have a decreasing effect on blood sugar. Additionally, in at least one study, an extract of bilberry leaves may also have lowered cholesterol levels in laboratory animals. Other laboratory and animal studies have tested potential anticancer effects of bilberry. In a laboratory study, bilberry stopped the growth of both leukaemia and colon cancer cells. While preliminary results suggest that anthocyanosides obtained from bilberries may

Recent research showed that Bilberry extract has promising anti-ulcer activity, both preventive and curative. It also has shown anti-cancer properties in animal experiments. When administered to diabetes patients, Bilberry normalised

<http://www.herbwisdom.com/herb-burdock.html>

Burdock (Arctium)

Burdock Benefits

In the United States, many people may be surprised at the thought of eating the Burdock plant. However, in many countries across the globe, the burdock plant is widely used as a food source and also for its medicinal properties.

In many parts of Asia, young burdock roots, flower stems and even very young leaves are consumed eagerly. The long thin root of the burdock is only a few centimetres wide but can reach over a meter in length and is crisp and the taste is mild. They are best after thinly sliced and soaked in water to remove any bitter taste. There have been studies that the fibre of

The burdock in appearance is sometimes confused with cockle burr or even rhubarb, both members of the same family of plants, as is the artichoke. Dark green leaves shaped like hearts or large ovals often up to twenty eight inches in length jut from the hollow stems that can reach over a yard in length. The burdock flowers from June until October, turn into green

In the early 1940's, a Swiss inventor, George de Mestral was hiking with his dog and became intrigued by the burrs that clung tenaciously to his clothing and the dog's fur. The interaction of the sharp hooks of the burdock and loops of thread in his clothes inspired him to invent Velcro. The roots of the burdock are dark brown, grey or even black in appearance.

The burdock is also known by many other names, most having to do with the characteristics of the seeds or traditional herbal uses; beggar's buttons, love leaves, clot-bur. Herbalists and others have long known that burdock is often used as a dietary aid to help cure different ailments such as sore throats, colds, blood purifiers, to combat hair loss and dandruff, to

Traditionally, the use of burdock as a medicine in China included the treatment of skin disorders, cleansing of the blood, as an effective treatment of impotence and barrenness in women. The use of the burdock root in Russia and India has also included treatment of certain types of cancer. The burdock is also a plant used in the treatment of burns, as it reduces pain

The burdock is mentioned in several of Shakespeare's plays as in Tolstoy's writings as well as other authors of historical fiction who describe the use of burdock to treat various ailments. Caution should be used if you are childbearing or nursing, burdock could cause problems with both conditions. The properties of the burdock plant are still being researched and it is very important not to obtain plants from the wild unless you are entirely sure of what you are doing. The roots and leaves of nightshade which are poisonous if ingested, as are the leaves of the rhubarb plant: both of these

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Collagen

<http://www.herbwisdom.com/herb-collagen.html>

Collagen

Collagen Benefits

Collagen is a substance that is naturally produced by the body. However, the production of this substance diminishes as people grow older. The results of the low production include wrinkles, thinning skin and brittle hair among others. There are a number of collagen supplements available in the market that can restore the amount of collagen in the body. Many

What is Collagen?

Collagen is a protein found in connective tissues of the body. It is significant in making certain parts of the body such as nails strong and is also an important factor in joint health. Collagen supplements come in various forms. One of the most common is called Gelatin. For a long time Gelatin has been used in collagen replacement and has been thought to strengthen nails and hair. Individuals suffering from conditions such as osteoarthritis and rheumatoid arthritis often take collagen supplements to replace collagen in the joints. The collagen supplements mostly used in such a case has chicken

How Collagen Works

Collagen is a form of fibrous protein that is normally present in the bodies of humans and even mammals. It provides a supportive structure for various body tissues such as muscles, bones and ligaments and prevents them from falling apart. It works with another compound called Elastin to provide strength and firmness to the tissues. Collagen also works to keep the skin looking firm, tight, flexible and youthful looking. Young people naturally produce more collagen than older

Collagen in Plastic Surgery

Collagen works to reduce the signs of aging by plumping up the skin, making it firm and flexible due to the fibrous and stable structure of the substance. Many plastic surgeons use the substance to give their clients a youthful appearance. In this case, the collagen is injected directly to the skin in the areas with depressions created by wrinkles. The collagen plumps up the wrinkles making them less noticeable. The collagen injections may last up to six months after which one

Collagen has various other uses including artificial skin construction for burn victims. The collagen used in this procedure is normally obtained from bovine or equine sources to replace lost skin as a result of third party burns. Recently, collagen

Benefits of Collagen Supplements

Many people take collagen supplements because of the substantial health benefits it has on the body. Anecdotal reports state that there are certain improvements when taken. However, little research has been done to support the effectiveness of these supplements. The substance is purported to assist individuals with arthritis and other illnesses affecting the joints or bones. Collagen helps to increase mobility and reduce pain. Collagen is also believed to improve the appearance of the

Collagen for Arthritis

Various studies indicate that chicken collagen supplements can be effective in the treatment of pain, swelling as well as stiffness around joints. This type of collagen is mostly used by people suffering from rheumatoid arthritis. Studies also indicate that collagen supplements used with protein and amino acids supplements help in improving mobility and

<http://www.herbwisdom.com/herb-euphrasia.html>

Euphrasia/Eyebright

Euphrasia/Eyebright Benefits

Herbal use of Eyebright, or *Euphrasia officinalis*, dates to the 14th century when it was described as a cure for all eye maladies. By the 16th century, eyebright was hailed by well-regarded herbalists such as Fuchs and Tragus. It is found and used in Europe, North America, Western Asia, and Northern Asia. The name *Euphrasia* originates in Greece from the word for gladness. Other names for the plant are “*Euphrasia*” in English, “*Augentröst*” in German, and “*Casse-lunette*” in

The Euphrasia Plant

This annual herb grows two to eight inches tall with deep cut leaves and white or purple blooms that have yellow variegations. It is a member of the Figwort family of plants. It has a bloom season between July and September. There are opposite branches on an erect stem with leaves that will be up to 1/2 an inch long. Flowers are on terminal spikes with a

What Parts Are Used

When the plant is in full flower stage, around July or August, a fluid extract is prepared. The plant is cut right about the root for preparation. It has several chemical compounds such as the tannin *Euphrasia-Tannin* acid, glucose, and mannite,

What Eyebright Does for the Eyes

This plant has a long history of use for eye problems, hence the name of Eyebright. When used appropriately, eyebright will reduce inflammation in the eye caused by blepharitis (inflammation of the eyelash follicles) and conjunctivitis (inflammation or infection of the membrane lining the eyelids). It can be used as an eye wash, as eye drops, or plant

What Eyebright Does for the Respiratory Tract

It is used as an anti-inflammatory for hay fever, sinusitis, upper respiratory tract infections, and catarrh (inflammation of the mucous membranes). As an astringent, it is used for dry congestion. There is an herbal smoking mix of the dried herb

What Eyebright Does for Skin Wounds

As an astringent, the herb is used to aid in the healing on skin wounds. It is made into a poultice and used on the wound topically. It can also be used to treat acne and aid in skin inflammation. A cold eyebright poultice can help tighten skin.

Dosages

Traditionally, an adult dosage of eyebright is two to four grams of the herb, dried, up to three times a day. This can be in tea form with 5 ounces of boiling water. For eye drops, one to five times a day of a single drop appears the norm. These

Preparations

Eyebright is able to be purchased in the forms of teabags, loose dried leaves, capsules, liquid, tablets, powder, tincture, and oil. It is also in several over-the-counter and online herbal supplement combinations. It is an ingredient in some cough

<http://www.herbwisdom.com/herb-fenugreek.html>

Fenugreek (Trigonella Foenum-graecum)

Fenugreek Benefits

Fenugreek has a long history as a breast enlarger and contains diosgenin which is used to make synthetic oestrogen. It has been found to promote the growth of new breast cells and increase the size and fullness of the breasts. Of all the herbs used for breast enlargement fenugreek has the highest concentrations of the effective plant compounds. Diosgenin, a steroid sapogenin is the starting compound for over 60% of the total steroid production by the pharmaceutical industry.

While Fenugreek is considered the finest herb for enhancing feminine beauty it also aids in sexual stimulation, balances blood sugar levels, and contains choline which aids the thinking process. Fenugreek has been the focus of several studies concerning the treatment of diabetes and the prevention of breast cancer. Its ability to balance hormone levels aids in

The plant has also been employed against bronchitis, fevers, sore throats, wounds swollen glands, skin irritations, diabetes, ulcers, and in the treatment of cancer. Fenugreek has been used to promote lactation and as an aphrodisiac.

Fenugreek contains an amino acid called 4-hydroxyisoleucine, which appears to increase the body's production of insulin

Higher insulin production may decrease the amounts of sugar that stay in the blood for many individuals. In some studies of animals and humans with both diabetes and high cholesterol levels, fenugreek lowered cholesterol levels as well as

However, no blood-sugar lowering effect was seen in non-diabetic animals. Similarly individuals with normal cholesterol levels showed no significant reductions in cholesterol while taking fenugreek.

Fenugreek contains an amino acid called 4-hydroxyisoleucine, which appears to increase the body's production of insulin when blood sugar levels are high. Higher insulin production may decrease the amounts of sugar that stay in the blood for many individuals. In some studies of animals and humans with both diabetes and high cholesterol levels, fenugreek

Some evidence suggests that fenugreek may also have other medical uses. It may reduce the amounts of calcium oxalate in the kidneys. Calcium oxalate often contributes to kidney stones. In animal studies, fenugreek also appeared to lessen the

Topically, the gelatinous texture of fenugreek seed may have some benefit for soothing skin that is irritated by eczema or other conditions. It has also been applied as a warm poultice to relieve muscle aches and gout pain.

Green Lipped Mussels

<http://www.herbwisdom.com/herb-green-lipped-mussels.html>

Green Lipped Mussels

Green Lipped Mussels Benefits

The green lipped mussel, or perna canalicula, hails from New Zealand and is speculated to be a treatment option for a variety of different health issues including osteoarthritis, rheumatoid arthritis, joint pain caused by cancer treatments, asthma and daytime wheezing. The oil extracted from these miracle muscles acts as an anti-inflammatory agent that is

Active Ingredients

The oil extracted from green lipped mussels is rich in Omega 3s, an extremely powerful health supplement. The nutrients of these mussels can also be extracted in a powder form which is equally as effective at treating inflammatory illnesses

Some of the most powerfully marketed forms of green lipped mussel oil contain only three ingredients, those being the green lipped mussel oil as well as grape seed extract powder and kiwi fruit seed oil. The oil may be combined with a variety of omega-3 oils including linseed oil, hemp seed oil, sesame oil, sunflower oil, evening primrose oil, soy bean oil, walnuts and canola seeds. Other marine sources of omega-3 oils are often paired with the green lipped mussel oil, such as fish oil, krill oil, cod liver oil and marine algae. These are all effective anti inflammatory treatments as well which boost

Anti-inflammatory Pain Relief

As the body metabolises the natural omega-3s found in green lipped mussel oil, they go to work on restoring and soothing inflamed joints, muscles and tissues. This can cause a great deal of pain relief for people suffering from rheumatoid arthritis, osteoarthritis, fibromyalgia, lupus and other illnesses which cause severe joint pain. It is also of great benefit to

Habitat in New Zealand

Green lipped mussels have often been hailed as a miracle food because no matter how you consume them, be it as a delicious seafood itself or as oil or powder, their health benefits are absolutely amazing. The restorative powers found in the omega 3s of these mussels have restorative abilities that have created a high demand for the seafood, powder, oil and extract. One reason that these mussels are in such high demand is that they only occur naturally on the New Zealand coast. The green lipped mussels have been cultivated off the New Zealand coast since the 1970s, and are currently experiencing

How To Take

Green lipped mussel oil is typically produced in a supplement form within an easy to swallow capsule. It is sold in bottles in most health food stores. Selling the oil in the capsule is the most effective way to ship it while preserving its natural healthy qualities and also making the oil palatable to the person who is taking it. Green lipped mussel powder is, like its oil counterpart, sold in capsule form for the preservation of the integrity of the product and to maintain a taste that is acceptable to the purchaser. The oil, powder and the mussels themselves all contain a variety of proteins, minerals, vitamins, omega 3s, healthy enzymes, polypeptides, chondroitin sulphates, glycosaminoglycans, polysaccharides and

<http://www.herbwisdom.com/herb-damiana.html>

Muira Puama (*Liriosma ovata*)

Muira Puama Benefits

Used to improve psychological and physical aspects of libido and sexual function, menstrual cramps and PMS, neurasthenia, to tonify the nervous system and for treating cases of mild exhaustion. Helps with gastrointestinal and reproductive disorders, stress and trauma. It is known in some circles as "the Viagra of the Amazon" and in fact, many

Muira Puama is one of the most active botanicals with a long history of traditional use as an energy tonic, general health improver and remedy for impotence & sexual insufficiency. It is known in some circles as "the Viagra of the Amazon"

The roots of this Amazonian tree were the subject of a study conducted by the UCLA School of Medicine.

The study showed a significant improvement in both erectile function and sexual desire. The Amazon natives have known this for centuries, as this herb has been widely used as an aphrodisiac by both men and women, and is commonly known

The short term effects of Muira Puama include increasing blood flow to the pelvic area, aiding erections in men as well as sensation and orgasm in women. Longer term use enhances the production of sex hormones in both sexes. It has no noted

Muira Puama has also been used for stress management, nervous system stimulation and for general overall health. Two French studies showed that muira Puama seemed to improve libido and sexual function. Scientists also believe that this

It has been used to tonify the nervous system and to treat cases of mild exhaustion. It can also help with gastrointestinal and reproductive disorders, while it's anti-rheumatic properties have been used for treating stress and trauma.

A clinical study with 262 patients complaining of lack of sexual desire and the inability to attain or maintain an erection demonstrated Muira Puama extract to be effective in many cases. Within 2 weeks, at a daily dose of 1 to 1.5 grams of the extract, 62% of patients with loss of libido claimed that the treatment had dynamic effect while 51 percent of patients with "erection failures" felt that Muira Puama was of benefit. Primary chemical constituents of Muira Puama include alkaloids (specifically muirapuamine), esters, plant sterols, free fatty acids and phytosterols. Presently, the exact mechanism of

Muira Puama is still employed around the world today in herbal medicine. In Brazil and South American herbal medicine, it is used a neuromuscular tonic, for asthenia, paralysis, chronic rheumatism, sexual impotency, grippe, ataxia, and central nervous system disorders. In Europe, it has used to treat impotency, infertility, neurasthenia, menstrual disturbances and dysentery. Because of the long history of use of Muira Puama in England, it is still listed in the British Herbal Pharmacopoeia, a noted source on herbal medicine from the British Herbal Medicine Association, where it is

While so-called "aphrodisiacs" have come and gone in history, Muira Puama has risen above this class of products and may well provide the most effective natural therapeutic approach for loss of libido in both sexes.

<http://www.herbwisdom.com/herb-milk-thistle.html>

Milk Thistle (*Silybum marianum*)

Milk Thistle Benefits

Milk Thistle is unique in its ability to protect the liver and has no equivalent in the pharmaceutical drug world. In fact, in cases of poisoning with Amanita mushrooms, which destroy the liver, milk thistle is the only treatment option. It has been

Milk thistle acts in a similar fashion to detoxify other synthetic chemicals that find their way into our bodies, from

Milk thistle was approved in 1986 as a treatment for liver disease and it is widely used to treat alcoholic hepatitis, alcoholic fatty liver, cirrhosis, liver poisoning and viral hepatitis. It has also been shown to protect the liver against

The active ingredient, or liver-protecting compound in milk thistle is known as silymarin. This substance, which actually consists of a group of compounds called flavonolignands, helps repair liver cells damaged by alcohol and other toxic substances by stimulating protein synthesis. By changing the outside layer of liver cells, it also prevents certain toxins from getting inside. Silymarin also seems to encourage liver cell growth. It can reduce inflammation (important for people with liver inflammation or hepatitis), and has potent antioxidant effects. Antioxidants are thought to protect body cells

This herb benefits adrenal disorders and inflammatory bowel syndrome, and is used to treat psoriasis (increases bile flow).

Milk thistle has some oestrogen-like effects that may stimulate the flow of breast milk in women who are breast-feeding infants. It may also be used to start late menstrual periods. Milk thistle's oestrogen-like effect may also have some

In animal studies and one small study in humans, milk thistle produced modest reductions in total cholesterol. However, these results have not been demonstrated in larger human studies.

This herb is a must for cleansing and for anyone with any sort of liver dysfunction or exposure to toxins.

Liver disease from alcohol

A comprehensive review by the U.S. Agency for Healthcare Research and Quality (AHRQ) recently identified 16 scientific studies on the use of milk thistle for the treatment of various forms of liver disease. A European standardized extract of milk thistle was used in most of the trials. Problems in study design (such as small numbers of participants, variations in the causes of liver disease, and differences in dosing and duration of milk thistle therapy) made it difficult to draw any definitive conclusions. However, five of seven studies evaluating milk thistle for alcoholic liver disease found significant improvements in liver function. Those with the mildest form of the disease appeared to improve the most. Milk

Viral hepatitis

Despite the fact that milk thistle is widely used in the treatment of hepatitis (particularly hepatitis C), results from four viral hepatitis studies were contradictory. Some found improvements in liver enzyme activity while others failed to detect

Cancer

Preliminary laboratory studies also suggest that active substances in milk thistle may have anti-cancer effects. One active substance known as silymarin has strong antioxidant properties and has been shown to inhibit the growth of human prostate, breast, and cervical cancer cells in test tubes. Further studies are needed to determine whether milk thistle is safe

High cholesterol

One animal study found that silymarin (an active compound in milk thistle) worked as effectively as the cholesterol-lowering drug probucol, with the additional benefit of substantially increasing HDL ("good") cholesterol. Further studies

<http://www.herbwisdom.com/herb-cardamom.html>

Cardamom

Cardamom Benefits

Cardamom is well known as a spice used in Indian cooking, and is one of the primary constituents of Garam Masala. What many people don't realize is that cardamom is also medicinal, and helps relieve digestive problems induced by garlic and onion, making it more than merely an aromatic addition to the stomach-challenging cuisine it accompanies.

Many varieties of cardamom exist, but there are two genera which include cardamom plants. The first, known scientifically as *Ellataria* and commonly referred to as green or true cardamom, is found mainly in India. Cardamom grown in Asia is part of the genus *Amomum*, and goes by an assortment of common names, such as brown cardamom,

Both Ellataria and Amomum are part of the Ginger family (Zingiberaceae).

Cardamom is farmed in only a few places in the world, including Sri Lanka, China, Laos, Nepal, Vietnam, pockets of India, and Guatemala. It grows uncultivated more rarely, limited to the rich, dense soils of certain South Asian forests.

As a member of the ginger family, cardamom grows perennially and produces vast, fleshy root structures known as rhizomes. It has large leaves, green and white flowers, an edible but slightly bitter fruit, and large seeds. The seeds of the cardamom plant contain a variety of important minerals such as calcium, sulfur, and phosphorus. They also contain volatile oil composed of acetic and formic acids. This volatile oil, which makes up about 5 percent of the seed's mass, has

Studies confirm that cardamom oil acts as an analgesic and antispasmodic in rats and rabbits, producing relief and lowered distention and writhing within digestive systems reacting negatively to uncomfortable stimuli. This effect is the primary

Cardamom has been used to relieve the following medical problems:

Bad Breath

Cardamom is one of the most effective remedies against halitosis. Simply chewing on the seeds eliminates bad odors. Cardamom is even used in some chewing gums because of its effectiveness, billed as a sure fire cure to the most offensive

Tooth, Gum, and Oral Disorders

Cardamom is widely used in South Asia to fight tooth and gum decay and disease. It can also be used to help soothe a sore

Digestion

The volatile oil in cardamom has been proven to soothe the stomach and intestines, making cardamom an ideal solution for a host of digestive problems, such as constipation, dysentery, and indigestion. Cardamom can be used aromatically to increase or encourage appetite, and also assists in soothing gas and heartburn. Generally, cardamom relieves most upset

Urinary problems

South Asians use cardamom's relieving properties to help with the discomfort of passing gall and kidney stones. Cardamom, combined with banana leaf and alma juice, can act as a diuretic, soothing a variety of kidney, bladder, and urinary problems like nephritis, burning or painful urination, and frequent urges to urinate. The relief from uncomfortable

Depression and Aromatherapy

Cardamom oils can be added to baths as a form of aromatherapy that fights depression and reduces stress. Ground

Cancer Prevention

Cardamom contains IC3 (indole-3-carbinol) and DIM(diindolylmethane). These phytochemicals are well-known cancer fighters, helping to specifically ward off hormone-responding cancers like breast cancer, ovarian cancer, and prostate

In addition to these specific medicinal uses, cardamom contains an abundance of antioxidants, which protect the body against aging and stress, and fight common sicknesses and bodily strife. In rat studies, cardamom has been shown to

Cardamom volatile oil has only recently come under the scrutiny of scientists curious about its therapeutic properties, but Asian and Indian cultures have reliably used it for ages as a remedy for discomfort and depression, and still rely upon it

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Rhodiola

<http://www.herbwisdom.com/herb-rhodiola.html>

Rhodiola (Rhodiola rosea)

Rhodiola Benefits

Rhodiola rosea is a remarkable herb that has a wide and varied history of uses. It is thought to strengthen the nervous system, fight depression, enhance immunity, elevate the capacity for exercise, enhance memory, aid weight reduction, increase sexual function and improve energy levels. It has long been known as a potent adaptogen. Adaptogens are natural

Rhodiola has a legendary history dating back thousands of years. In 77 A.D., the Greek physician Dioscorides documented the medical applications of the plant, which he then called rodia riza, in his classic medical text De Materia Medica. The Vikings depended on the herb to enhance their physical strength and endurance, while Chinese emperors sent expeditions to Siberia to bring back "the golden root" for medicinal preparations. The people of central Asia considered a

Research on Rhodiola rosea and other medicinal herbs was part of the Soviet Union's great push to compete with the West in military development, the arms race, space exploration, Olympic sports, science, medicine, and industry. It is a popular plant in traditional medical systems in Eastern Europe and Asia, with a reputation for stimulating the nervous system,

Stress

Rhodiola rosea has long been known as a potent adaptogen. Adaptogens are natural plant substances that increase the body's non-specific resistance and normalise the functions of the body. When a stressful situation occurs, consuming adaptogens generates a degree of generalised adaptation (or non-specific resistance) that allows our physiology to handle

Since Rhodiola rosea administration appears to impact central monoamine levels, it might also provide benefits and be the adaptogen of choice in clinical conditions characterised by an imbalance of central nervous system monoamines. This is consistent with Russian claims for improvements in depression and schizophrenia. It also suggests that research in areas

There have also been claims that this plant has great utility as a therapy in asthenic conditions (decline in work performance, sleep disturbances, poor appetite, irritability, hypertension, headaches, and fatigue) developing subsequent to intense physical or intellectual strain, influenza and other viral exposures, and other illness. Two randomised, double-

Muscle Recovery

Rhodiola rosea has been shown to shorten recovery time after prolonged workouts, to increase attention span, memory, strength, and anti-toxic action. Rhodiola rosea extract increases the level of enzymes, RNA, and proteins important to muscle recovery after exhaustive exercise. It also stimulates muscle energy status; glycogen synthesis in muscles and liver;

Memory

Studies using proofreading tests have demonstrated that Rhodiola rosea enhances memorisation and concentration ability over prolonged periods. It increases the bioelectrical activity of the brain which improves memory and brain energy.

In one study, forty students were randomised to receive either 50 mg standardised Rhodiola extract or placebo twice daily for a period of 20 days. The students receiving the standardised extract demonstrated significant improvements in physical fitness, psychomotor function, mental performance, and general well-being. Subjects receiving the Rhodiola rosea extract also reported statistically significant reductions in mental fatigue, improved sleep patterns, a reduced need for sleep,

Cardiac Problems

Rhodiola has also been shown to be effective for cardiac problems caused or aggravated by stress. Its action for these conditions is in its ability to decrease the amount of catecholamines and corticosteroids released by the adrenal glands during stress. The abnormal presence of these stress hormones will subsequently raise blood pressure, cholesterol, potassium levels and increase risk factors for heart disease. Rhodiola has been found to decrease harmful blood lipids and thus decrease the risk of heart disease. It also decreases the amount of cyclic-AMP (c-AMP) released into cardiac cells. Cyclic AMP is related to ATP (adenosine triphosphate), the body's primary energy molecule. C-AMP acts as a 'second

Cancer

Rhodiola has been shown to increase anti-tumour activity by increasing the body's resistance to toxins. A range of anti-oxidant compounds have been identified in Rhodiola rosea and related species and significant free-radical scavenging activity has been demonstrated for alcohol and water extracts of Rhodiola. Rhodiola rosea might be useful in conjunction with some pharmaceutical anti-tumour agents. According to the information from Russian researchers have found that the oral administration of Rhodiola inhibited tumour growths in rats by 39% and decreased metastasis by 50%. It improved

Immune System

Rhodiola both stimulates and protects the immune system by reinstating homeostasis (metabolic balance) in the body. It also increases the natural killer cells (NK) in the stomach and spleen. This action may be due to its ability to normalise

Depression

In animal studies, extracts of Rhodiola, seem to enhance the transport of serotonin precursors, tryptophan, and 5-hydroxytryptophan into the brain. Serotonin is a widely studied brain neurotransmitter chemical that is involved in many functions including, smooth muscle contraction, temperature regulation, appetite, pain perception, behavior, blood pressure and respiration. When balanced, it imparts a sense of contentment and mental ease. Either too much or too little serotonin on the other hand has been linked to various abnormal mental states such as clinical depression. Thus Rhodiola has been used by Russian scientists alone or in combination with antidepressants to boost one's mental state, a boon in

Other Benefits

Many other benefits from the use of Rhodiola has been found including its ability to improve hearing, to regulate blood sugar levels for diabetics and protect the liver from environmental toxins. It has been shown to activate the lipolytic processes (fat breakdown) and mobilise lipids from a dipose tissue to the natural fat burning system of your body for weight reduction. It can also clinically enhance thyroid function without causing hyperthyroidism, enhance thymus gland function and protect or delay involution that occurs with ageing. It can also improve your adrenal gland reserves without

Tarragon

<http://www.herbwisdom.com/herb-st-johns-wort.html>

St. John's Wort (*Hypericum perforatum*)

St. John's Wort Benefits

St. John's Wort has become popular again as an antidepressant. It is the number one treatment in Germany and has been extensively studied by Commission E, the scientific advisory panel to the German government. It contains several chemicals, including hypericin, hyperforin, and pseudohypericin, which are thought to be the major sources of antidepressant activity. In several studies of laboratory animals and humans, one or more of the chemicals in St. John's

Neurotransmitters are chemicals that carry messages from nerve cells to other cells. Ordinarily, once the message has been delivered, neurotransmitters are re-absorbed and inactivated by the cells that released them. Chemicals in St. John's wort may keep more of these antidepressant neurotransmitters available for the body to utilize. Multiple studies have shown

St. John's Wort is an MAO inhibitor and should not be used with alcohol and some other foods.

St. John's wort has also been studied for the treatment of other emotional disorders such as anxiety, obsessive-compulsive disorder (OCD), menopausal mood swings, and premenstrual syndrome. In laboratory studies, it has shown some effectiveness for lessening the symptoms of nicotine withdrawal and for reducing the craving for alcohol in addicted

Possible antiviral effects of St. John's wort are being investigated for the treatment of HIV/AIDS, hepatitis C, and other viral illnesses. It is thought that hypericin, pseudohypericin, and other chemicals in St. John's wort may stick to the surfaces of viruses and keep them from binding to host cells. Another theory is that St. John's wort may contain chemicals that interfere with the production or release of viral cells. This antiviral activity is enhanced greatly by exposure to light.

It has also been used to treat hypothyroidism and a salve made with the extract can be used topically to treat bruises,

<http://www.herbwisdom.com/herb-tarragon.html>

Tarragon

Tarragon Benefits

Tarragon (*Artemisia dracunculus*) is an aromatic herb that is considered one of the four finest seasoning ingredients in traditional French cooking. Also commonly known as estragon and dragon herb, this perennial plant is native to most of the Northern Hemisphere including Europe, Asia, India, western North America and parts of northern Mexico. Averaging about four feet in height when mature, the slender green leaves produced from branched stems of this herb contain aromas and flavors similar to anise. Both the leaves and stems are can be used, either fresh or dried, as seasoning in a wide variety

While many people are familiar with the culinary uses for tarragon, most may not be aware of its unique medicinal qualities. This herb has been used by numerous cultures for centuries as a natural treatment for many ailments. In addition, it is a superb supplement to any diet because it is high in vitamins, potassium and other nutrients that have been proven to provide health benefits. Whether added to foods as a seasoning or taken as a supplement, there are many good reasons for

Antioxidant Properties

Tarragon, especially the Turkish variety, has antioxidant properties that can help neutralize the actions of free radicals throughout the body. Free radicals, which are a by-product of metabolism, have been proven to damage cells unless they are quickly expelled as waste. Studies have found that tarragon oil works as a free radical scavenger to help stop or

Toothache Remedy

Throughout history, tarragon has been widely used as an aid for toothaches. The ancient Greeks chewed it because of its ability to numb the mouth. This pain relieving effect is due to the high levels of eugenol found in the plant. This is the same pain relieving compound contained in clove oil. It has also been proven that tarragon can also help decrease the sore

Appetite Stimulant

Based upon several studies, tarragon appears to have chemicals that can help to increase appetites. Whether used as a seasoning herb in cooking or consumed raw as a small garnish, it may help people who have poor appetites due to age or

Digestive Aid

Tarragon has long been used as a digestive tonic because it aids in the production of bile by the liver. Not only can it improve natural digestion, but it has also been found to relieve common digestive problems like an upset stomach,

Sedative

Tarragon can be used as a mild sedative to help relieve anxiety and stress. It is also beneficial in promoting a good night's

Heart Health

Tarragon contains chemicals that can help support cardiovascular health. These chemicals can assist in keeping blood platelets and other compounds from adhering and accumulating in the heart's blood vessels.

Female Health

Tarragon has proven useful as a supplement for women who suffer from suppressed menstruation. It has also been promoted as a means for maintaining the overall health of the female reproductive tract. However, it has been found that

Eye Function

Because it is rich in potassium and the Vitamin A precursor beta carotene, tarragon can assist in the overall health and

Building Muscle Mass/ Weight Control

Recent studies have shown that tarragon, primarily the Russian variety, helps to increase muscle creatine absorption. This is similar to the muscle creatine adsorption that occurs when large amounts of carbohydrates are ingested. Since tarragon creates the same effect, consuming large amounts of carbohydrates is no longer necessary to increase muscle mass.

Today, the medicinal benefits of tarragon can easily become a part of any diet whether it is in the form of pills, powders, teas, used as a seasoning or consumed raw. The appropriate dosage will depend on several factors including age, overall

Ashwagandha (Winter Cherry)

<http://www.herbwisdom.com/herb-ashwagandha.html>

Ashwagandha (Winter Cherry)

Ashwagandha Benefits

Ashwagandha root is a herb of the ages. It is the 'ginseng' of Ayurvedic medicine, the traditional medicine of India and is considered an 'adaptogen', a term used to describe herbs that improve physical energy and athletic ability, increase

One reason for Ashwagandha's reputation as a general energy-promoting, disease-preventing tonic may be its effect on the immune system. A number of studies have shown significant increases in white blood cell counts and other measures of strengthened immunity in rodents given Ashwagandha or certain chemicals extracted from the herb. Ashwagandha may also have a mild sedative effect on the central nervous system and in animal studies it has been shown to be a muscle relaxant. It is commonly used to increase vitality, particularly when recovering from chronic illnesses and pain management for arthritic conditions. Ashwagandha may also help regulate blood sugar which aids in suppressing sugar

Ashwagandha is used to restore male libido, cure impotence and increase male fertility. It is widely used in southern Asia

Preliminary studies indicate that the herb helps to reduce the negative effects of stress, slow tumour growth, treat anxiety and insomnia, and reduce cholesterol in addition to increasing sexual performance.

Ashwagandha is generally safe at the doses recommended on the packaging. In high doses it may have steroidal activity

Research on ashwagandha has concluded that extracts of the plant has a direct spermatogenic influence on the seminiferous tubules of immature rats presumably by exerting a testosterone-like effect. It is could also a potential source

Because Ashwagandha has traditionally been used to treat various diseases associated with nerve tissue damage related to the destructive molecules known as free radicals, some researchers have speculated that the herb may have antioxidant properties. Free-radical damage plays a role in normal ageing and in such neurological conditions as epilepsy, Parkinson's

<http://www.herbwisdom.com/herb-slippery-elm.html>

Slippery Elm

Slippery Elm Benefits

Slippery Elm is a species of elm tree that has been used as an herbal remedy in North America for hundreds of years. It is extremely versatile, providing relief from a number of ailments, including Irritable Bowel Syndrome (IBS) and sore

Habitat

Native to North America, Slippery Elm is a deciduous tree that can grow up to about 65 feet in height and 20 inches in diameter. It grows mostly in the Appalachian Mountains and the damp forests of eastern North America and south-eastern Canada. As mentioned previously, another name for the tree is “Red Elm.” This is due to its reddish heartwood. With long, slender, and green leaves, the branches grow downward and also present densely-clustered flowers. A great thing

Slippery Elm Uses

Native Americans used Slippery Elm to create balms or salves to heal wounds, burns, ulcers, psoriasis and other skin conditions. They also used it orally to soothe sore throats, relieve coughs, and help with diarrhoea and stomach issues. Slippery Elm was used during the American Revolution to help treat and soothe the wounds of soldiers. The tree is mentioned quite a bit in older literature and today it is widely discussed in alternative medicine writings and reports.

Active Ingredients

Slippery Elm contains a substance called mucilage, which is a polysaccharide that becomes a gel when mixed with water. The mucilage comes from the inner bark of the tree and is a bit slippery and slimy, hence the name “Slippery Elm”. The mucilage does a good job of soothing and coating the mouth, throat, stomach, and intestines, causing much relief from

Protect from Gastric Ulcers

Since many experts think it causes extra mucus production in the gastrointestinal tract, Slippery Elm may protect the tract from ulcers due to excess acid. It is rich in nutrients, including beneficial antioxidants that help relieve inflammation.

Slippery Elm Bark

The inner bark of the Slippery Elm is the part that is used to treat all of the mentioned ailments and even more. It is dried,

<http://www.herbwisdom.com/herb-ginseng-russian.html>

Russian Ginseng (*Eleutherococcus senticosus*)

Russian Ginseng Benefits

Russian Ginseng, a relatively new addition to Western natural medicine, has quickly gained a reputation similar to that of the better known and more expensive Korean Ginseng. Unlike many herbs with a medicinal use, it is more useful for maintaining good health rather than treating ill-health. Research has shown that it stimulates resistance to stress and so it is now widely used as a tonic in times of stress and pressure. Regular use is said to restore vigour, improve the memory and

Russian Ginseng or Eleuthero has been used in China for 2000 years as a folk remedy for bronchitis, heart ailments, and rheumatism, and as a tonic to restore vigour, improve general health, restore memory, promote healthy appetite, and increase stamina. Referred to as ci wu ju in Chinese medicine, it was used to prevent respiratory tract infections as well as colds and flu. It was also believed to provide energy and vitality. In Russia, eleuthero was originally used by people in the

Eleuthero's ability to increase stamina and endurance led Soviet Olympic athletes to use it to enhance their training. Explorers, divers, sailors, and miners used Eleuthero to prevent stress-related illness. After the Chernobyl accident, many

Although a relatively new addition to Western natural medicine, it has quickly gained a reputation similar to that of the better known and more expensive Korean Ginseng. Unlike many herbs with a medicinal use, it is more useful for maintaining good health rather than treating ill-health. Research has shown that it stimulates resistance to stress and so it is now widely used as a tonic in times of stress and pressure. Regular use is said to restore vigour, improve the memory and

They are classified to the group of adaptogens, which raise resistance to various negative factors: physical, chemical, biological and psychological. The preparations stimulate physical and mental ability, raise the organism resistance at various kinds of sicknesses, poisoning, irradiation. They stimulate central nerve system, sex glands activities, decrease

Eleuthero produces a comprehensive strengthening and toning impact; it has been recommended in treating various neural diseases, impotence, lung ailments, medium forms of diabetes mellitus, and malignant tumours.

The results of pharmacological investigations of Eleuthero have been summarised by I. V. Dardymov and E. I. Khasina (1993) in their book. The authors postulate Eleuthero's effects on the body, which involve an energy-mobilizing impact primarily through intensified utilization of glucose and a stress-protective effect conditioned by change in central nervous system and hormonal regulation. In an alarming situation, the adrenal glands release corticosteroids and adrenaline which prepare the organism for the fight or flight reaction. When these hormones are depleted, the organism reaches an

Another way that Eleuthero reduces stress on the body is to combat harmful toxins. Eleuthero has shown a protective effect in animal studies, against chemicals such as ethanol, sodium barbital, tetanus toxoid, and chemotherapeutic agents.

Eleuthero has been shown to have immuno-protective effects against breast (mammary gland) carcinoma, stomach carcinoma, oral cavity carcinoma, skin melanoma and ovarian carcinoma. It was found to have a pronounced effect on T lymphocytes, predominantly of the helper/inducer type, but also on cytotoxic and natural killer cells. Its active ingredients

Germany's Commission E approved Eleuthero as a tonic in times of fatigue and debility, declining capacity for work or concentration, and during convalescence. Other uses for Eleuthero are for chronic inflammatory conditions and traditionally for functional asthenia (Bruneton, 1995). Eleuthero has also been reported to increase stamina and endurance

Eleuthero has been shown to enhance mental acuity and physical endurance without the let down that comes with caffeinated products. Research has shown that Eleuthero improves the use of oxygen by the exercising muscle. This means

Other findings that are more positive have resulted from animal and human studies of Eleuthero's other potential effects. Chemicals in Eleuthero appear to produce moderate reductions in blood sugar and blood cholesterol levels and modest improvements in memory and concentration. Eleuthero may also have mild oestrogenic effects. In laboratory studies,

Several studies were conducted to evaluate the effects of Eleuthero on eye conditions and color distinction. One study evaluated the pre and post-operative effects of Eleuthero extract (1.5 ml twice daily) on 282 male or female patients suffering from primary glaucoma (102 cases) and eye burns (58 cases). Beneficial effects were noted in both treatments.

In 50 patients with normal trichromatic vision a single dose of Eleuthero extract (2 ml) stimulated color distinction (red and green) within 30 to 60 minutes after ingestion. Maximum effect was reached in six to seven hours and persisted for a

Immune System

Evidence is also mounting that Eleuthero enhances and supports the immune response. Eleuthero may be useful as a preventive measure during cold and flu season. Recent evidence also suggests that Eleuthero may prove valuable in the long-term management of various diseases of the immune system, including HIV infection, chronic fatigue syndrome, and

In perhaps the most convincing study carried out so far, B. Bohn and co-workers in Heidelberg, West Germany looked at immune parameters in 18 individuals in a randomised, double-blind fashion for a total of four weeks. The subjects in this study had venous blood drawn both before and after *Eleutherococcus Senticosus* administration, and the samples were

Overall, the *Eleutherococcus Senticosus* group showed an absolute increase in all immune cells measured. Total T-cell numbers advanced by 78 per cent, T helper/inducer cells went up by 80 per cent, cytotoxic Ts by 67 percent, and NK cells by 30 per cent, compared to the control group. B lymphocytes, which are cells that produce antibodies against infectious organisms, expanded by 22 per cent in the *Eleutherococcus Senticosus* subjects, compared to controls. Most importantly,

The researchers stated: 'We conclude from our data that *Eleutherococcus senticosus* exerts a strong immunomodulatory effect in healthy normal subjects.' The Bohn study has caused drug companies to spend millions of dollars in an effort to

The increases in T, B, and NK cells in people given *Eleutherococcus Senticosus* suggest that it could be very useful in alleviating the immune suppression associated with strenuous exercise. In addition, one might speculate about a positive effect of *Eleutherococcus Senticosus* in the very early stages of HIV (AIDS-virus) infection. In an HIV-infected patient,

Supporting these findings, *Eleutherococcus Senticosus* is now used in the support of cancer patients undergoing radiation and chemotherapy, especially in Germany. Studies have shown that ES, when administered to patients, drastically reduces the side effects of radiation and chemotherapy (e.g., nausea, weakness, fatigue, dizziness, and loss of appetite). Other research with cancer patients has linked *Eleutherococcus Senticosus* with improved healing and recovery times, increased

How does *Eleutherococcus Senticosus* actually spur the immune system to greater activity? At present, there is no consensus. Some researchers believe that *Eleutherococcus Senticosus* induces increased interferon biosynthesis (interferon is a powerful chemical which boosts immune-system activity), while others believe that polysaccharides (long-chain sugar molecules) naturally found in *Eleutherococcus Senticosus* stimulate the activity of special white blood cells called macrophages. These macrophages play a number of roles in the immune system, including the breakdown of infected cells

Athletes & Antibiotics

Why should athletes try to stimulate their own immune systems, rather than rely on antibiotics and other remedies to control infections? Obviously, prevention of infection can promote more consistent, high-quality training and lower the risk of missed competitions. In addition, many micro-organisms are now resistant to many of the commonly used

Some of the more notable antibiotic-resistant organisms include *Streptococcus pyogenes*, which causes 'strep throat', upper respiratory infections, and is reported to be resistant to both penicillin and chloramphenicol. Another common bacterial species, *Hemophilus influenzae*, which produces both ear and upper-respiratory tract infections, is now resistant to a variety of antibiotics, including chloramphenicol, ampicillin, and tetracycline. *Staphylococcus aureus*, which causes 'staph infections' of the skin, especially around surgical wounds, is resistant to erythromycin, tetracycline, and the so-

Investigators in the US recently completed a pilot study in which *Eleutherococcus Senticosus* extract was given to AIDS patients in hopes of improving their immune-system functioning and overall survivability. The results were very promising, and so a four-city, randomised, double-blind, clinical trial will be carried out with *Eleutherococcus Senticosus*

Extracts of *Eleutherococcus senticosus* appear to have the ability to prevent immune suppression in vigorously training athletes and may limit the risk of infection. By boosting recovery following hard workouts, *E. senticosus* may also

There is a relatively small number of controlled clinical trials performed with *eleuthero*. A single-blind, placebo-controlled, crossover trial lasting eight days investigated the effect of *Eleuthero* extract (2 ml, twice daily) on working capacity and fatigue of six male athletes, ages 21-22. Oxygen uptake, heart rate, total work, and exhaustion time were measured. Significant results were observed in all parameters, particularly the 23.3% increase in total work noted in the

An eight-week double-blind, placebo-controlled study evaluated the efficacy of *Eleuthero* extract (3.4 ml daily) on submaximal and maximal exercise performance of 20 highly trained distance runners. No significant difference was observed between test and control groups in heart rate, oxygen consumption, expired minute volume, respiratory exchange

<http://www.herbwisdom.com/herb-goji-berry.html>

Goji Berry/Wolfberry

Goji Berry/Wolfberry Benefits

Goji Berry (Lycium) is also commonly known as Wolfberry. Like many of the herbs and natural supplements that have been found in Asia, Goji Berry is known to have many positive effects for people who want to promote total body health. Goji has been around for more than 6,000 and during that time, the virtues have been explored in various tests. Scientists have found that people can benefit greatly from the use of Goji in a number of different areas, which confirms some of the suspicions of the Chinese herbalists who have used the berry for decades to treat people with a host of different ailments. One of the most important tests for Goji Berry was run in 1994, when scientists finally used humans in some experiments with the berry. They found that patients suffering from cancer were more receptive to their treatments

The test tube experiments found that Goji Berry was good for promoting proper cell growth and the antioxidants found within it were very powerful in disease prevention. One of the interesting finds was that Goji could help lower glucose levels in individuals and also lower cholesterol in some people. There are many things that are not yet known about Goji Berry, but all of the tests up to this point indicate that it can be a very good item for those people looking to get healthier

What things does Goji Berry improve specifically?

There are many different areas that have shown improvement because of the use of this treatment, which comes with a pretty high price tag in China. The price is justified by the fact that Goji does so much for the body and most people see it as an investment in their long term health. The antioxidants within Goji are most well known for fighting off disease within

Likewise, there are some small, subsidiary effects that have come along with Goji Berry. Improved eyesight is thought to be a positive effect, while increased leg strength is, as well. This promotes the theory that the berry helps to improve the body as a whole, instead of just helping to improve any one particular area. With this knowledge, people have been much more likely to try Goji as a part of their daily routine. Those who use it daily have found that Goji increases their energy

Goji Berry as a sexual enhancer

Though its primary role is in preventing disease, Goji Berry has also been found to help increase fertility in women and help improve sexual function in men. One reason for this is that it improves circulation throughout the body, allowing people to perform at their peak in a host of different activities. Sexual activity is one of those and although it is a nice side

Improving immune function and longevity are two items that most people cite when they use Goji Berry. They want to ward off not only things like cancer through the antioxidants, but they also want to stay healthier on a day to day basis. Having to constantly fight off things like a cold or the flu can weigh on the body and it can make life difficult for people during their routine. In order to stay healthy for longer, the body has to stay sharp and this can only happen when you are

All in all, Goji is popular not just for one purpose, but because it helps to improve the body in lots of different ways. The tests have shown that it has significant power to both prevent and help cure diseases such as cancer, while other tests have proven Goji to be an effective holistic treatment. Total body health and keeping in tune for the long run is a concern for

<http://www.herbwisdom.com/herb-senna.html>

Senna (Cassia senna)

Senna Benefits

Senna is a herb that is generally used for its laxative properties. Senna is also known as cassia senna, wild senna, cassia marilandica, or locust plant. It works by interacting with the bacteria in the digestive track, resulting in intestinal contractions. These contractions are caused by the anthraquinone that is contained in senna. These dimeric glycosides anthraquinone derivatives are known as Senna glycosides or sennosides. They are named after their abundant occurrence

Senna is found in many tropical countries. The plant has been used in India for thousands of years as a laxative. It can be found in capsule and tablet form, tea bags and loose tea, as well as liquid extracts. The undiluted dried root can be found

How Does Senna Work?

Senna contains glycosides, which are a group of organic compounds that are commonly found in plants. These compounds work as a laxative by smoothing the muscles as digested food moves through the intestines. This helps to enhance the stool volume and move it out of the colon. The process is caused by the chain of fatty acids that promote digestion,

How to Use Senna

Senna is generally used by people suffering from constipation. For relief, a person should take ½ teaspoon of the liquid, or one 50 or 100 mg capsule or tablet. After taking the Senna, a bowel movement should occur within six to 12 hours. There

Senna is the ingredient in the commercial laxative suppository called Senokot. The suppositories are inserted into the

Senna Tea

Many people like to take herbal preparations in the form of a tea. Senna tea comes in teabags and can be found in health food stores, but some people like to use the loose leaves of Senna and brew the tea themselves. Steep the leaves in a pot of boiling water for approximately ten minutes. The leaves can also be put in cold water and steeped for 10 to 12 hours. Using cold water to steep the leaves will leave less resin in the tea, so the chances of abdominal cramping will be reduced.

A common preparation is to boil 100 grams of the tea leaves in distilled water with 5 grams of fresh ginger that has been sliced. Cover and steep for 15 minutes, strain, and drink while hot. Make only the amount to drink, as the Senna tea gets stronger if it sits. and can lead to abdominal cramping. Other carminative herbs that mix well with Senna are peppermint

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CHAPTER THREE - Holism

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ods are botanically a fruit, since they contain seeds

. which originally came from the bark of

.S.

. to use as sources of biofuels, which are

ages in our environment. Plants respond to and

es and the prediction of future ones. This is

in close proximity constitute a population.
an ecosystem.

ironment (things like air, water and mineral soil),

cludes structure, genetics and mutations,

anisms are parts of a plant's ecology.

ts, called mutualisms, for example with

ment. The climate and ...

here, atmosphere, and hydrosphere. Examples of

. Examples of biotic factors are animals, birds,

clude tundra and tropical rainforest.

e gene is its chemical unit.

ither parent since the stronger genes tend to

s.

y processes: natural selection, genetic drift,

) of plants by humans for specific traits.

ify them, especially at the kingdom and
:haea and Bacteria, previously grouped into

y from other **bacteria**. They are thought t

tive **ribosomes**. They include methane-
ning them with carbon dioxide and hyd

gy, including the use of minerals instea
olerate temperatures up to 88°C (190°F
leus and cytoplasm of the more advanc
ns that they constitute a higher groupin

ria" comes from the color of the bacteria. Wikipedia

acteriologists. Similarly, the Fungi (or

llulose or both substances together with many other

ever differentiated into root and shoot and, most

caryotes: archaeobacteria and eubacteria), they have true

as their carbon source and are dependent on external

tion. They range from very simple, short-lived,
e puffballs, pore fungi etc. Except for the lack of
vegetative body, chemical composition of cell wall etc.

lack of fossils prevents direct evidence on this.

air many differences in features such as

ne the use by a particular author. Wikipedia

ferns and their allies, gymnosperms and flower
marily in terrestrial habitats, while the

teristic of nurturing the young embryo s
e. With very few exceptions, embryoph
rom carbon dioxide and water.

r **tissue** are the xylem and phloem. These two **tissues**

aily.

which reproduce by spores and which developed first, primary.

produce a seed encased in a structure such as a carpel.

are actually carpets of individual plants. They reproduce. It's another characteristic of their haploid reproductive cells to combine.

inability to stay up is why you never see their bodies helps keep water from

considered to be the simplest of all plants and (little hairs), and the worts are no exception.

through photosynthesis or cellular

materials to be used in cellular functions such as

re.

in green plants, light energy is captured and

is, alpha, beta and gamma. The last of these, the
synthetic bacteria that produce molecular sulfur (the
Nitrosococcus). Gamma-2 is known to contain only
eomonads, oceanospirilla, at least one species of

ynthesis.

l across themselves and enzymes moving

osphorus, calcium, magnesium, and sulphur.

onments. Most plants must adapt to a variety

long term as well as establish itself over a

lar level. The similarities and differences

ane-bound nucleus enclosing genetic material
teria, blue-green algae, and other primitive

l's growth and reproduction. It is com

des the genetic information necessary f

obodies, microfilaments, microtubules,
es known as **karyokinesis and cytokinesis**.

tion of the nuclear envelope around the
ded during cytokinesis (which typically

r. Cells are different and these differences

eral nutrients from the soil, and produce
nts. Fleshy **taproots**,

In plants with taproot systems, the tapr

er sunlight and begin photosynthesis. Large,

tae and 10 within the extant land plants. Wikipedia

rees.

and other cone-bearing trees and shrubs, and

her small and needle-like or scale-like and most stay

across northern Europe, Scandinavia, Russia and

needle-like leaves have a waxy outer coat which
are one example of a coniferous tree found in some of

fungi help to break down or decompose the fallen
usually, the soils are poor and acid.

However, coniferous trees are especially conditioned to the

trunks grow quite close together but they are so

mosses, liverworts and lichens are also found on the

comprise some 70 species across the three genera Gnetum

are ancestors of the angiosperms.

wood (secondary **xylem**) and bark (secondary
phloem), and some via both means.

s genus or species. Biological classification is based on shared physical characteristics.

Scientists do not always agree on how to classify organisms, but a more efficient, evolutionary lines and is likely to be used.

in taxonomy. It includes ranks and binomial nomenclature for algae, fungi, and plants.

begin with the three-domain system: Archaea, Bacteria, and Eukarya. These domains reflect whether the cells have a nucleus.

Kingdom; Phylum; Class; Order; Family; Genus; and Species. For each organism, the scientific name of an organism, it is proper to use the binomial name, which is usually italicized or underlined. Phylogenetics is the study of the evolutionary relationships between organisms.

into Plants.

lica (Regarding Medical Matters).

er, mathematician, and ~~founder~~ ~~of~~.

pharmaceutical botany, zoology, and

to improve the productivity and sustainability of farms and

ical encyclopedias.

er, architect, botanist, musician and writer.

l on the structure of their flower, which

Binomial nomenclature; known as the father

of **evolution** occurred and proceeded in

of travel in Latin America.

is Darwin.

its into Europe.

his study of the inheritance of traits in pea

nology, and zoology in the Caribbean region.

.0th century, developed a **comprehensive**

: of the green revolution"

ciety gold medal winner.

111

112

113

114

115

116

bs common to several groups.

erally to refer to a
cts and technologies that have some orig
ean immigration, colonization, and influen

ractices sharing common concepts which
icine, acupuncture, massage, exercise, and

ety of ailments. It is a shrub with bitter,

erbsAGinger.htm

rd Zimbabwe. It is threatened by habitat loss.

non names include **Buchu**, Boegoe, Bucco,

igoed', prepared from 'fermenting' S.

frican pastoralists and [hunter-](#)

ke rotten meat and are pollinated mainl
the initial sound is a [lateral click](#)) -

s then adopted into Arabic culture.

ally grown

natural sources (e.g., biological pesticides)
nd processed foods as a way to reduce their

an support [e.g. thyroid gland], regulating

inherent, innate, inborn, inbred, congenital, natural, native, constitutional, built-in, ingrained, deep-rooted, inseparable, permanent, indelible, inerasdicable, ineffaceable;

XJiYWwgTWVkaWNpbmUaCMrX0S
ek.com%2Fwhat-is-

t contain caffeine. Wikipedia

ns

erial to remain suspended in the solvent over time.

and rhizomes. Decoction involves first mashing
n

h high mucilage-content, such as sage, thyme,
g on herb used). For most **macerates**

ire ethanol (or a mixture of 100% ethanol
ne and elixirs are alcoholic extract of herbs;
of herbs in spirits (e.g., vodka, **grappa**,

ling tinctures. Dry extracts are extracts of
t dry extract created by freeze-drying.[citation
eded] Syrups are extracts of herbs made with
for three weeks.

because water is a polar solvent. Oil on the

luted in a carrier oil (many essential oils can
n allow these to be used safely as a topical).
lications are oil extractions of herbs. Taking

ganoleptic properties, such as the deep purple of

ation.

of classes including but not limited to

mpress

it an aching,

lled with solvent used to remove stains

r and then applied directly in a bandage, cloth

], or to cleanse the skin on a deeper level

originated in the Americas, but is now found around

(*Mandragora officinarum*) and other plants
effects.

emotion, and consciousness. Wikipedia

ane alkaloids occur naturally in many members of the

or lack of understanding of plant and drug
e needed to determine the safety and efficacy
safe because they are "natural", herbal
inated, and herbal medicines without

may differ as a result of biochemical

ism that is

n results in the death of its prey and th

ve been often overlooked throughout these recent ages. In
s and conventional medical

hrubs, and trees, and includes a numbe
e family contain potent [alkaloids](#), and so

Europe, associated with "sorcery", "magic"
untoward outcomes have been linked to herb

ium is a soft silvery-
nite the [hydrogen](#) emitted in the reaction a

where they recognise that this may be a risk.

to central Georgia, and west to Missouri and

study found that use of complementary and
principles of herbal treatments with likely cause-

species of flowering plants belonging to the family

genera *Chamaecytisus*, *Cytisus* and *Genista*, but
flowers are very small
flowers have white, orange, red, pink or purple

varius (also known as *Genista scoparia*),

of the Baja California peninsula, Mexico. It is
rare

It covers 5% of the state of California,
varius, applied to scrub oaks. [http://en.wikiped](http://en.wikipedia)

...e, growing in damp, grassy places, and
...rid between *S. officinale* and
...th *S. officinale*. Compared to *S. officinale*,
...frey

...h comes from the Greek *chamai* meaning ground,

...reened to obtain the guar gum. It is typically

...iaceae native to Europe, North Africa, and the Middle

... is found in North America and in eastern Asia,

...d the eastern United States. It may be distinguished

...istle, Mediterranean milk thistle, variegated thistle

tive throughout the tropics, with a small
2] The type species for the genus is *Senna*

Wikipedia

ng push to educate people on
hat's more, some of the
ood-weight-loss/ask-diet-

ikipedia

iana, *Rhamnus purshianus*) is a species of
rd to northwestern Montana.

s. The chemicals primarily responsible
ese act as stimulant laxatives, with the hydr

icine to treat a variety of conditions, m

National Center for Complementary and Altern

w_palmetto_extract

s were used as a perfume in the sixteenth century.

ona, and sakau. The roots of the plant are used to

acterial and anti-inflammatory properties. Wikipedia

istory as a social custom dating back thousands of

betel nut, as it is often chewed wrapped in betel

es into English as "yellow hemp"), it has been used in

for the Soma plant of Indo-

ndian tea". <http://en.wikipedia.org/wiki/Ephedra>

ly common in Brazil. Wikipedia

hysician, usage of herbal remedies should be
ous prescription and over-the-counter
ion.

are together with prescription medicine that

Of [thrombotic](#) disorders. Some anticoagulants
[pedia.org/wiki/Anticoagulant](https://en.wikipedia.org/wiki/Anticoagulant)

enzymatic reactions. They are, in gener
he term *P450* is derived from the
n the reduced state and complexed wit

etimes extended to include fungal

atomic structure. It is different from a rock, which can

study of the physical, chemical, [biochemic](#)
rigin as well as the [search for new drugs f](#)
y

organic synthesis and functions as a plant hormone.

and as an [anti-](#)

year. It is often, but not necessarily, related

calendar in consideration (typically the year
beginning on any date. Frequently in the

.i.e., not always being exactly 1000 years

actions, and to defend against attack from
from health when consumed by humans, and
ted to be less than 10% of the total. Chemical
for the chemical compounds in conventional
medicines to be as effective as conventional

d plants.

rchers identified 122 compounds used in

ine is sometimes used as a

plant. Many of the pharmaceuticals currently

and as an [anti-](#)

g), and [anti-](#)
[mic](#). Quinine contains two major fused-

contains approximately 12% of the analgesic
use and for the [illegal drug trade](#). The lat
and [noscapine](#). The traditional, labor-
the latex leaks out and dries to a stick

estimates that 80 percent of the population of
ed States and Europe have shown that their
effectiveness of herbal medicine has become

It also yield useful medicinal compounds. The

ook") is a characteristic style

ied after the geographic areas or region
locally or through trade 聽Religious 聽fo
sine. Regional 聽food preparation traditio

lia.org/wiki/Cuisine

ie spices with the most potent antimicrobial

enic bacteria and yeasts to various spice extracts and
The bactericidal effect of garlic extract was apparent
r by garlic extract but in 5 h with clove. Some bacteria
y nystatin. Spices might have a great potential to be

ige.

.

properties.

lithic, approximately 60,000 years ago.

range of classes including but not limited to creams,

Thymol is also used to treat respiratory

hundreds of medicinal plants (such as myrrh
medicines, including garlic, juniper, cannabis,

gastroenteritis in addition to neurological and

scine a powerful alkaloid with the ability to cause
in AD 60, and its use as a tincture known as mandragora,

natural.

atures between 20 °C and 30 °C and a

able documents detailing the medical
libed by ancient Indian herbalists such as

1 mineral sources, and 57 preparations based

ut 2700 BCE as the forerunner of all later

ients for leprosy). Succeeding generations
Tang Dynasty treatise on herbal medicine.

as from the 1st century B.C. Only a few
erlap with the Egyptian herbals. Greek and
; Therapeutics), provided the pattern for later
otèÛX η ία τ ã ι (commonly known by

oritative reference of herbalism into the 17th

orld.

used for healing (i.e., *medicines*). The ter
' AD, *De materia medica*, 'On Medical M

y the term *pharmacology*.

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rence in which identical phenomena are studied. Neither frame of reference provides an unobstructed view of

achment

l with his students or colleagues. Troubled and lost, Henry lands at a public school where an apathetic student body and
lel to his disaffected students and bonds with a teenage runaway who is just as lost as he is.

wed

provide, supply, furnish, equip, invest, give, present, favour, bless, grace, award, gift, confer, bestow, enrich, arm; endue

Literary "nature endowed the human race with intelligence"

active, lively, dynamic, **zestful**, spirited, animated, vital, vibrant, sparkling, bouncy, bubbly, perky, **bright and breezy**, frisky, sprightly, tireless, indefatigable, enthusiastic, zealous, fiery, passionate;

having actions in terms of their energies and affecting the energies of the body. The practitioner may have

: be connected to a compound but may be linked to a physiological action.

. the UK. Herbs have a functional action, which is not necessarily linked to a physical compound, although often

constituents.

Pharmaceutical medicine prefers single ingredients on the grounds that dosage can be more easily quantified.

Herbalists argue that a single active ingredient, arguing that the different phytochemicals present in many herbs will interact to enhance the overall effects. Herbalists deny that herbal synergism can be duplicated with synthetic chemicals. They argue that the effects of a combination of a few putative active ingredients.

are the sum of their separate effects.

The effectiveness of that herb is consistent.

The concept of synergy can be widely generalized, on the basis of their interpretation of evolutionary

biology and therefore they must develop resistance to threats such as radiation,

mutagenesis.

o plant crops, etc.

iced.

stems, and it reacts with chemical defenses. Plants have long been known to detect sound, but why they have

ant sound in its environment.

other vibrations in the same frequency as the chewing caterpillar," said Heidi Appel, an investigator at
re, Food and Natural Resources.

cal-defenses

rition and **ROS (reactive oxygen species)** may all play a role in arterial disease.

12 to 20 percent of Americans age 65 and older. PAD develops most commonly as a result of atherosclerosis,
side the arteries. This is a very serious condition. The clogged arteries cause decreased blood flow to the

e blocked arteries in other areas of the body. Thus, those with PAD are at increased risk for heart disease,

erlie more than one condition. In short herbalists view their field as the study of a web of relationships rather

ymbol. Quests appear in the folklore of every nation^[1] and also figure prominently in non-

can moonlight as vegetables, teas or spices they have a huge consumer base and large-scale epidemiological

define epidemiology have normally done so in the context of their own particular interests or needs. A useful general definition
entional medical approaches to the study of disease that are normally concerned with the study of disease processes in
ncerned with the reasons why those individuals became diseased in the first place.

practicable, practical, workable, achievable
, attainable, realizable, viable, realistic, sensible, reasonable, within reason, within the bounds of possibility

and field observations. For the interviews, 72 knowledgeable informants were sampled using purposive administrators from informants that were already involved in the interviews.

7 human and 19 livestock diseases. Of the species, the majority (74%) were obtained from the wild. Herbs / used plant part accounting for 42.98% of the plants, followed by roots (25.73%). Preference ranking um. Direct matrix ranking showed *Cordia africana* as the most preferred multipurpose plant in the followed by *Boscia salicifolia* and *Acokanthera schimperi*. According to priority ranking, drought was

it developed on their territories, consider themselves distinct from other sectors of the societies now prevailing in those

its efficacy. [citation needed] Herbalists contend that historical medical records and herbals are underutilized

on, or value.

l normally reject. Field biologists have provided corroborating evidence based on observation of diverse species, parasites,. Lowland gorillas take 90% of their diet from the fruits of Aframomum melegueta, a relative of the

other than humans

cardiomyopathy

ssue.

icroorganisms they act primarily against. For example, antibacterials are used against bacteria and antifungals are used

les like mitochondria ...

was meant only plants eaten by the animals directly as

it for fodder and carried to the animals, especially as hay or silage.[2] The term forage fish refers t

d other organoleptic properties, such as the deep purple of blueberries and the smell of garlic.

credible, reasonable, believable, likely, feasible, probable, tenable, possible, conceivable, imaginable, **within the bounds of possibility**, convincing, persuasive, cogent, sound, rational, logical, acceptable, thinkable

in the leaves and shoots of the eucalyptus, a plant that is dangerous to most animals. A plant that is harmless to a

guess, speculate, surmise, infer, fancy, imagine, believe, think, suspect, presume, assume, hypothesize, take as a hypothesis, theorize, formulate a theory, suppose

"I conjectured that the game was about to end"

formation and cautions.

Botanic Gardens Conservation International (representing botanic gardens in 120 countries) warned that "cures for a host of extinction from over-collection and deforestation,

including Hoodia (from Namibia, a potential source of weight loss drugs); half of Magnolias (used as Chinese medicine); and five billion people still rely on traditional plant-based medicine as their primary form of health care."

enturies as an effective laxative and diuretic, and as a treatment for bile or liver problems.

ges. However, most of these monastic scholars' efforts were focused on translating and copying ancient Greco-
on medicine, as on other subjects, were preserved by hand copying of manuscripts in monasteries. The
or simple treatment of common disorders. At the same time, folk medicine in the home and village continued

unbroken, continuous, continual, undisturbed, s
teady, constant, sustained, consecutive, success
ive, in succession, non-
stop, without stopping, unceasing, incessan
t, untroubled, smooth, peaceful

many, a lot of, a great many, very many,
countless, scores of, innumerable

ells

guilement, allurement *The campsite had its own peculiar enchantment.*

intercharm against enchantment by the faerie folk

well informed, informed, learned, **with great knowledge**, well read, well educated, educated, **widely read**, erudite, scholarly, cultured, cultivated, enlightened, aware

isms ...

...

a medical text called Causes and Cures. [citation needed]

ation or place

ious caliphates, experiencing a scientific, economic, and cultural flourishing.

revere, reverence, respect, worship, adulate, hallow, deify, idolize, hold sacred, exalt, honour, esteem, look up to, think highly of, pay homage to, pay tribute to

re, the Arab travellers had access to plant material from distant places such as China and India. Herbals,

tural

ent Rome, collectively known as the Greco- throughout Europe, North Africa and the Middle East.

notably, remarkably, outstandingly, importantly, seriously, crucially, materially, appreciably

9th century, and Ibn al-Baitar described more than 1,400 different plants, foods and drugs, over 300 of which

experiments provide insight into cause-and-effect by demonstrating what outcome occurs when a particular factor is

al-Abbas al-Nabati, the teacher of Ibn al-Baitar. Al-Nabati introduced empirical

knowledge based on logical or mathematical assumptions.

in those supported by actual tests and observations. This allowed the study of materia medica to evolve

develop, progress, make progress, advance, move forward, make headway, mature, grow, open out, unfold, unroll, expand, enlarge, spread, extend

herbs, including tamarind, Aconitum, and nux vomica. Avicenna's

ing properties of herbs, including nutmeg, senna, sandalwood, rhubarb, myrrh, cinammon, and rosewater. The
tury. Other pharmacopoeia books include that written by Abu-Rayhan Biruni in the 11th century[citation
1 of St Amand's Commentary on the Antedotary of Nicholas. In particular, the Canon introduced clinical trials,

specific questions about biomedical or behavioral interventions (novel vaccines, drugs, treatments, functional health authority/ethics committee approval in the country where approval of the therapy is sought.

interventions. One of these interventions is the standard of comparison or **control**. The **control** may be a standard practice, a

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other languages rather than Latin or Greek.

which were The Herball or General History of Plants (1597) by John Gerard and The English Physician Enlarged and his illustrations came from a German botanical work. The original edition contained many errors due to it being read by the physicians of his day, yet his book - like Gerard's and other herbals - enjoyed phenomenal popularity.

medicinal properties of various plants used by the Aztecs. It was translated into Latin by Juan Badianus that is no longer extant. The *Libellus* is also known as the **Badianus Manuscript**, after the Cardinal Francesco Barberini, who had possession of the manuscript in the early 17th century.

translated to Latin for European readers. It is a significant text in the history of botany and the history

of ancient remedies for myriad

multitude, a large/great number/quantity
, a lot, scores, quantities, mass, crowd, thro
ng, host, droves, horde, army, legion, sea, swa
rm

wearing away,

abrasion, scraping away, grinding down
, crumbling, wear and tear, weathering
, dissolving, dissolution

origin, 聽place of origin

erless

impotent, helpless, without power, ineffect
ual, inadequate, ineffective, with no say, us
eless, defenceless, vulnerable, weak, feeble, pa
ralysed

.ne

: than looking to ancient texts, in open and radical defiance of medical practice of his day. He
first to note that some diseases are rooted in psychological illness.

imilar terms active pharmaceutical ingredient (API) and bulk active are also used in medicine, and the term
1 more than one active ingredient. The traditional word for the API is *pharmacon* or *pharmakon*

icylic acid in willow bark or arecoline in areca nuts), because the word *ingredient* in many minds
areas the natural products present in plants were not added by any human agency but rather occu

the urgent need to treat Syphilis.[citation needed]

rious important roles in living organisms. Many plants store chemicals in the form of inactive **glycosides**.

uscle. Because of their potency in disrupting the function of the heart, most are extremely toxic. These
butterflies.

s, namely atrial fibrillation,

or congestive heart failure. AF may occur in episodes lasting from minutes to days (paroxysma
od clots in the heart.[1][2][3] The risk of stroke is increased fivefold in individuals with AF

l a fast heart rate or tachycardia (beats over 100 per minute), and falls into the category of supra-
e.g.hypertension, coronary artery disease, and cardiomyopathy) and diabetes, it may occur spontaneou
es intoatrial fibrillation (AF). However, it does rarely persist for months to years.

:(1881 - 1945) and colleagues.

porting a large population with a high capacity for division of labour.

m, aspirin, digitalis, and quinine. The World Health Organization (WHO) estimates that 80 percent of the pharmaceuticals are prohibitively

prices can be grown from seed or gathered from nature for little or no cost.

speed up, hurry up, get faster, move faster,
go faster, drive faster, get a move on, put
on a spurt, open it up, gain momentum,
increase speed, pick up speed, gather speed

chemicals and leads that could be developed for treatment of various diseases. In fact, according to the World

speed up, hurry up, get faster, move faster,
go faster, drive faster, get a move on, put
on a spurt, open it up, gain momentum,
increase speed, pick up speed, gather speed

ction.

to vary together .

s of such.

s of the world's plant species - at least 35,000 of which are estimated to have medicinal value - come from the
m plants In many medicinal and aromatic plants (MAPs) significant variations of plants characteristics

find out,

discover, get/come to know, work out,
make out, fathom (out), become aware
of, learn, ferret out, dig out/up, establish
, fix, determine, settle, decide, verify, make
certain of, confirm, deduce, divine, intuit, di
agnose, discern, perceive, see, realize, appreci
ate, identify, pin down, recognize, register,
understand, grasp, take in, comprehend

ight have. In more general use, a trait is an important part of someone's personality or appearance.

discriminating, discriminatory, discerning, cri
tical, exacting, demanding, particular, hard to
please

following, ensuing, succeeding, successive, l
ater, future, coming, upcoming, to come

number of protons in its atomic nucleus. **Elements** are divided into metals, metalloids, and nonmetals.

reveal, bespeak, indicate, signify, signal, denote, show, display, exhibit, express, manifest, evidence, be evidence of, be an indication of, bear witness to, testify to

The sense of the "art of the general", which included several subsets of skills including "tactics", was translated into Western vernacular languages only in the 18th century. From then until the 19th century, it was used to describe "the art of war", including the threat or actual use of force, in a dialectic of wills" in a military conflict, in w

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including some bacteria and some fungi.

impermanence, temporality, transience, ephemerality, impermanency, perishability;

is made of only one element. Water (H₂O) can be called a molecule or a **compound** because it is made of hydrogen (H) and

is the transformation of energy and matter in the body, two elements that must always be present for life to
an input of energy. Catabolism is the opposite process; it necessitates an output of energy, and lar

its; and (2) secondary metabolites—compounds which are found in a smaller range of plants, serving a more

for physiology of others of its species

of dahlias, quinine from the cinchona, morphine and codeine from the poppy, and digoxin from the foxglove.

asset, such as a commodity, currency, or security

also includes some related compounds with neutral and even weakly acidic properties.

ding bacteria, fungi, plants, and animals, and are part of the group of natural products (also called secondary

are from the original material.

ated. Extracts may be either fluid or solid.

ical properties.

ational drugs, or in entheogenic

units seem particularly potent.

by severe perceptual distortion and hallucinations and by extreme feelings of either euphoria or despair.

s together with its phosphorylated counterpart psilocybin. Psilocin is a Schedule I drug under the Con
e and resemble those of LSD and DMT.

e antihypertension agent reserpine; the cholinomimetic

the cognitive decline that characterizes Alzheimer's disease.

rake (*Mandragora officinarum*) and other plants of the family Solanaceae. It is a secondary metabolite of t

t of the muscarinic acetylcholine receptors (acetylcholine being the main neurotransmitter used by the
on and other secretions.

sic health system.

walls, in particular in the large veins, large arteries, and smaller arterioles.

of increasing blood flow and oxygen supply to the brain. Effects of using Vincamine are reported to include
name Oxybral SR, although there are also a number of generic alternatives, depending on your location and
: alkaloid, which are common components of fragrances and the precursors to many types of pharmaceuticals.

ginally derived from the bark of the cinchona tree. The drug causes increased action potential dur

only used as a stimulant, concentration aid, decongestant, appetite suppressant, and to treat hyp

variety, miscellany, assortment, mixture, mix, m
elange, range, array, medley, multiplicity;

pray to, call on, appeal to, plead with,
supplicate, entreat, solicit, beseech, beg, impl
ore, importune, petition

cite, refer to, adduce, instance

and cardiovascular diseases is emerging. The health effects of **polyphenols** depend on the amount consumed and on their

class of molecules called **flavonoids** synthesized via the **phenylpropanoid** pathway; they are odorless
in **tissues** of higher plants, including **leaves, stems, roots, flowers, and fruits**. **Anthoxanthins** are clear, w
idins by adding pendant sugars.

mammals. Some are termed antioxidants because of their ability to trap singlet oxygen.

ic plants. Also called "dietary estrogens", they are a diverse group of naturally occurring nons
eceptor sites against estrogen.

illic acid.

ner secretions.

|

ally for molding and insulating and in coatings and adhesives —called also **phenolic** resin.

living, live, animate, biological, natural;

technicalbiotic

"organic matter"

pesticide-free, additive-free, chemical-

free, non-chemical, natural

"organic vegetables"

ve glycosides. These can be activated by enzyme hydrolysis,

medications. In animals and humans, poisons are often bound to sugar molecules as part of their elimination

...

constituents bound to a sugar, and in a glucoside the sugar is glucose. In a fructoside the sugar is fructose. Some of that sugar glycosides usually start working in the gut, after the sugar has been stripped

sufficient amounts of them.

digitoxin, digitalein, digitonin, digitalin and so on are cumulative and toxic; they work in doses rather than in large amounts. The thing is, though, that without these toxic glycosides, the same folks would have died years earlier.

herb, too, and it's deadly!". Problem is, herbalists don't use foxglove. Doctors do ... and prescribe it

Frangula and Rhamnus species. A lot of these glycosides are rapidly addictive: use them to kick your colon

o.) and various Vaccinium species. Because of the arbutin, these leaves work for some urinary tract (and not for the stomach). 10 days is the usual maximum - but it's better to check if symptoms have subsided at all after three days

from their osmeteria. They are often strong-
attractors and parasites of herbivores. Many terpenes are aromatic hydrocarbons and thus may have had
a strong smell, whereas terpenoids contain additional functional groups.

strong smelling and thus may have had a protective function. They are the major components of resin,

liquid compounds found inside plants or exuded by plants, such as sap, latex, or mucilage.

synthetic building blocks within nearly every living creature. Steroids,

endocrine system and have similar effects to testosterone in the body.

modification of the carbon skeleton, the resulting compounds are generally referred to as terpenoids. Terpenes and
terpenoids are also used by plants as natural flavor additives

centuries; for example, preserving food by pickling (with vinegar), salting, as with bacon, preserving sweets or using sulfur

usually being prepared or made artificially, in contrast to natural.

asset, index, or interest rate, and is often called the "underlying".

additives.

the reds, yellows and oranges of pumpkin, corn and tomatoes.

ties) with the objective of participating in a common activity or pooling their resources for ach

Center for Genome Resources, and the University of Illinois at Chicago began an NIH-sponsored study of over

population of cells.

western South America.

痛 (painkilling), and 聽 anti-inflammatory 聽 properties and a bitter taste.

ensive anti-malarial drugs produced by the pharmaceutical industry.

atments have found negative results.

inding clinical trials into the effectiveness

success, successfulness, efficacy, product
iveness, fruitfulness, potency, power

assess, assess the worth of, put a val
ue/price on

arket, had "no substantial studies" of their properties.

en shown useful in drug discovery and development in the past and present. They maintain that this traditional

commonness,
urrency, widespread presence, generality
, pervasiveness, universality, extensive
ness, ubiquity, ubiquitousness

omplementary and alternative medicines (CAM), what was used, and why it was used. The survey was limited

restricted, finite, bounded, little, narrow,
tight, lean, slight, slender, in short supply
, short

restricted, curbed, checked, controlled, re
strained, constrained, confined

f natural products other than vitamins and minerals, was the most commonly used CAM therapy (18.9%) when

keep out, deny access to, shut out,
debar, disbar, bar, ban, prohibit, put an emb
argo on, embargo

eliminate, rule out, factor out

eliminate, rule out, factor out

distribute, pass round, pass out, hand o
ut, deal out, dole out, share out, divide
out, parcel out, allocate, allot, apportion,
assign, bestow, confer, supply, disburse;
Informal dish out

"the servants are ready to dispense the
drinks"

waive, omit, drop, leave out, forgo, give up,
relinquish, renounce

does not contain caffeine .

cluding urban sound effects

the Ministry of Health & Family Welfare. The National Medicinal Plants Board was also established in 2000 by

established, long-established, long-
standing, firm, committed, dyed-in-the-
wool, through and through;

normal, conventional, ordinary, orthodox, conformist, accepted, established, recognized, common, usual, prevailing, popular

"the author never strays far from mainstream physics"

television programming.

ing ready

k by the patient—either a tisane or a (possibly diluted) plant extract. Whole herb consumption

imize compatibility, interoperability, safety, repeatability, or quality. It can also facilitate commoditization of formerly custom

ver identical dimension), expressed as "a to b" or a:b, sometimes expressed arithmetically as a dimensionless quotient of the

this reason, thin layer chromatography

on of the solutes as they flow around or over a stationary liquid or solid phase.

erent rates.

ial chemical.

re or purpose

reshing, cleaning, and hauling. These can be done individually or a combine harvester can be used to perform the operations

ing whatever items are of interest to the individual collector.

lled in the dispensing of herbal prescriptions in the Ayurvedic tradition.

r dispensing herbal medication, and preparations of herbal medications. Education of herbalists varies
pprenticeship

companying study

owder. The word **lieu** originally comes from the Latin locus, **meaning** "place," and its **meaning** has stayed true to its origins

ithin or between countries. For example, in Australia the currently self-regulated status of the profession (as of
onal institution

ay they live.

itution has rules and can enforce rules of human behavior. The word "institution" can be used in two ways.

unity.

meticulous, punctilious, conscientious, careful, diligent, attentive, ultra-careful, scrupulous, painstaking, exact, precise, accurate, correct, thorough, studious, exhaustive, mathematical, detailed, perfectionist, methodical, particular, religious, strict;

strict, severe, stern, stringent, austere, Spartan, tough, hard, harsh, rigid, cruel, savage, relentless, unsparing, inflexible, authoritarian, despotic, draconian, intransigent, uncompromising, demanding, exacting

"the rigorous enforcement of minor school rules"

strict, severe, stern, stringent, austere, Spartan, tough, hard, harsh, rigid, cruel, savage, relentless, unsparing, inflexible, authoritarian, despotic, draconian, intransigent, uncompromising, demanding, exacting

"the rigorous enforcement of minor school rules"

iversities. For example, Bachelor of Science degrees in herbal medicine are offered at Universities such as of Lincoln and Napier University in Edinburgh at the present.[\[citation needed\]](#)

onal public health, published Quality control methods for medicinal plant materials in 1998 in order to support quality assurance and control of herbal medicines.

cial Products.

ion needed] Manufacturers of products falling into this category are not required to prove the safety or efficacy

ing the products and factory conditions of member companies, giving them the right to display the GMP (Good

má huáng, which literally translates into English as "yellow hemp"),

. With great accuracy, the plants they chose to use for medicine were in those families of plants that modern

d other organoleptic properties, such as the deep purple of blueberries and the smell of garlic.

s are distinguished from essential nutrients.

esponds to the pro-oxidant

vitro..

Agriculture (USDA), but withdrawn in 2012 since no correlation between test results and biological free-radical theory.

fairly large,
substantial, considerable, respectable, significant, largish, biggish, decent, decent-sized, generous, handsome

go through,
experience, engage in, undertake, live through, face, encounter, submit to, be subjected to, come in for, receive, sustain, endure, brave, bear, tolerate, stand, withstand, put up with, weather, support, brook, suffer, cope with

widespread, prevailing, frequent, usual, common, general, universal, pervasive, extensive, ubiquitous, ordinary
herbs are used by Amchis -

Tibetan medicine.

tem is entirely in the Tamil language. It contains roughly 300,000 verses covering diverse aspects of medicine

disquisition, essay, paper, work, piece of writing, exposition, discourse, dissertation, thesis, monograph, study, critique

that kind of thing.

erial formed from two or more substances

pertinent, applicable, apposite, material, apropos, to the point, to the purpose, germane, admissible

languages of India.

spiritual perfection or enlightenment. **Siddha** may also refer to one who has attained a siddhi, paranormal capabilities.

ast.

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achievement, act, deed, exercise, exploit, performance, attainment, effort, feat, manoeuvre, operation, move, stunt, stratagem, coup, master stroke, stroke of genius, triumph

"the reduction of inflation was a remarkable accomplishment"

ability, talent, skill, gift, attainment, achievement, aptitude, faculty, capability, proficiency, forte, knack

; of experience that is considered true by many people, or that has gained some credibility through its

state of being so ...

complex products. In **biosynthesis**, simple compounds are modified, converted into other compounds, or joined together to

blessing, godsend, bonus, good thing, benefit, help, aid, advantage, gain, asset, privilege, luxury

When an herb called "dipsacus" or Japanese teasel root can carry houttuynia into the lower extremities. Houttuynia into the shoulders and neck. Adding organ protecting herbs also helps to reduce Bartonella symptoms.

Herbs-Heal

block, obstruct, congest, jam, choke, bung up, dam (up), plug, silt up, stop up, seal, fill up, close

contrast, set side by side, juxtapose, collate, differentiate, weigh up, balance, weigh/balance/measure the differences between

"we compared the data from our present and previous studies"

meet each other halfway, find the middle ground, come to terms, come to an understanding, make a deal, make concessions, find a happy medium, strike a balance

voter, elector, member of the electorate, member of a constituency

"MPs have a duty to listen to the concerns of their constituents"

component, component part, ingredient, element

d and drink. Economics.

equivalent, opposite number, peer, equal, parallel, complement, match, twin, mate, fellow, brother, sister, analogue, correlative

appointment, nomination, selection, choice, choosing, picking, election, naming, identifying

classification, classing, labelling, specification, definition, defining, earmarking, stipulation, particularization, pinpointing

"one of its roles is the designation of nature reserves"

title, denomination, honorific, label

control, decide, regulate, direct, rule, dictate
, govern, condition, form, shape

find out,
discover, ascertain, learn, establish, fix, settle, decide, calculate, work out, make out, fathom (out), get/come to know, ferret out, deduce, divine, intuit, diagnose, discern, check, verify, confirm, make certain of, certify

ogy. Dosage is the rate of application of a dose but in common parlance

success, successfulness, efficacy,
productiveness, fruitfulness, potency, power

result, consequence, upshot, outcome, outcome, sequel, reaction, repercussions, reversions, ramifications

achieve, accomplish, carry out, succeed in, realize, attain, manage, bring off, carry off, carry through, execute, conduct, fix, engineer, perform, do, perpetrate, discharge, fulfil, complete, finish, consummate, conclude

increase, **add to**, intensify, magnify, amplify, inflate, strengthen, **build up**, supplement, augment, boost, upgrade, raise, lift, escalate, elevate, exalt, aggrandize, swell

the rate of a reaction. Most cellular reactions occur about a million times faster than they would in the absence of an **enzyme**.

surplus, surfeit, **overabundance**, superabundance, **superfluity**, **oversufficiency**, profusion, plethora, glut

overindulgence, overconsumption, intemperance, **intemperateness**, immoderation, **profligacy**, lack of restraint, prodigality, **lavishness**, **excessiveness**, extravagance, decadence, self-indulgence, self-gratification, debauchery, dissipation, dissolution, **dissoluteness**

"he lived a life of excess"

surplus, superfluous, spare, redundant, unwanted, unneeded, unused, excessive, leftover

anticipation, expectation, eagerness, hope, **hopefulness**

hic film, as determined by shutter speed, lens aperture and scene luminance. In digital photography "film" is substituted with

deadly, lethal, mortal, causing death, death dealing, killing

disastrous, devastating, ruinous, catastrophic, calamitous, cataclysmic, destructive, grievous, dire, crippling, crushing, injurious, harmful, costly
literary direful

"don't make the fatal mistake of assuming others think as you do"

characteristic, attribute, quality, property, trait, mark, hallmark, trademark

article, piece, item, report, story, column, review, commentary, criticism, analysis, write-up, exposé;
theme

"the journal contains a series of short features"

present, promote, make a feature of, give prominence to, focus attention on, call attention to, spotlight, highlight, accent

"Radio Ulster intends to feature a week of live concerts"

or population.

recognize, single out, pick out, spot, point out, pinpoint, pin down, put one's finger on, put a name to, name, place, know, know again, know by sight, discern, distinguish, discover, find, locate

associate, link, connect, couple, relate, bracket, think of together

It is the capability of the body to resist harmful micro-organisms or viruses from entering it.

magnificent, majestic, imposing, splendid, spectacular, grand, august, awe-inspiring, stirring, stunning, breathtaking

shyness, reticence, self-consciousness, reserve, diffidence, bashfulness, covenss, embarrassment, unease, wariness, reluctance, discomfort, hesitance, hesitancy, apprehension, nerves, nervousness, insecurity

hindrance, hampering, holding back, discouragement, obstruction, impediment, retardation

impede, hinder, hamper, hold back, discourage
, interfere with, obstruct, put a brake on,
slow, slow down, retard

remote, out of the way, outlying, off the beaten track, secluded, in the depths of
..., hard to find, lonely, in the back of beyond, in the hinterlands, off the map,
in the middle of nowhere, godforsaken, obscure, inaccessible, cut-off, unreachable

solitary, lonely, companionless, unaccompanied, by oneself, on one's own, (all) alone, friendless

unique, single, lone, sole, only, one, solitary, individual

fatal, deadly, mortal, **causing death**, death-
dealing, life-
threatening, murderous, homicidal, killing, term
inal, final, incurable

take the measurements of,
calculate, compute, estimate, count, mete
r, quantify, weigh, size, evaluate, rate,
assess, appraise, gauge, plumb, measure
out, determine, judge, survey

choose carefully, select with care,
consider, think carefully about, plan, calculate
"I had better measure my words"

It applies to unicellular and simple multicellular organisms, as well as to some mechanisms of fluid flow in multicellular

It is proportional to the size of that population, per unit of time.

reverse, converse, antithesis, contrary, inverse, obverse, contradiction

specific, certain, distinct, separate, isolated
; More

special, extra special, especial, exceptional, unusual, marked, singular, uncommon, no
table, noteworthy, remarkable, outstanding, unique;

formalpeculiar

"an issue of particular importance"

explain fully.

ng in vitro and mouse ...

fashionableness, vogue, stylishness

stop, put a stop to, avert, nip in the bud, fend off, turn aside, stave off, ward off, head off, shut out, block, intercept, halt, arrest, check, stay

lever, force, wrench, pull, wrest, twist

extract/obtain with difficulty, worm out;
winkle out

"it shouldn't have been necessary to prise information from them"

keep safe, keep from harm,
save, safeguard, shield, preserve, defend, cushion,
on, shelter, screen, secure, fortify, guard, mount/stand guard on

secured,
sheltered, in safe hands, safe, guarded, out
of danger, safeguarded, preserved

"the nation's largest protected wetland"

control, adjust, manage, balance, set, synchroni
ze, modulate, tune

"the flow of the river has been regulated
with sluices"

supervise, oversee, police, superintend, monito
r, check (up on), keep an eye on, inspec
t, administer, be responsible for

extraordinary, exceptional, amazing, astonishing, astounding, marvellous, wonderful, se
nsational, stunning, incredible, unbelievable, miraculous, phenomenal, prodigious

construct or test hypotheses that purport to solve it

d a taxonomic rank.

specially, the nervous impulse produced by various agents on nerves, or a sensory end organ, by which the part connected

specially, the nervous impulse produced by various agents on nerves, or a sensory end organ, by which the part connected

regation.

go beyond, rise above, cut across

"there were differences of opinion
transcending Party lines"

surpass, excel, exceed, beat, trump, top, cap, outdo, outstrip, leave behind, outrival, outvie, outrank, outshine, eclipse, overstep, overshadow, throw into the shade, upstage

"his latest bout of bad behaviour transcended even his own worst excesses"

goodness, virtuousness, righteousness, morality, ethicalness, uprightness, upstandingness, integrity, dignity, rectitude, honesty, honourableness, honourability, honour, incorruptibility, probity, propriety, decency, respectability, nobility, nobility of soul/spirit, nobleness, worthiness, worth, good, trustworthiness, meritoriousness, irreproachableness, blamelessness, purity, pureness, lack of corruption, merit

the informal concept of "thickness". For example, honey has a much higher **viscosity** than water.

sage for the same pain relief accomplishment;

ates annually. When there is an excess of platelet-generated thromboxanes

daily. This is because ginger inhibits

circulatory system and is remarkable, even transcending

what ginger is growing in popularity?

needed that ginger completely inhibited

or interferes with cholesterol biosynthesis.

been isolated

cts while stimulating,

r is an herb which accentuates so many herbs.”

tively influence the outcome of the patient’s cancer; stimulation of immunity

hance immunity.

n is also a boon

lity) and sperm content associated with ginger consumption.

m is drastically wrong – not to mention a bad investment.

enefit to patients.”

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illness, disease, disorder, sickness, affliction, malady, complaint, infection, upset, condition, infirmity, indisposition, malaise, trouble

recommend, prescribe, commend, advise, favour, approve of, support, back, uphold, subscribe to, champion, campaign on behalf of, stand up for, speak for, argue for, plead for, press for, lobby for, urge, promote, espouse, endorse, sanction, vouch for
very effective

successful, effectual, efficacious, productive, constructive, fruitful, functional, potent, powerful; More

virtual, practical, essential, operative, actual, implied, implicit, unacknowledged, tacit
"the region did not come under effective Dutch control until 1904"

erful

strong, muscular, muscly, sturdy, strapping, robust, mighty, hefty, burly, husky, athletic, manly, well built, Herculean, tough, solid, substantial, lusty;

er to refer to trees or shrubs that lose their leaves seasonally (most commonly

ng "year") is a plant that lives for more than two years.

and subterranean stem of a plant that is usually found underground, often sending out roots and shoots from its nodes.

strapping, well built, well made, muscular, athletic, strong, hefty, brawny, powerfully built, powerful, solidly built, solid, burly, stocky, thickset, rugged, substantial, robust, vigorous, tough, hardy, mighty, lusty, Herculean

multiple fleshy capsules.

strong, powerful, pervasive, penetrating, suffocating, stifling; More

caustic, biting, trenchant, cutting, acerbic, sardonic, sarcastic, scathing, acrimonious, pointed, barbed, acid, sharp, keen, tart, stinging, astringent, incisive, devastating, piercing, penetrating, rapier-like, razor-edged, critical, bitter, polemic, virulent, vitriolic, venomous, waspish, corrosive, mordant, stringent;

Such drugs can be further categorized by their mechanism of action:

the lungs.

of hydration of secretions, resulting in more yet clearer secretions and as a byproduct lubricating the

abhesives and surfactants.

the thickness or viscosity of bronchial secretions thus increasing mucus flow that can be removed more easily

It stimulates circulation, relaxes spasms and relieves pain.

of capsaicin and piperine, the compounds which give chilli peppers and black pepper their respective

evaporative, vaporous, vapor
escent; More

tense, strained, fraught, uneasy,
uncomfortable, charged, explosive,
eruptive, inflammatory, turbulent,
in turmoil, full of upheavals;

olactone, as well as sesquiterpenes (α-zingiberene and ar-curcumene).

influenza and peripheral

puter." There are three different types of peripherals: Input, used to interact with, or

may not be able to exhibit adequate sexual desire, arousal, orgasm ...

I countries. 2. Law Involving the receipt of funds, property, or other ...

se

roundedness, roundness,
plumpness, buxomness, shapel
iness, ampleness, curvaceousne
ss, voluptuousness, womanlin
ess

g-lasting in its effects or a disease that comes with time.

conserve, protect, maintain, care f
or, take care of, look after, save, safe
guard, keep
"the oil helps to preserve
the wood"

conserve, bottle, tin, can, pot, ch
ill, freeze, freeze-dry, quick-
freeze, dry, desiccate, dehydrate

th century. Whole
th

intermittent, fitful, irregular,
sporadic, erratic, occasional, in
frequent, scattered, patchy, isolate
d, odd, uneven, periodic, periodic
al, recurring, recurrent, on and off

"spasmodic fighting continued"

✱.

Falling, twisting, or getting hit can all cause a **sprain**.

make sharp/sharper,
hone, whet, strop, grind, file; More
e

improve, brush up, polish up, better
, enhance;

in one of the airways or cavities of the body.[1][2] It can result in a thick exudate of mucus and

and lungs. Phlegm, also called sputum, contains mucus and sometimes other
phlegm can also contain visible amounts of blood or may be pink in color. In some
including infections, malignancy, inflammation, allergy, trauma, medications, and
dition, such as chronic obstructive pulmonary disease (COPD) or lung cancer. **Seek**
ss of breath; swelling of the throat, mouth or face; or are coughing up bloody, pink

precious items, costly
articles, prized possessions,
personal effects, treasures
"valuables may be left in the
hotel safe"

o variance in supervised learning, and a family of machine learning algorithms

whole, complete, total, full; More

intact, unbroken, undamaged, unharmed, unimpaired, unflawed, unscathed, unspoilt, unmutilated, unblemished, unmarked, perfect, inviolate, in one piece;

powdered, or as a juice or oil.

upset stomach, gas, diarrhoea, nausea caused by cancer treatment, nausea and vomiting after surgery, as well as

?

for chest pain, low back pain, and stomach pain.

relieve pain.

bly Effective, Possibly Ineffective, Likely Ineffective, Ineffective,

unsuccessful, non-
successful, unproductive, fruitless,
profitless, unprofitable, abortive,
failed, futile, purposeless,
worthless, useless, ineffectual, inefficient,
inefficacious, inadequate, vain, unavailing, to no effect;

inadequate, not enough, too little;

an hour. 2. A measure of a part with respect to a whole; a proportion

come behind, come after, go behind,
go after, walk behind, tread on the heels of
More

come behind, come after, go behind,
go after, walk behind, tread on the heels of
More

ring people will report for duty. 3. Blowing in the same direction as the ...

lessen, make less, make smaller, lower, bring down, decrease, turn down, diminish, take the edge off, minimize; More

bring to, bring to the point of, force into, drive into
"he succeeded in reducing her to tears"

however, ginger might not reduce nausea and vomiting in the period 3-6 hours after surgery.

g menstruation. One study shows that taking a specific ginger extract (Zintoma, Goldaru) 250 mg four times

vanity, egotism, boastfulness, or great pretensions.

onic condition in which the material that cushions the joints, called cart
e after 3 months of treatment. Another study shows that using a different ginger extract (Eurovita Extract 77; EV
specialized in exotic plants.

as ibuprofen. In one study, a specific ginger extract (Eurovita Extract 33; EV ext-33) did not work as well as
vomiting in some pregnant women. But taking any herb or medication during pregnancy is a big decision.

es and doctors. You have access to any private hospital. Please refer to the section

no hard evidence that ginger actually prevents motion sickness
eement exists between visually perceived movement and the
e in which a person feels fatigue or tiredness is also associated with motion sickness. "Nausea
s, vertigo, experienced after spending time on a craft on water

inadequate, not enough, too
little;

preparatory, introductory, initial, opening, prefatory, prior, preceding, lead-
in, initiatory, precursory; More

prelude, preparation, preliminary/
preparatory measure, preliminary action, overture, groundwork, first round

"political activity was seen
as a necessary preliminary to
the resumption of the
military campaign"

lessen, grow/become less, grow/become smaller, reduce, drop, diminish, decline, dwindle, contract, shrink, fall off, die down;

ases causing **joint pain**, other symptoms, diagnosis, treatment ...

Although I have blue hair myself, it couldn't be that it was dyed.

word **chemotherapy** they are referring specifically to drug treatments for cancer that

body has likely experienced discomfort in his or her muscles at some point.

usually affects a small number of muscles at a time, although myalgia throughout the body is possible (Mayo Clinic, 2010).

stress, tension, or physical activity. Some common causes include:

muscle aches and pain)

e include:

ly pain that remains after three days (NIH, 2011).

s seriously wrong in your body.

s seriously wrong in your body.

th aching muscles:

ou on how to fully resolve your muscle pain. The first priority will probably be to treat the primary condition.

FIRST and FOREMOST,

first, firstly, essentially,
in essence, fundamentally,
in the first place, most
importantly, principally,
predominantly, predominately,
basically, elementally, above
all, especially, particularly

probable, distinctly possible, to be expected, odds-
on, on, possible, credible, plausible, believable, within the bounds of possibility, imaginable; More

suitable, appropriate, apposite, fit, fitting, acceptable, proper, right;

the chest, just behind

annoyance, infuriation, exasperation, vexation, indignation, impatience, crossness, displeasure, resentment, gall, chagrin, pique; More

om happening.

safeguard, preventative/preventive
measure, safety measure, insurance,
defence, provision;
informalbackstop

"have your car regularly
serviced as a precaution
against mechanical breakdowns"

mes. There is also a report of miscarriage during week 12 of pregnancy in a woman who used ginger for

deformity, distortion, crookedness, missh
apeness, disfigurement, abnormality, irregul
arity, oddity, warp, freak (of nature)

"a congenital malformation of the larynx"

en during pregnancy, it's important to weigh

l balance, scale, or other mechanical device: to **weigh** oneself;

use it.

of (clotting) of blood. Such substances occur naturally in leeches and blood-
of bruising and bleeding.

ibuprofen (Advil, Motrin, others), naproxen (Anaprox, Naprosyn, others), dalteparin (Fragmin), enoxaparin

and procoumon might increase the chances of bruising and bleeding. Be sure to have your blood checked

and (Coumadin) might increase the chances of bruising and bleeding. Be sure to have your blood checked

These medications might cause your blood sugar to go too low. Monitor your blood sugar closely. The dose of
insulin, metformin (Glucophage), pioglitazone (Actos), rosiglitazone (Avandia), and others.

Using ginger along with these medications might cause your blood pressure to drop too low or cause an irregular

heart rate. Verelan), diltiazem (Cardizem), isradipine (DynaCirc), felodipine (Plendil), amlodipine (Norvasc), and

and other.

Herbs include angelica, clove, danshen,

and other. To a certain extent, in Japan, the United States, and other European countries ...

and other.

product taken. One ginger extract (Eurovita Extract 33; EV ext-33) 170 mg three times daily has been used.

Gingembre Cochin, Gingembre Indien, Gingembre Jamaïquain, Gingembre Noir, Ginger Essential Oil, Ginger

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native land. 2. belonging to a person by birth or to a thing by

different varieties are cultivated

cultured, educated, well read, well informed;

fine, exquisite, intricate, dainty, airy, elegant, graceful; More

fragile, breakable, easily broken/damaged, frail, frangible; eggshell
"delicate bone-china cups"

them like.

look like, be similar to, be
like, bear a resemblance to,
remind one of, put one in
mind of, take after,
favour, have a look of, m
ake one think of;

nes of gas. It also aids in the digestion of fatty

greasy, oily, fat, oleaginous, unc
tuous; More

rounding blood vessels, facilitating

make easy/easier,
ease, make possible, make smooth/s
moother, smooth, smooth the path of,
smooth the way for, clear the way for,
open the door

(or "donates") an
ucing

grow, evolve, mature, expand, enlarge, spread, advance, progress, prosper, succeed, thrive, get on well, flourish, blossom, bloom, burgeon, make headway, be successful; More

come into being, come about, start, begin, be born, come into existence, appear, arrive, come forth, emerge, erupt, burst out, arise, originate, break, unfold, crop up, follow, happen, result, ensue, break out; More

higher levels of gingerol as well as ginger's active protease

that is, begins protein catabolism by hydrolysis of the peptide

For root, look for a root with a firm, smooth skin, free of mold and as few twists and

rough skin that requires peeling while young ginger, usually only available in Asian

It will lend a subtler

flavor.

fine, fine-drawn, ultra-
fine, nice, overnice, minute, prec
ise, narrow, tenuous; More

is so strong that it is unpleasant.

antioxidants, cranberry also has **antiviral properties** and

environmental assaults and bolstered by healthy-living

ed. Fresh ginger can be stored in the refrigerator in an airy

well ventilated, fresh; More

nonchalant, casual, breezy, flippant, insouciant;

deliberate, intentional, calculated, conscious, done on purpose, planned, considered, studied, knowing, wilful, wanton, purposeful, purposive, premeditated, pre-planned, thought out in advance, prearranged, preconceived, predetermined;

behave towards, act towards,
conduct oneself towards,
use, serve; More

attend to,
tend, minister to, nurse, give treatment to; More

celebration, entertainment, amusement, diversion;

stop, put a stop to, avert, nip in the bud, fend off, turn aside, stave off, ward off, head off, shut out, block, intercept, halt, arrest, check, stay

usually follows the entrée ("entry") **course**. In the United States

pudding, sweet, sweet course/dish, second course, last course;

the program. 2. A number or collection of varied things,

establishment.

cooking, cookery, fare, food; More

sweets, bonbons; More

ted to, or allowed to. But **suppose to** is common enough to

clasp, hold on to, clutch, grasp, grip, clench, cling to, have in one's hand; More

detain, hold in custody, imprison, lock up, shut up, put behind bars, put in prison, put in jail, incarcerate, keep under lock and key, confine, impose, immure, intern, constrain, keep under constraint; More

grip, grasp, clasp, clutch; More

influence, power, control, dominance, pull, sway, mastery, authority, leverage;

It's really not — is also **supposed**. If you describe someone as

pliable, supple, easily bent, bendable, pliant, malleable, mouldable, stretchable, workable, limber, ductile, tensile, plastic; More

adaptable, adjustable, open-ended, open, open to change, changeable, variable, fluid, versatile
"job sharing and other flexible arrangements"

accommodating, adaptable, amenable, biddable, willing to compromise, cooperative, tolerant, forgiving, long-suffering, easy-going
"they have accepted the need to be flexible towards tenants"

eat, eat up, devour, ingest, swallow, gobble, gobble up, wolf down, gorge oneself on, feast on; More

some, a number of, a few, not very many, a handful of, a small group of, various, a variety of, assorted, sundry, diverse;
literary divers

"several people arrived early"

encourage, further, advance, assist, aid, help, contribute to, foster, nurture, develop, boost, stimulate, forward; More

advance, upgrade, give promotion to, give a higher position to, elevate, move up, raise, improve the position/status of, aggrandize;

urse.

ons within the cells of living organisms. These enzyme-

[astonishing](#), [astounding](#), [surprising](#), [bewildering](#), [stunning](#), [staggering](#), [shocking](#), [startling](#), [stupefying](#), [breathtaking](#), [perplexing](#), [confounding](#), [dismaying](#), [disconcerting](#), [shattering](#); [More](#)

[discuss](#), confer about, talk over, talk through, talk about, exchange views on, exchange views about, thrash out, [argue](#), argue about, argue the pros and cons of, [dispute](#), wrangle over, bandy words concerning, contend over, [contest](#), [controvert](#), [moot](#); [More](#)

consider, give some thought to, think over, think about, chew over, mull over, turn over in one's mind, weigh up, **ponder**, **deliberate**, **reflect**, **contemplate**, **muse**, **meditate**, **cogitate**;

tock of

up 6. It is a steely-

. It is the first element of group 12 of the periodic table.

s and soles. It can be distressing and can have a serious

related, connected, linked, correlated, **analogous**, **similar**, **alike**, **kindred**, **corresponding**; More

affiliated, **allied**, **integrated**, **amalgamated**, **incorporated**, **federated**, **confederated**, **syndicated**, **unified**, **connected**, **interconnected**, **related**, **linked**, **joined**, **bound**; More

action.

nutrients provide the bulk energy for an organism's metabolic

demand a sharp or a flat.

ms in adults, steep 2 tbsp. of freshly shredded

ce. v. shred 路ded or shred, shred路ding, shreds. v.tr. a. To

cut up, cut into pieces,
chop up; More

reduce drastically, cut;

ttle; fight against. 2. To act or work in order to eliminate,

help, aid, abet, lend a (helping) hand to, give assistance to, be of use to, oblige, accommodate, serve, be of service to, do someone a service, do someone a favour, do someone a good turn, bail someone out, come to someone's rescue; More

facilitate, aid, ease, make easier, expedite, spur, promote, boost, give a boost to, benefit, foster, encourage, stimulate, precipitate, accelerate, advance, further, forward, help along, contribute to, be a factor in, smooth the way for, clear a path for, open the door for, oil the wheels of; More

is important in technology, the chemical **absorption** is used in

nutrients through the wall of the intestine.

keep away from, stay away
from, steer clear of,
circumvent, give a wide berth
to, give something a
miss, keep at arm's length
, fight shy of

have reverted to him"

feasible, able to be done, practica
ble, viable, within the bounds/realms
of possibility, attainable, achievable,
realizable, within reach, workable,
manageable; More

conceivable, plausible, imaginable,
thinkable, believable, likely,
potential, probable, credible, tenable,
odds-on;
informal on the cards

"there was another possible
reason for his disappearance"

become visible, come into
view, come into sight,
materialize, take shape; Mo
re

become available, come on the
market, go on sale, come out,
be published, be produced;
come into existence

"the paperback edition didn't
appear for another two years"

arrive, turn up, put in an appearance,
make an appearance, **come**, get here/th
ere, present oneself

perform, play, act

seem, look, give the impression of bei
ng, have the appearance/air of being, c
ome across as being, look as though o
ne is, look to be, strike someone as

"he and Charlotte appeared to be completely devoted"

alike, (much) the same, indistinguishable, close, near, almost identical, homogeneous, interchangeable

in cell culture and tumor growth and metastasis in mice.

ment of

lessen, make less, make smaller, lower, bring down, decrease, turn down, diminish, take the edge off, minimize; More

bring to, bring to the point of, force into, drive into
"he succeeded in reducing her to tears"

powerful, strong, vigorous, mighty, formidable, influential, commanding, dominant, forceful, dynamic, redoubtable, overpowering, overwhelming; **More**

Is within tissues, and the transport of carbon dioxide in the

associated with the perception of harm or threat of harm

increase in size, become larger, enlarge; **More**

ved red shifts, all the galaxies recede from one another.

elaborate on, enlarge on, add detail to, go into detail about, flesh out, put flesh on the bones of, **develop, supplement, amplify, expand** on;

ph drops are good for the **loosening** of **phlegm** in the throat

1.

ced by, and covering, **mucous** membranes. **Mucous** fluid is

strain, struggling, awkwardness, trouble, toil, labour, laboriousness, strenuousness, arduousness; More

problem, complication, issue, disadvantage, snag, hitch, drawback, pitfall, handicap, impediment, hindrance, obstacle, hurdle, stumbling block, obstruction, barrier; More

trouble, distress, crisis, hardship;

persuade, convince, prevail upon, get, make, prompt, move, inspire, instigate, influence, exert influence on, press, urge, incite, encourage, impel, actuate, motivate; [More](#)

bring about, bring on, cause, be the cause of, produce, effect, create, give rise to, generate, originate, instigate, engender, occasion, set in motion, develop, lead to, result in, have as a consequence, have as a result, trigger off, spark off, whip up, stir up, kindle, arouse, rouse, foster, promote, encourage;

due to unexpected and accidental cell damage.

possible, likely, prospective, future, probable, budding, in the making; More

possibilities, potentiality, prospects; More

ield.

impede, hinder, hamper, hold back,
discourage, interfere with, obstruct
, put a brake on, slow, slow down, re
tard; More

lessen, grow/become less, grow/beco
me smaller, reduce, drop, diminish,
decline, dwindle, contract, shrin
k, fall off, die down; More

reduction, drop, lessening, lowering
, decline, falling off;

acteria or viruses. To cause disease, these micro-organisms

annoyance, infuriation, exasperation, vexation, indignation, impatience, crossness, displeasure, resentment, gall, chagrin, pique; More

irritant, source of irritation, source of vexation, annoyance, source of annoyance, thorn in someone's side/flesh, pinprick, pest, bother, trial, torment, plague, inconvenience, nuisance, bugbear, menace;

ers. b. Restoration of health; recovery from disease:

gnancy.") For some pregnant women, the symptoms are worse in

a parasite.

shredded ginger in a cup 2-3 times a day is ideal

ndard, and taken as a model for imitation:

of the ring results in an element of the subring

precisely, entirely, absolutely,
completely, totally, just, quite, i
n every way, in every respect, one hun
dred per cent, every inch, to the hilt;M
ore

precisely, yes, right, that's right, just so, quite so, quite, indeed, absolutely, truly, certainly, definitely, assuredly, undoubtedly, indubitably, without a doubt

eat, eat up, devour, ingest, swallow, gobble, gobble up, wolf down, gorge oneself on, feast on; More

willingly, without hesitation, unhesitatingly, gladly, happily, cheerfully, with pleasure, with good grace, without reluctance, ungrudgingly, voluntarily; More

easily, with ease, without difficulty, effortlessly

"the island is readily accessible from the mainland"

obtainable, accessible, to be had,
ready for use, at hand, to hand, at one's
disposal, at one's fingertips, within easy
reach, handy, convenient; More

free, unoccupied, not busy; More

in fact, in actual fact,
actually, in reality, in point
of fact, as a matter of fact,
in truth, if truth be told,
to tell the truth, in actuality;
archaic in sooth
"although he lived in a
derelict house, he was really
very wealthy"

genuinely, truly, honestly;

ing Apple products and get inspired to create **something**

someone, something... More

ughly, broadly, questionable, approximate ... More

ughly, broadly, questionable, approximate ... More

a song etc

, so-and-

impression (on someone), commend itself (to someone), tak

ing

mental, cool, than someone/something put together, to a fault

hing

arge, overall, together, broadly/generally speaking, somethi

with, tackle, combat, battle, handle, face, address, make the

re the exact details

re, pertain to, do with, be bound up/together, be/have somethi

sh, be a roaring success, be/get there, get ahead, blossom,

cond, whatnot, inter alia, and the like ... More

t, edge, trump card ... More

. particular, especially, perfectly, pure, absolute ... More

mental, cool, than someone/something put together, to a fault

large, overall, together, broadly/generalyspeaking, somethin

ly, evidently, honestly, surely, virtually, altogether ... More

vinegar. Better yet, **try** to Isn't it legal to mix and still

ould even become President of the United States!

confuse, get confused, muddle, muddle up, get muddled up, get jumbled up, scramble, mistake
"I'm sorry, I mixed up the dates"

pliable, supple, easily bent, bendable, pliant, malleable, mouldable, stretchable, workable, limber, ductile, tensile, plastic

adaptable, adjustable, open-ended, open, open to change, changeable, variable, fluid, versatile

"job sharing and other flexible arrangements"

accommodating, adaptable, amenable, biddable, willing to compromise, cooperative, tolerant, forgiving, long-suffering, easy-going
"they have accepted the need to be flexible towards tenants"

are used to prepare a ...

eat, eat up, devour, ingest, swallow, gobble, gobble up, wolf down, gorge oneself on, feast on

piquant, tangy, peppery, hot, picante

entertaining, colourful, lively, spirited, exciting, piquant, zesty, zestful;

decomposition by ...

advocate, endorse, commend, approve, suggest, put forward, propose, advance, nominate, put up, mention

sease: the likelihood ...

stop, put a stop to, avert, nip in the bud, fend off, turn aside, stave off, ward off, head off, shut out, block, intercept, halt, arrest, check, stay;

some, a number of, a few, not very many, a handful of, a small group of, various, a variety of, assorted, sundry, diverse;
literary divers
"several people arrived early"

respective, individual, own, particular, specific

encourage, further, advance, assist, aid, help, contribute to, foster, nurture, develop, boost, stimulate, forward

advance, upgrade, give promotion to, give
a higher position to, elevate, move up, r
aise, improve the position/status of, agg
randize

grow, get bigger, get larger, become gre
ater, enlarge, expand, swell

| from watts/hour to ml ...

astonishing, astounding, surprising, bewilderin
g, stunning, staggering, shocking, startling,
stupefying, breathtaking, perplexing, confu
unding, dismaying, disconcerting, shatteri
ng

eing erected and only ...

vists in the Pacific ...

traffic to ad networks.

curative, healing, **curing**, remedial, therapeutic,
restorative, corrective, health-giving

motive, motivation, **grounds**, cause, impetus,
occasion, reason, point, basis, justification

determination, resoluteness, resolution, resolve, firmness (of purpose), steadfastness, backbone, drive, push, thrust, enthusiasm, ambition, initiative, enterprise, motivation, single-mindedness, commitment, conviction, dedication;

informal get-up-and-go

"Middlesbrough had started the game with more purpose and menace"

intend, mean, aim, plan, design, have the intention, have in mind, have a mind

pliable, supple, easily bent, bendable, pliant, malleable, mouldable, stretchable, workable, limber, ductile, tensile, plastic; More

adaptable, adjustable, open-ended, open, open to change, changeable, variable, fluid, versatile
"job sharing and other flexible arrangements"

accommodating, adaptable, amenable, biddable, willing to compromise, cooperative, tolerant, forgiving, long-suffering, easy-going
"they have accepted the need to be flexible towards tenants"

in cooking, recipes specify which **ingredients** are used

eat, eat up, devour, ingest, swallow, gobble, gobble up, wolf down, gorge oneself on, feast on; More

to lager yeasts, ale yeast ferments more quickly, and often produces a sweeter,

piquant, tangy, peppery, hot, piquante; More

entertaining, colourful, lively, spirited, exciting, piquant, zesty, zestful;

or role.

advocate, endorse, commend, approve, suggest, put forward, propose, advance, nominate, put up, mention;
More

ation, a surgical operation, a change in lifestyle, or even a philosophical

stop, put a stop to, avert, nip in the bud, fend off, turn aside, stave off, ward off, head off, shut out, block, intercept, halt, arrest, check, stay;

some, a number of, a few, not very many, a handful of, a small group of, various, a variety of, assorted, sundry, diverse;
literary divers

"several people arrived early"

respective, individual, own, particular, specific;

astonishing, astounding, surprising, bewildering, stunning, staggering, shocking, startling, stupefying, breathtaking, perplexing, confounding, dismaying, disconcerting, shattering; More

discuss, confer about, talk over, talk through, talk about, exchange views on, exchange views about, thrash out, argue, argue about, argue the pros and cons of, dispute, wrangle over, bandy words concerning, contend over, contest, controvert, moot; More

consider, give some thought to, think over, think about, chew over, mull over, turn over in one's mind, weigh up, ponder, deliberate, reflect, contemplate, muse, meditate, cogitate

curative, healing, curing, remedial, therapeutic, restorative, corrective, health-giving; More

motive, motivation, grounds, cause, impetus, occasion, reason, point, basis, justification More

determination, resoluteness, resolution, resolve, firmness (of purpose), steadfastness, backbone, drive, push, thrust, enthusiasm, ambition, initiative, enterprise, motivation, single-mindedness, commitment, conviction, dedication;

informal get-up-and-go
"Middlesbrough had started the game with more purpose and menace"

intend, mean, aim, plan, design, have the intention, have in mind, have a mind;

141

142

143

a number of common diseases. Best consumed as tea, ginger is a perfect source of a
ing nauseous during a trip, so drink a cup of ginger tea before setting off on your
uch food intake. Unnecessary belching can also be thwarted by ginger tea. What's

alleviating tired, sore muscles and joints. A warm ginger tea soak can lessen
aids in loosening up phlegm and expanding your lungs, so you can recover quickly
the active components of ginger, such as minerals and amino acids, help make the
overcome the pain and relax the muscles. Drinking a cup of ginger tea can also
potential risks of a stroke by inhibiting fatty deposits from clogging the arteries.
and calm, and if you're having a bad day, all those negative vibes will dissipate.

144

145

146

147

148

involving

aid, implicate, link, mean, prove, relate, require, suggest, absorb, argue, bind, complicate, com

ure, exhort, move, plug, pose, prefer, proposition, propound, steer, theorize, tip, tout, give a
rite, advert, allude, connote, denote, infer, insinuate, intimate, occur, shadow, signify, symboliz

contribute, cultivate, deliver, design, develop, form, give, invent, offer, pr

take for, result in, set off, work up

-hoover, bolt, down, gobble, gorge, gulp, ingurgitate, mow, nibble, partake
up, waste, apply, dissipate, drive, engross, finish, go, lavish, lessen, mo
, demolish, extinguish, suppress, wreck, lay waste

LDL cholesterol ("bad" cholesterol) levels were very modestly

omical, fair, inelaborate, middling, natural, unadorned, unaffected, unem

sterol-lowering abilities of garlic appear to be dose-dependent. That is, the more

on, altercation, argumentation, cogitation, contention, controverting, diale

ound, submerge, bring low, cast down, demit, detrude, make lower, push
ade, pare, scale down, soften, abate, clip, de-

pers, supplies, tons, bundles, flocks, gobs, heaps, hunks, jillions, magnitud

rsist, prevail, stand, stop, survive, abide, bide, bivouac, bunk, cling, delay,

al, valuable, big, decisive, extensive, far-
rful, remarkable, solid, VIP, aristocratic, big-

ombat, contend, contest, contrast, disaccord, discord, disharmonize, fight,

apple, meet, push for, vie, battle, clash, contest, controvert, emulate, encounter, cross, debate, dictate, enjoin, hold, justify, mix, prescribe, report, rip, win

inadequate, incompetent, indecisive, inefficient, inept, limited, null, powerless, single-

149

tremendous, bull, fat, husky, mammoth, abundant, ample, big league, bulky

ous, heroic, impressive, outstanding, remarkable, talented, august, capital, fantastic, good, marvelous, perfect, positive, terrific, tough, wonderful, a

ing, damage, decay, decrease, depletion, desolation, destruction, devastation

is dandruff related problems as well.

lavishly, properly, richly, acceptably, appropriately, bountifully, capacious, loosely, open-

, comprehensively, considerably, expansively, grandly, immoderately, impartially, genially, majestically, politely, ungrudgingly, unreservedly, unselfi

plify, belabor, fatigue, hype, magnify, overburden, overindulge, overload,

stand, abide, bow, defer, encounter, know, share, stand, support, tolerate

, squares, upgrades, shape-ups

, after what precedent, by means of, by virtue of what, by whose help, fr

re, appertain, associate, bear, become, benefit, chime, concern, correlate, co
 inal and culinary purposes.

on, direction, function, idea, plan, principle, project, reason, scheme, scop
 tion, dedication, faith, confidence, constancy, firmness, steadfastness

ut, isolate, subdivide, tear, bisect, branch, chop, cleave, demarcate, detac
 ite, deal, disburse, dispense, disperse, factor, parcel, portion, prorate, quo
 gree, pit against, set against, set at odds, sow dissension

rk, department, district, field, passage, region, zone, belt, bite, classificati

nt, exception, irregularity, result, version, spinoff

study, cogitate, ruminare, acknowledge, deal with, examine, favor, grant, l
 remember, sense, suppose, bear in mind, care for, hold an opinion, keep i

g

ontained in, be expressed by, be found in

ous, giant, gigantic, grand, immense, massive, populous, sizable, spacious

ifted, skilled, skillful, talented, able, adroit, all-

l.

lement, enlarge, intensify, raise, reinforce, strengthen, upgrade, adorn, a

y, trait, virtue

alent, understanding, aptitude, competency, comprehension, dexterity, en
ess, expertness, finesse, flair, genius, handiness, know-

ed, chewed, or bruised. Allicin is quite powerful as an antibiotic and a potent agent
orbid, impede, obstruct, outlaw, prohibit, stymie, suppress, arrest, avert,

penicillin.

urrently, latterly, afresh, anew, in recent past, just a while ago, new, of I
produce, promulgate, publicize, report, communicate, divulge, proclaim, spo

es, versions, abbreviations, abstracts, briefs, capitulations, cases, compen

rove, operation, performance, procedure, step, blow, commission, dealing

contest, fray

iness, animation, bag, ballgame, bit, business, bustle, commotion, dash, e

uphold, base, bear, bed, bottom, carry, cradle, crutch, embed, found, gro

y, exercise, objective, operation, part, power, responsibility, service, situa

finance, manage, protect, provide, renew, support, advance, guard, nurse, size, say, stress, allege, asseverate, attest, aver, back, champion, contend

all-embracing, long-range, thorough

second-rate, dinky, less important, low, lower, minor-league, nether, second-

convincing, compelling, competent, direct, forceful, impressive, potent, powerful, practical

most popular

ubiquitous, universal, adopted, conventional, demanded, embraced, in

take, almost, nearly, going on, going on for

congregate, gathering, all

concretion, condensation, congelation, consolidation, curdling, embolism, i

æ, patrol, range, rove, snake, sneak, stalk, steal, nose around

rants, ultras
, primitives

smiss, disregard, ignore, oppose, rebuke, refuse, reject, repudiate, resist,
ite, parry, preclude, prevent, rebuff, rebut, rule out, stop, stymie, thwart,

ride, jump, recoil, shake, shirk, shy, skip, skirt, weave, withdraw, circumlo
entrap, hoodwink, outflank, outwit, overreach, queer, ruin, stump, trick, g
turn, vie, counterwork, fly in the face of, have bone to pick, hit back, pla
bulwark, cherish, conserve, cover, entrench, espouse, fortify, foster, ga
st, bounce, debar, eject, embargo, evict, except, interdict, occlude, oust,

<, dam, fend, intercept, obstruct, retard, head off, keep lid on, nip in th
return, top, come back at, disconfirm, get back at, prove false
e back, force off, give cold shoulder to, knock down, put down, put to fli

er, go to bat for, ride shotgun, take under one's wing

l, still, stopper, choke off, cut off, rein in, shut down, shut off, throw over,

duced, secondary, bush-league, lower rung, nether, pared down, second-

n, disband, dismantle, disperse, disrupt, dissolve, halt, put an end to, sep

being, bulk, concreteness, core, corpus, fabric, force, hunk, individual, m
subject, ABCs, bottom, burden, center, drift, essentiality, focus, guts, heart

, profitable, favoring, gainful, good for what ails you, healthful, propitiou

ior, postliminary, proximate, resultant, resulting, sequent, sequential, seri

alent, understanding, aptitude, competency, comprehension, dexterity, en
ess, expertness, finesse, flair, genius, handiness, know-

ml/kg body weight of garlic extract for a period of 6 months resulted

merged, ended, grew, occurred, proceeded, produced, accrued, attended
culatory system improves blood flow throughout the body so has even been hailed

capacity, infirmity

152

list, put, regard, align, array, assign, assort, dispose, evaluate, fix, judge, l
ad of, go before, have the advantage, take the lead

se, require, test, try, accost, arouse, beard, cross, dare, exact, impeach, im

whelming, startling, wondrous, confounding, stupefying, mind-blowing

tently, many times, periodically, time and again, usually, oft, oftentimes,
etoxification, cleansing, lowering blood pressure, strengthening

ploy, evaluate, hold, look upon, manage, play, respect, serve, take, use, a
rescribe, attend, dose, medicament, apply treatment

t, feast, indulge, regale, satisfy, stake, stand, buy for, foot the bill, play ho
oret, study, think, arrange, comment, confabulate, confer, consult, contai

d off, bar, counter, forbid, forestall, halt, hamper, hinder, impede, limit, pr

i, bucks, disputes, duels, feuds, grapples, jousts, quarrels, rowdies, scuffle

orbid, impede, obstruct, outlaw, prohibit, stymie, suppress, arrest, avert,

wastes, zaps

uate, cook, cut, delete, doctor, edit, emaciate, expand, extenuate, lace, n

uate, cook, cut, delete, doctor, edit, emaciate, expand, extenuate, lace, n

tend, heighten, increase, intensify, invigorate, restore, set up, step up, su
, flower, gird, inspirit, nerve, nourish, prepare, prosper, rally, ready, refres

fascination, fear, reverence, shock, skepticism, uncertainty, concern, cons
ty, sight, stunner, act of God, rara avis

essentially, most, much, relatively, roughly, nigh, well-

ow, sweet, tangy, tasty, tempting, wholesome, dainty, good, relishing, ric

enjoyable, enticing, exquisite, heavenly, piquant, pleasant, rich, savory, s

ingency, bitterness, gusto, hotness, pungency, saltiness, sapidity, sournes

.tamp, tinge, soupéon

:e

ng, dubious, indecisive, puzzled, skeptical, tentative, unsettled, agnostic, b
precarious, problematic, uneasy, unstable, ambiguous, borderline, chancy

ss, effectiveness, efficacy, gravity, legality, potency, substance, foundatio

oned, encouraged, financed, fostered, furthered, helped, promoted, prop

modernized, present-day, state-of-the-art, stylish, avant-

ndamental, particular, preeminent, primary, prime, special, vital, capital, c

rds, integral, making, integrant, part and parcel

contribute, cultivate, deliver, design, develop, form, give, invent, offer, pr

ake for, result in, set off, work up

ormal, ordinary, prevailing, public, regular, routine, everyday, habitual, m
ite, not partial, not particular, not specific, uncertain, undetailed

icize, differentiate, distinguish, lick, nibble, partake, perceive, relish, sense

re, abeyant, dormant, embryonic, implied, inherent, latent, lurking, plausible, facing, favoring, forward, into, obliging, propitious, regarding, willing

eminent, super, superlative, terrific

contingency, dilemma, eventuality, occurrence, plight, position, predicament, petition, process, suit, trial, proceedings, proof

inet, caddy, caisson, canister, capsule, carton, cartridge, casket, chamber,

; for a fact, of course, posolutely, right on, without fail

bad, first, first-

ed, large-

putation

ninence, stature, acceptability, account, approval, authority, credit, depen

llad, folk story, mythos, oral literature

invasion, scourge, affliction, hydra, rash, ravage

, evil, exasperation, irritant, nuisance, pain, problem, torment, trial, vexati

controversial, debatable, dubious, problematic, suspicious, vague, apocryphal, captive, dicey, formulaic, hairy, hazardous, ideal, idealized, ideological, idle, untrue, untruthful, unwarranted, bottomless, fallacious, foundationless, idle, m

fantastically, vastly, much, absolutely, certainly, decidedly, deeply, eminently

clear, cold, concrete, express, firm, perfect, rank, real, actual, categorical, clear, good, practical, productive, reasonable, useful, sound, efficacious

reality, scoop, score, story, bottom line, bottom

at this point, presently, today, directly, forthwith, immediately, instantly,

adopt, affirm, approve, assume, buy, comply, recognize, sign, undertake, accept

go along with, defer to, don't make waves, don't rock the boat, fit in, go along

ce, abeyant, dormant, embryonic, implied, inherent, latent, lurking, plausible

ion, blank, draft, entreaty, paper, requisition, suit
ise, exercising, germaneness, pertinence, play, practice, usance, value

ning, dosing, oiling

ce, abeyant, dormant, embryonic, implied, inherent, latent, lurking, plausible

droit, agile, alert, bright, cunning, deft, dexterous, effortless, endowed, e

ate, reinforce, sustain, take care of, collaborate, further, hype, plug, puff,

an amount, more or less people in the management

, position, achievement, degree, grade, standard, status, standing

under somebody's nose, put on view, air, demonstrate, offer, produce, s

ly, kind of, averagely, enough, in a certain degree, more or less, passabl

er of choice, by choice, first, in lieu of, in preference, just as soon, more r

p, develop, occur, pop up, present, show up, surface, turn out, turn up, a

strike one as

become available, come into being, come into existence, come on, come

ie, educe, elaborate, enlarge, excogitate, increase, obtain, open, result, ri

over time rather than helping

cooperate, encourage, further, maintain, promote, push, save, serve, stim

atch, induce, produce, bear, cause, deliver, impregnate, make, originate, b

t, rebellious, unyielding

pellent

ively, principally, specially, specifically, peculiarly, abnormally, above all, b

, worn, age-old, been around, creaky, getting on, moth-

cooperate, encourage, further, maintain, promote, push, save, serve, stim

inserve, cover, cushion, insulate, preserve, save, secure, support, bulwark

itageous, evil, mischievous, nocent, noxious

; independent, separate, enfranchised, sovereign, at liberty, autarchic, aut
unfettered, disengaged, escaped, familiar, forward, frank, liberal, relaxed,

, at leisure, not tied down, uninhabited, vacant

per, chargeless, costless, for love, for nothing, free of cost, free ride, grat
some, hospitable, munificent, open-handed, unstinging

d, interest, petition, plea, request, requirement, suit, affirmation, birthright

such as

sing

tural, orderly, traditional, commonplace, general, mean, median, accustomed
ood health, in one's right mind, lucid, right-minded, together, wholesome

d, interest, petition, plea, request, requirement, suit, affirmation, birthright

icize, differentiate, distinguish, lick, nibble, partake, perceive, relish, sense

ck, promote, put, suggest, advance, aggrandize, cull, elect, elevate, finger

, pick up, receive, retain, take, annex, compass, corner, hog, land, occupy
ow, leave, permit, see, suffer, undergo, entertain, let, sustain, tolerate, b

off, tamper with

nce, interest, leverage, position, power, preference, profit, protection, rec

d off, ward off, abstain, deflect, desist, ditch, divert, flee, hide, jump, obvi

d off, bar, counter, forbid, forestall, halt, hamper, hinder, impede, limit, pr

struction, disorder, disquiet, disturbance, free-for-

common sense and don't overdo it.

digestive tract.

Also, garlic could potentially disrupt anti-coagulants, so it's best avoided before

it is combined with a type of medication used to treat HIV/AIDS". More details are

available on sensible eating and appropriate exercise. Garlic should be seen as part of a healthy

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durability, onions have been shipped and traded across long distances. According to

studies on allium vegetables such as onions, garlic and scallions. Research has looked at how

such as the health observations of generally lower incidence of cancer and heart disease in people

who eat onions or scallions a day was associated with a statistically significantly lower risk of

colorectal cancerous tumors (polyps) in the large intestine.

A study from the Fred Hutchinson Cancer Research Centre in Seattle found that eating a teaspoon

of garlic powder in people with moderately elevated cholesterol, previous studies have indicated that

cholesterol levels in people and that any trial containing a large percentage of healthy men could miss an

reventing heart disease are probably due to factors other than changes in cholesterol.

arterial plaque in coronary arteries, prevented unhealthy blood clotting and

d or crushed.

o with tightly packed cloves. Pick scallions that are bright green and skip any that

ourses, soups and omelets. A sprinkle of chopped scallions or chives makes a

h salt and freshly ground black pepper. Cook until the onion turns soft and golden,

and is the founder of Pill Advised, a web application for learning about

amage.

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romoting properties of garlic. Garlic is rich in a wide variety of sulfur-containing

ts

s.

designated the name "the stinking rose." Garlic has a variety of useful purposes. It is

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in their study. The garlic preparations vary widely, from powders used in tablets

react with certain disease conditions or medications you are taking.

Some commercial preparations may boast of lowering this side effect, but you should not take garlic without first consulting your health care provider because

garlic may be harmful to your liver. One study concluded that doses of garlic

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the myths also associated with garlic, about how it can ward off vampires. In today's

goodness it can offer. Here's a look at some of the ways in which garlic can benefit

as diallyl disulfide can kill the cancer cells and help you in developing a strong

down to normal levels. Traditional Asian medicine recognizes garlic as an

own antibiotic without the harmful effects as it has strong anti bacterial and anti
ria as well. More and more people are turning to garlic as an effective antibiotic.
wn chain of actions resulting in decreased serum glucose levels as well as lowered
ig to note that allicin doesn't occur on its own but is formed when garlic is chopped
ises. It was also a popular treatment for flatulence and indigestion.

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much more common ingredient in Mediterranean Europe.

olitical circles of the time.

ooks have been devoted to the health benefits of garlic.

garlic as food.

, garlic could be worn, hung in windows or rubbed on chimneys and keyholes.

ice fed garlic showed no cancer development, whereas mice that weren't fed garlic
d pressure, garlic can help equalize it.

r blood sugar levels; and is the best choice for killing and expelling parasites such as

n, Vitamins A, B, B2 and C, Calcium, Zinc and many others.

l by over 50%.

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glyceride levels in laboratory animals fed a sugar rich diet, but also to prevent

lood pressure, and high triglycerides were given either allicin or served as a control.

who were being supplemented with allicin maintained stable weight or a slight

who were being supplemented with allicin maintained stable weight or a slight

gs, being of particular virtue in chronic bronchitis, on account of its powers of
g an equal quantity of vinegar to the water in which they have been boiled, and then
. Pain is almost immediately removed and the infection tends to start clearing up

ur teeth and cheek, then scratch it with your teeth a little to help stimulate juice from
alt can be applied to bruises, sprains and ringworms.

e of the breath issues.

may sting a little)

ater and add a pinch of salt, teaspoon of butter, a pinch of pepper and sprinkle with

stipation.

"sativum" which means harvested. Its most widely used part is the head, which is

preparing various dishes. Depending on the flavor desired, the method of cooking it

odorless garlic as an antibiotic or general health promotion herb is useless if it

ty is converted at all, is dependent upon optimal stomach conditions.

abilized and concentrated. The end result is the extremely potent and effective

le enough allicin to support good general health and well-being.

efore the soil freezes, and harvested in late spring. Garlic plants can be grown close

urlic crop. If you harvest too early the cloves will be very small, too late and the bulb

the skin and breath, can cause heartburn, upset stomach and allergic reactions.

ose who will deliver a baby, about consuming it either fresh or in supplement form.

xzz2Hqbx268A

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ctually have a major impact on cancer prevention. The protective effect of garlic
ved that people who consumed cooked or raw garlic on a regular basis compared to
contains multiple anticancer compounds and antioxidants, more than 30 at the last
ncer.

has recently discovered that when meat is cooked with garlic this effect is limited.

a, omega 3 essential fatty acids, olive oil, tomatoes, soy products, red wine and

and can therefore protect the body against all types of bacterial and viral attacks.

and the minerals selenium and manganese all of which have long been associated

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waste products out of cells, and is part of the structure of many hormones, among

reaks it down to digest it, then turns some of it back into cholesterol. Your body

little or a lot of cholesterol from the fats you eat. If you have a family history of

ns of blood cholesterol.

your risk of heart disease. If you have one or more risk factors, you may need to
your arteries it has a tendency to stick to the artery walls and form plaque. As the
to eliminate excess blood cholesterol so it doesn't collect in the arteries and increase
t's health if you have too many in your blood. They can contribute to the thickening

any possible consequences from any treatment, procedure, exercise, dietary

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naturally leads to problems at the pump. Therefore, anything that is effective
mple herb have such powerful, far-reaching effects? To explore the answer and gain
deliver oxygen- and nutrient-rich blood to the heart become narrowed or clogged
ke.

h each heartbeat. When there is any injury to the inner lining of these vital tubes --
duces to heal the wound causes fatty substances (including cholesterol), proteins,
o even more injury. The gradual build-up of plaque also slowly narrows the inner
ticles in the blood that aid clotting) to form a clot around the plaque, further
end on a steady flow of oxygen from the blood can die. When this occurs in an

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