

Astounding Cayenne

ANOTHER HERBAL HEALER SENT US BY THE GOD OF HEAVEN

PART ONE OF TWO

ALSO IN THIS ISSUE: GOLDENSEAL / ECHINACEA

What it is—Cayenne pepper belongs to the *capsicum* family, and its botanical name is *capsicum annuum*. It is the *red chili pepper* that is used to add flavor in food and has high medicinal values. Cayenne contains vitamin E, vitamin C, vitamin K, carotenoids, and the complete B complex vitamins. It is also a source of organic calcium, potassium, manganese, and dietary fiber.

For health and medicinal purposes, you only need to drink small amounts of cayenne powder, mixed in a glass of water.

How cayenne can help you—Cayenne pepper increases blood circulation. It also draws the blood to where it is especially needed. Because of these special abilities, it can be used to help you in many ways. Cayenne is a counterirritant; it brings blood to the surface and allows the toxins to be taken away. It wonderfully improves blood circulation.

An amazing substance—The benefits of cayenne are almost too unbelievable; but its reputation keeps growing and growing, and deservedly so. It can do everything from **killing cancer cells in the prostate, lungs, and pancreas** to immediately **stopping a heart attack within 30 seconds**. Incredible, but successful in many instances.

The health benefits of cayenne pepper include **improvements in regard to digestion, immunity, heart diseases, dyspepsia, inflammation, headache, throat congestion, and blood circulation**.

Cayenne pepper improves the effectiveness of other herbs.

Here is specific information:

Circulatory system and high blood pressure—There are evidences that prove that giving cayenne extract orally, to a patient, helps to **stop heart attack**. Cayenne helps to **reduce cholesterol levels** in the blood. Cayenne helps to **dissolve fibrin**, which causes formation of blood clots. It also **reduces triglyceride levels**.

It is excellent for any type of **internal hemor-**

rhage. (Use it with an infusion with birthroot or star root.)

Cayenne pepper (or cayenne pepper as it's sometimes spelled as) **increases metabolism by immediately speeding up the flow of blood in the arteries and veins**.

This herb is a great food for the **circulatory system**. It feeds the necessary elements into the cell structure of the **arteries, veins, and capillaries**; so that these regain the elasticity of youth again, and the **blood pressure** adjusts itself to normal.

It improves **blood circulation**. When any body part is sick, the blood flow to that area is usually affected. Cayenne helps to remove entire blood congestion, stimulates the blood flow, makes sure that the vitamins are properly delivered to all areas, and waste is removed.

Cayenne pepper for **high blood pressure** is certainly one of its core uses; but cayenne cleans the arteries as well, helping to rid the body of the bad LDL cholesterol and triglycerides. It is an excellent home treatment for **mild high blood pressure** and **high blood cholesterol levels**. Cayenne preparations prevent platelets from clumping together and accumulating in the blood, allowing the blood to flow more easily. Since it is thought to help improve circulation, it's often used by those who have cold hands and feet.

It **equalizes the blood circulation** in the arterial and venous system, and **produces natural warmth** in your body. It does this by **regulating the flow of blood** from the head to the feet, so that the pressure is equalized. It influences the heart immediately; then it gradually extends its effects to the arteries, capillaries, and nerves. (The frequency of the pulse is not increased, but is given more vigor.)

It is warming, dilating, a specific for **varicose veins** and other **vascular troubles**.

Capsicum is highly effective in causing **hemorrhoids** to regress; and these fruits have the same action on **varicose veins**. The results are attrib-

uted to alkaloids or glucosides in the peppers.

Help for the heart—Dr. John Christopher, the famed natural herbalist, was relentlessly harassed by the government for his practice of herbal medicine, all the while assisting patients in curing heart disease, cancer, tuberculosis, infertility, rheumatism, leukemia, and many other conditions with herbs.

He could instantly **stop a heart attack** if he could get the patient to drink a glass of warm cayenne water. He said, “A teaspoon of cayenne should bring the patient out of the heart attack.”

For **internal hemorrhaging** (bleeding inside the body), if the patient can drink a glass of extra warm cayenne water, Dr. Christopher wrote, “by the count of ten the bleeding will stop. Instead of all the pressure being centralized, it is equalized and the clotting becomes more rapid.”

With over 700,000 Americans experiencing a stroke each year and almost half a million dying yearly of either heart disease or related issues, cayenne pepper is worth keeping on your shelf.

Capsicum may be valuable in the prevention and treatment of **blood clots**. Cayenne is also great for **heartburn**.

Digestion, stomach, and intestines—Cayenne **stimulates the appetite**, more especially as a hot climate tends to produce **anorexia**. Cayenne pepper is a useful therapeutic agent against **anorexia** (not eating enough food). We have always held that the saliva is the key that unlocks the door to digestion. Capsicum, a sialagogue, **stimulates the flow of saliva**. This will be very helpful to people who have become accustomed to swallowing their food almost whole, thus robbing themselves of the benefits of saliva in the digestive process. Capsicum will stimulate their flow of saliva as they return to a healthier attitude toward eating.

Cayenne is often found in **formulas for diet and weight loss**. But can eating hot peppers really help you lose weight? Probably not; but cayenne supports your diet and exercise efforts. Because it **aids in digestion and absorption of nutrients**, cayenne can **reduce excess appetite** that is due to malabsorption, a common condition in overweight people.

It eases **toothache** and preserves the teeth from rotting. When rubbed on the **gums**, it stimulates them enough to prevent **pyorrhea**.

Use it as an infusion for **ulcers in the mouth, strep throat, or tonsillitis**. It is used to eliminate **lockjaw**.

When made into a lozenge with sugar and traganth, it is a remedy for **hoarseness**.

Cayenne added to water can be used to gargle

with, to cure **sore throats**. Capsaicin stimulates secretions, which helps to **clear the mucus from nose and lungs** by **clearing the sinuses** and causing sweating. Cayenne pepper added to a tea is good in conditions of **cold and flu**.

Capsicum is particularly efficient in **tonsillitis**, the **sore throat of scarlet fever, and diphtheria**. No application is so efficient as a strong gargle or wash made with capsicum. For **sore throats**, gargle with a preparation of capsicum and honey. Capsicum is also good for **spasmodic and irritating coughs, heartburn, diarrhea, and scarlet fever**.

It **boosts immunity**. Vitamin A, or beta-carotene, in cayenne pepper gives protection against invading pathogens by helping the development of healthy **mucous membranes in the nasal passages, lungs, and urinary tract**; this gives immunity to infections.

Capsicum is an important remedy in **cholera**. It stops vomiting. Mix equal parts of capsicum and common table salt (one half ounce of each) and one pint of lemon juice. Give in tablespoon doses for cholera, when vomiting “*cholera morbus*” (the gross material produced by cholera) from the system. Combine with asafetida and sweet flag root or camphor in the form of pills in cases of **cholera**.

Cayenne is an excellent remedy for a **cold**; mix infusion with slippery elm and molasses or honey, and take in doses throughout the day; also excellent for **sore throat and coughs**.

Capsicum has a powerful action on the **mucous membranes, the sore throat, and in hoarseness**. A gargle made of capsicum is particularly beneficial for the putrid throat.

Cayenne pepper contains capsaicin, which has the ability to prevent **ulcers**.

It **rebuilds the tissue in the stomach and heals both stomach and intestinal ulcers**. It stimulates the **peristaltic motion of the intestines**. It aids in **assimilation and elimination**. It is excellent for **quinsy** and all other diseases of the **throat**.

Cayenne **stimulates digestion and muscle movement in the intestines**, which helps restore deficient digestive secretions and **aids absorption of food nutrients**. (Stomach acid tends to decline with age; and some cases of poor digestion are related to a lack of this acid.)

Cayenne pepper added to the diet helps avoid **stomachaches, gas, and cramps**. It does this by stimulating the flow of stomach secretions and saliva.

Cayenne added to the food helps one **lose weight, when needed**, through proper digestion. It thus **reduces excess appetite** due to malabsorption.

Cayenne, Goldenseal, and Echinacea

Cayenne also **stimulates circulation and blood flow to the peripheral areas of the body**. Because it stimulates digestion and circulation, cayenne is often added to a wide variety of herbal remedies; it **improves the absorption and circulation of the other herbs throughout the body**.

It enables feeble stomachs to digest food, and helps eliminate atonic dyspepsia.

Capsicum is given internally in **atonic dyspepsia and flatulence**.

Oral administration of capsicum may **stimulate the gallbladder reflex**. It helps eliminate **liver congestion**.

Capsicum either contains a cholagogue or acts as a powerful stimulus upon the **mucous membrane of the duodenum**.

Good for **kidneys, spleen, and pancreas**; it will heal a sore, **ulcerated stomach**.

Attacks cancer cells—The main ingredient in Cayenne, capsaicin, has been found to **destroy prostate cancer cells**. Here is what the research report on this said:

“Capsaicin led 80 percent of human prostate cancer cells growing in mice to commit suicide in a process known as apoptosis, the researchers said. Prostate cancer tumors in mice fed capsaicin were about one-fifth the size of tumors in untreated mice, they reported in the journal, *Cancer Research*. ‘Capsaicin had a profound anti-proliferative effect on human prostate cancer cells in culture,’ said Dr. Soren Lehmann of the Cedars-Sinai Medical Center and the University of California Los Angeles School of Medicine.”

Beta-carotene contained in cayenne pepper works as a good **antioxidant** that prevents or repairs the damages caused by **free radicals**. Thus, it helps to prevent **atherosclerosis** and **colon cancer**.

Rheumatic and arthritic problems—Cayenne is used externally (on the skin) as a counter-irritant in the form of ointment, plaster, medicated wool, etc. for the relief of **rheumatism and lumbago**. Use it as a plaster with honey for **rheumatic pains** and pains of the **joints, gout, swellings**, etc.; Use outwardly as a liniment; apply it warm or hot for **arthritis and rheumatism**.

Cayenne pepper is very soothing; it is effective as a poultice for **rheumatism, inflammation, pleurisy**, and helpful also if taken internally for these.

Topical (on the skin) application of cayenne pepper causes irritation in the applied area; thus it helps distract the nerves from joint pains due to arthritis and rheumatism.

Combine capsicum with cinchona for **intermit-**

tent and lethargic affections, for **atonic gout**, and in advanced stages of **rheumatism**.

In chronic **lumbago**, a plaster of capsicum with garlic, pepper and liquid amber or storax is an efficient stimulant and rubefacient application.

When capsaicin causes its substance to flood out of the cells, you experience a sensation of warmth or even extreme heat. When the nerve endings have lost all of this substance, no pain signals can be transmitted to the brain until the nerve endings accumulate more of this substance. For this reason, topical cayenne pepper products (placed on the skin) are popular for the treatment of **arthritis, bursitis**, and for **temporary relief of pain from psoriasis, herpes zoster, and neuralgia** (nerve pain). These cayenne preparations are most appropriate for **long-standing chronic conditions**, not acute inflammations.

During pregnancy and childbirth—Cayenne relieves pains of the womb and removes **obstructed menstruation**.

Dr. Coffin includes cayenne pepper in his composition powder, to restore the normal function of the body in the various stages of pregnancy and childbirth. For **morning sickness**, he recommends a combination of white poplar bark, agrimony, centaury, raspberry leaves, yarrow, and rhubarb. Steep a quarter of an ounce of this mixture in two quarts of water, strain, and add (while hot) two teaspoons of powdered cinnamon and half a teaspoonful of cayenne pepper. Let the patient take one tablespoonful every three hours until the symptoms are removed. If this should not relieve, give an emetic and repeat if necessary.

It has the power to control **menorrhagia**.

Cayenne mixed with pennyroyal (an herb) and taken for three days will **expel the dead birth material from a miscarriage**.

Good for the immune system—Currently, the importance of cayenne in helping the immune system is the subject of studies conducted by many nutritional supplement companies and microbiologists.

Destroys fungus—Another benefit of cayenne pepper is its antifungal properties. **Cayenne pepper's antifungal properties** are significant; although this is not its primary health benefit. Cayenne has been shown in some studies to be active against *phomopsis* and *collectotrichum*—both fungal pathogens. (Those fungal pathogens affect fruits, especially strawberries, and are not directly related to humans.)

Helps solve many other problems—Cayenne is useful in alleviating **allergies and muscle cramps. It gives more pep and energy, and helps wound healing with minimal scar tissue.**

“Capsicum supports the natural beat (rhythm) of the viscera and interior actions of the **glandular, circulatory, lymphatic, and digestive systems**. It has been used with great success as a cure for **Rocky Mountain spotted fever**, the most active stimulant to support and re-animate feeble or exhausted powers.”—*March 16, 2006 by Reuters.*

It is also very effective in relieving **diabetic complications**, such as **nerve damage and heart disease**.

Capsicum is a powerful rubefacient.

Cayenne pepper is a source of beta-carotene which is helpful in reducing symptoms of **asthma**. It aids in all **respiratory problems**.

Capsicum is a general **nervous stimulant**, a specific for **delirium tremens** (alcoholic delirium). It does this by enabling the patient to retain and digest food. A dose of ten grains of finely powdered capsicum seed, given with an ounce of hot water, two or three times a day, sometimes shows wonderful effects in cases of delirium tremens.

Smelling cayenne helps cure **headaches**. Topical application of capsaicin also helps to relieve them.

For **atonic gout**, in **paralysis**, in **dropsy**, in **tympanitis** (inflammation of the inner ear), and in the **debilitated stages of fever**.

For **scrofulous, dyspepsia, and flatulence**; it's an excellent carminative. (For a carminative, make pills of equal parts of capsicum, rhubarb, and ginger or aloes.)

It is a specific for **hemorrhoids**, cures **intermittent fever**, and has the power to relieve **seasickness**.

When taken internally, it **warms the body**; and it has even been used, by some herbalist doctors, to help heal and **rebuild flesh damaged by frostbite**.

Use it in a compress or plaster, to reduce **swellings** and **hardened tumors**.

As well as the fruit being used as a spice, the leaves were applied to **ulcers** and **headaches**.

For **sores and wounds**, it makes a good poultice. It is a stimulant when taken internally as well as being antispasmodic.

Capsicum is a specific and very effective remedy for **yellow fever**, as well as other fevers; and it

can be taken in capsules followed by a glass of water.

It gives temporary relief of pain from **psoriasis, herpes zoster, neuralgia, and toothache**.

Cayenne actually can **raise the body temperature** a bit, as it **stimulates circulation and blood flow** to the skin. An herb, such as cayenne or ginger, that **promotes sweating** is considered to have a diaphoretic (sweat-inducing) action. This action **can help reduce fevers** and relieve the **congestion of colds and sinusitis**.

You can use cayenne peppers topically as a **pain-relieving muscle rub and joint liniment**. The source of the heat is capsaicin, the fiery phenolic resin found in most hot peppers. Capsaicin causes nerve endings to release a certain chemical. This chemical transmits pain signals from the body back to the brain.

To clear a **head cold** and relieve **sinus pain and congestion**, try drinking a cup of tea made with lemon and ginger or some horseradish to which you've added a dash or two of cayenne pepper.

How should you take cayenne?—**Ideally, it should be taken orally with some water. Or place it in a mixture with flaxseed or something else on the skin.**

The cayenne pepper drink, when taken faithfully, will dramatically improve your heart health as well as your venous structure. **Drink it with warm distilled water; but, if that is unavailable, purified water will substitute nicely. Start by mixing about a quarter of a teaspoon in a glass of warm water.** Then, down the hatch. Don't worry, you'll get used to it.

Of course, the Scoville Heat Unit (SHU) rating of the cayenne pepper you're using should be known. Most cayenne is between 30,000 to 50,000 SHUs.

Some, though, like the African Birdseye cayenne pepper powder, can be anywhere from 90,000 to 140,000! Needless to say, you should scale back your dosages of this until your body acclimates to its heat.

This is a medicine of great value; it may be safely used in all cases of disease, to raise and retain the internal vital heat of the system, cause a free perspiration, and keep the determining powers to the surface. Only use it in the form of a fine powder. For a dose, **take from half to a teaspoonful in hot water or tea sweetened with honey.**

Cayenne - cautions and warnings—Exces-

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sive amounts of capsicum (above 20 grams, thus, nearly an ounce) may induce frequent bowel movements.

Keep in mind that **regularly taking large amounts of cayenne may eventually damage the kidneys—and lead to pleurisy and other conditions caused by weakened kidney function.** It is the kidneys which have to process the cayenne by extracting it from the blood into the urine. Too much cayenne, too frequently, weakens kidney function.

If you've ever accidentally rubbed your eyes after cutting hot peppers, you know this herb should be handled carefully. **Cayenne pills may cause a burning sensation in the throat, stomach, or rectum** of sensitive individuals. **Some people may tolerate cayenne fluid preparations or combination products better than tablets or capsules.** Others may find cayenne pepper in the diet easier to digest than cayenne medications.

Only use small, cautious doses. Avoid getting cayenne into the eyes or open wounds. Do not use topical applications of cayenne products too frequently; since there is some concern that nerve damage could occur with daily repetitive use.

Cayenne placed directly on the skin can cause burns and even blisters; so dilute a cayenne preparation in oil before placing it on the skin. Or mix it with flour and water until it forms a paste, which you can spread on muslin, to prepare a poultice. You also can mix cayenne with orrisroot powder and dust it very lightly on heavily oiled skin, working it in with massage.

Do not use cayenne in cases of high fever (104 degrees Fahrenheit or above). Cayenne preparations are **not recommended for use by individuals who have rapid heart rates or who become overheated or perspire easily.**

Avoid internal use of cayenne in cases of **asthma and gastrointestinal irritation or inflammation,** except under the supervision of an experienced herbalist. Do not use cayenne on **broken skin.**

Like all other foods or herbs, we have to also be careful when using this herb. Excessive consumption may cause **burning sensations in the throat, stomach, or rectum.**

When cooking or making medicines with cayenne peppers, **you must take into account the widely varying intensities (heat) of different peppers—from very mild to extremely fiery.** There is even considerable variance in heat of peppers from the same bush throughout the season or due to the health and size of the pepper. Always taste peppers first.

Cayenne peppers are a member of *Solanaceae*, also called the *solanaceous* or *nightshade family*. This family includes tomatoes, potatoes, eggplant, and tobacco. **A very few individuals have an intolerance to this entire family,** experiencing symptoms that can include **joint pain** after eating even a small amount of these foods.

Cayenne is easy to obtain—Cayenne pepper is one of the greatest health secrets in the world. It is also remarkably inexpensive. Sometimes it is as low as \$1.67 a pound. Buy some and use it, but do not take too much at a time! Just a little usually accomplishes a lot.

Goldenseal

The Goldenseal plant has the scientific name, *Hydrastis canadensis*, and is only native to North America. This medicinal plant was introduced to early settlers by the Cherokee Indians. It is also called *oxeye daisy*, *golden daisy*, *maudlinwort*, *moon daisy*, *eye balm*, *orange root*, *eye root*, *Indian dye*, *Indian turmeric*, and *yellow*

puccoon. Goldenseal can be found in moist forest soils and damp meadows. This plant is so bitter that it has almost no natural predators.

Goldenseal, with its thick yellow rootstock, is also known as *goldenroot*. The roots of this herb were formerly used as medicine by the American Indians of the Northeast who called it *yellow root*.

They used this herb as an **eyewash**, as a treatment for **skin wounds**, and for such ailments as **sore throat** and **digestive complaints**.

What it is used for—In the early 19th century, it was an American herbalist, Samuel Thomson, who changed the Indian name for this herb to *goldenseal root*, when its popular use was as an **antiseptic**.

Later, after the Civil War, goldenseal root was being used externally to relieve a variety of conditions (such as **wounds, boils, eczema**), and also used internally as a treatment for **colds, tonsillitis, digestive problems, and other ailments**.

It was also given as a **tonic when convalescing from any major illness**. The benefits of Goldenseal caused it to become a popular folk medicine that was used extensively as an astringent and antiseptic to treat **chapped lips, canker sores**, and many other external problems.

One of the benefits of Goldenseal root is that it contains alkaloids. However, this also means it is a powerful plant and should be used with caution. It is believed that **it may cause uterine contractions and/or uterine relaxation and should not be taken by pregnant or nursing women**.

Goldenseal's benefits can be attributed to its alkaloids. These alkaloids are strongly astringent. Traditionally, goldenseal has been applied topically to treat minor skin wounds and cold sores. It has been taken orally to subside **diarrhea** and to **boost the immune system**. Once, it was also used as strong tea for **indigestion**. Today, it is used to help symptoms of the **cold and flu**.

Goldenseal is commonly combined with echinacea to treat cold and flu symptoms, especially coughs and sore throats. Lozenges containing goldenseal, echinacea, and zinc are also popular.

Goldenseal is one of the most popular herbs sold on the American market and has recently gained a reputation as an **herbal antibiotic and immune system enhancer**. American Indians used goldenseal as a medication for **inflammatory internal conditions such as respiratory, digestive, and genitourinary tract inflammation induced by allergy or infection**. The Cherokees 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, diarrhea, liver disease, fever, sour stomach, flatulence, pneumonia, and for heart trouble**. They also prepared a compound infusion with other roots for use as drops in the treatment of **earache** and as a **wash for sore eyes**.

It was not until 1798 that its medicinal virtues began to attract attention. From then on its reputation, as a powerful healing herb, spread 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)**; it was also used to treat **skin inflammations and conjunctivitis of the eyes**. It was also used for **inflammation of the mucous membranes of the throat and digestive system**. Its traditional uses also include the treatment of **peptic ulcers, gastritis, dyspepsia, and colitis**. It is said to **stimulate appetite** and generally have a toning effect on the whole body. This has also been used for **anorexia nervosa**. It is also said to be effective for treatment of **catarrhal conditions of the upper respiratory tract and inflammations of the urinary tract**.

When echinacea and goldenseal are combined, they are more effective than when taken individually. Some herbalists use one for a week and, then, switch to the other—since both are powerful alkaloids.

Goldenseal has been used successfully in the treatment of **bacterial, fungal, and protozoan infections**. In addition to **colds and flu**, goldenseal has been used to treat **pneumonia, sinusitis, earache, tinnitus, sties, canker sores, athlete's foot, bladder infections, chronic fatigue syndrome, intestinal parasites, vaginitis, viral infections, various wounds, and yeast infections**. Goldenseal has a long history of use as a **gastrointestinal remedy**, especially for **infectious diarrhea**.

This herb is well-known as one of the herbal **cold remedies**, a **mouthwash** that is one of the home remedies **for canker sores**, a **gargle** that can help mend a **sore throat**, a treatment for **internal bacterial parasites and gastritis**, and an **external wash for skin problems**.

In summary:

1. Goldenseal herb is a common home remedy for **detoxifying the body**. It eliminates toxins and other harmful components. This herb **increases fluid elimination**, and **helps cells get rid of wastes** and toxins that may be built up. Clearing this fluid out of your body can clean out your body, and prevent illnesses and diseases. This herb is common in many herbal remedies, and is also becoming more common in teas and drinks that flush drug residues from your system as well.

2. Echinacea and goldenseal combined are a real knockout punch for the **flu and colds**, as well as many other viral infections. It not only **strength-**

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ens the immune system, but this combination helps soothe any mucous membranes which are inflamed. The goldenseal components responsible for doing this are alkaloids, called *berberine* and *hydrastine*, which **fight bacteria and viral infections.**

3. One of the benefits of goldenseal is the topical **antibiotic and cleansing effect that this herb can have on the skin for wound care.** For this purpose, echinacea extract can be added to goldenseal; both are powerful antibiotics. When added to water and used to wash the skin and wound, either or both **can clean and sterilize the area to promote healthy healing and no infections in the wound.** Each one also **improves lymph circulation,** which will help speed up the healing process.

4. Goldenseal extract and the herb itself can help **prevent and treat heartburn,** especially if it is caused in part by emotional stress. This herb can **help soothe the digestive system and lower the acid level,** so that heartburn and acid reflux do not occur as frequently. If taken after the heartburn starts, it can stop it very quickly. This is a natural way to prevent or treat heartburn without having to take drugs.

5. Goldenseal herb can help with **ear infections and diseases.** The herb helps boost your immune system; so that your body can fight off invaders, like bacteria, before they can infect the tissues. In addition, **lymph is drained** more efficiently from the ear area; so there is no congestion that can allow bacteria to grow better.

6. One of the benefits of goldenseal is that **this herb can increase the effect of many other healing herbs.** This is one of the reasons that echinacea with goldenseal is much more effective, when used together. This is the reason that **many illnesses and medical conditions are treated with a combination of herbs that include goldenseal.**

7. Echinacea with goldenseal can help **clean vital tissues and organs, while improving digestion.** These two herbs, combined, will improve the amount and quality of your digestive secretions; this will result in better production of the enzymes and fluids needed for good digestion without any problems. It will **increase the amount of saliva and other digestive juices,** and help with any **inflammation present in the digestive tract.**

8. Goldenseal extract can help **calm your central nervous system.** This herb has been shown to have **relaxing and sedating effects** when taken. It may help you fall asleep faster and stay that way all through the night. Your heartbeat will slow down some, and your blood pressure will lower slightly.

9. Goldenseal promotes **more efficient and effective function of all your internal organs and systems.** This means all the systems and organs, including your **colon and intestines, your pancreas, your liver, your lymph system, your circulatory system, your respiratory system, your spleen,** and many more.

10. Goldenseal herb can be very beneficial for **menstrual and postpartum bleeding.** The herb has an astringent effect which **helps dilate the surface blood vessels and slow down the bleeding.** When taken regularly right before and during your menstrual cycle and after childbirth, goldenseal **can help prevent and stop excessive bleeding.**

Its alkloid, berberine—It is the alkaloid, *berberine*, that is most likely responsible for goldenseal's effectiveness against **bacteria, protozoa, fungi, and streptococci.** It also **promotes easier removal of the bacteria by inhibiting their ability to adhere to tissue surfaces.** Berberine is also **antifungal** and strongly **antidiarrheal.** It aids against the **infection of mucous membranes** (such as the **lining of the oral cavity, throat, sinus, bronchi, genitourinary tract, and gastrointestinal tract**). Clinical studies have shown it is effective in the treatment of **diarrhea-type diseases: diarrhea caused by *E. coli* (traveler's diarrhea), *shigella dysenteriae* (shigellosis), *salmonella paratyphi* (food poisoning), *giardia lamblia*, and *vibrio cholerae* (cholera).**

Cautions—Negative side effects of goldenseal include **skin, mouth, throat, and gastric irritation.** It may also cause **nausea and diarrhea.**

Topical application of goldenseal or berberine may lead to **phototoxic reaction,** after exposure to sunlight or artificial light sources.

Goldenseal is a potent plant. **It is generally best to not use large doses of it in fighting a disease for more than a week at a time. Some herbalists use goldenseal for a week, and then switch to echinacea for a week.**

This herb should not be used by pregnant or nursing women; since it is believed to stimulate the uterus.

Buying Goldenseal—Because it is expensive, be a careful shopper when buying this herb. Be sure that you are actually getting goldenseal, **not an adulterated version containing bloodroot.** The adulterated version is cheaper and can cause dizziness, gastrointestinal burning, vomiting, diarrhea, and intense thirst. Buy goldenseal from a good, reputable health-food distributor.

Echinacea

Echinacea, also known as coneflower, is a wildflower that grows naturally in meadows and moist lowlands throughout the Midwest. While echinacea is most commonly known for its medicinal effects, it is also a common garden plant with beautiful purple flowers. While already popular as a medicinal herb, the true potential of echinacea has yet to be fully explored by the medical industry.

There are three varieties of echinacea: *echinacea purpurea*, *echinacea pallida*, and *echinacea angustifolia*. All three varieties are commonly used to **support a healthy immune system and maintain an infection-free environment.** Echinacea is most commonly used to **help shorten the duration of the common cold.** It is one of the most popular herbal remedies for **respiratory illnesses.**

“It is also used for **flu and other upper respiratory conditions, enlarged lymph glands, sore throat, urinary tract infections, bladder infections, vaginal yeast infections, other minor infections, wounds, skin regeneration, skin infections, psoriasis, eczema, inflammatory skin conditions, tonsillitis, strep throat, syphilis, typhoid, malaria, and diphtheria.**

Echinacea may help combat **herpes and candida.** It **stimulates the immune system and promotes T-cell activation** while it **increases the activity of the immune system.**

Echinacea is also useful against **runny or stuffy nose, hay fever, other similar allergies, gum disease, chronic fatigue syndrome, migraines, indigestion or heartburn, dizziness, rattlesnake bites, attention deficit hyperactivity disorder (ADHD), cancer, eczema, skin wounds, psoriasis, and hemorrhoids.**

Due to the combination of ingredients in this herb, echinacea works as a **natural antibiotic** which can **suppress viruses' activity and promote immune stimulating effect** through the activation of T-cells (immune system natural bacteria killers).

All the conducted trials made the scientists state

that, though echinacea itself does not cure diseases, it **helps the body resist and fight the illnesses,** making it stronger. People who take this plant's preparation tend to fall ill less often, experience milder symptoms, and recover sooner.

Years of careful German research found that the special diseases which echinacea is a strong helping hand against are **respiratory problems, bronchitis, sore throat, enlarged prostate glands, urinary tract infections, vaginal yeast (candida) infections, ear infections (otitis), sinusitis, and hay fever (allergic rhinitis).** Topically placed on the skin, it can help heal **eczema, psoriasis, and slow-healing wounds.** Echinacea is added to **antihemorrhoid** medications; it is also an excellent **skin protector from the sun's damage.**

Cautions—Echinacea helps white blood cells attack germs; **but these effects may decrease if it is taken for more than a few weeks.**

It is best not to take echinacea or goldenseal for more than a week at a time. But it is of interest that, in Germany, echinacea is approved to treat **colds, upper respiratory tract infections, urinary tract infections, and slow-healing wounds.** However, treatment period is restricted to 8 weeks at a time.

In spite of some claims that echinacea has no side effects, studies show that **some people may experience allergic reactions, dizziness, drowsiness, headache, muscle aches, nausea, sore throat, temporary numbness of the tongue, and upset stomach.**

Echinacea is generally **not recommended for use by people with diseases of the immune system (such as HIV, multiple sclerosis, or tuberculosis).** The German government recommends against using echinacea if you have these conditions. Some researchers believe that echinacea could actually worsen these immune system problems.

Even though there are some restrictions on taking echinacea, the benefits far outweigh the drawbacks.