



Angelica Root

Benefits and uses: Stomach aches, rheumatism, colic, colds, flu, coughs, indigestion, gas, anorexia, obstructed menses, and neuralgia.

Information: Herbs/Nutritionals/Medicinals can be very strong, consequently, if each one is not tailored to your specific needs, then you can risk more harm than good. This information is meant to be used by your VHC Medical Team and personal Physician as they build your Total Health Plan. Never attempt to adjust your prescribed medications and/or Natural Treatments without your physician's and Medical Team's knowledge and guidance. Since herbs/nutritionals and medications can interact with each other, it is always advisable to consult with your health care provider and The Vibrant Health Community at www.VibrantHealthCommunity.com (or call 1-866-378-8253) before starting or changing your program.

Details:

Angelica is used extensively in herbal medicine. The main constituents of Angelica are volatile oils, valeric acid, angelic acid, angelicin, safrole, scopoletin, and linoleic acid, making it useful in the treatment of fevers, colds, coughs, flatulent colic and other stomach disorders. A medicinal infusion made from stems, seeds, and root is carminative, diaphoretic, emmenagogue, sedative, stomachic and tonic. Angelica is used for obstructed menses and should not be taken in large quantities by pregnant women.

Angelica is a very good tonic herb for women and children, the elderly or general debility, it is said to

strengthen the heart. Powdered root is said to cause disgust for liquor. It has an antibacterial action, preventing the growth of various bacteria.

Angelica root contains vitamin B12, Zinc, Thiamin, Sucrose, Riboflavin, Potassium, Magnesium, Iron, Fructose, Glucose, and many other trace minerals. Externally it is used as a medicinal gargle for sore throats and mouths and as a medicinal poultice for broken bones, swellings, itching and rheumatism. An infusion of Angelica root, used as a wash for the face, is said to prevent acne. A powder made from the dried root is used for athlete's foot, as well as an insecticide and pesticide.