



Alum Root

A powerful *astringent and antiseptic*, treatment of *diarrhea and hemorrhage*, including bleeding gums after tooth extraction, excessive menstruation, treatment of internal piles and hemorrhoids.

Information: Herbals/Nutritionals/Medicinals can be very strong. Consequently, if they are not tailored to your specific needs, they can do 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 herbals/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.

Botanical: *Geranium maculatum*

Family: *Geraniaceae* (geranium)

Other common names: Cranesbill, Spotted Cranesbill, Geranium, Wild Geranium, Spotted Geranium, Dovefoot, Tormentil, Storksbill, Wild Cranesbill, Crowfoot, American Kino Root, Old Maid's Nightcap, Shameface, Alum Bloom

History: Centuries ago, Native American healers knew that the root of the wild geranium (Alum Root) would calm an inflamed intestinal tract and treat diarrhea. Alum Root is a perennial plant that is native to North America, especially in the woodlands of the eastern half. The stout, horizontal rootstock (the medicinal part) produces a hairy stem, which grows to a height of two feet, as well as leaves and attractive rose-purple flowers, which bloom from April to July. Native Americans used Alum Root as an eyewash and applied it to sores, open wounds and swollen feet. The Chippewas employed it as a remedy for sores inside the mouth, especially in children, and many tribes ate the young leaves of the plant. The early settlers learned of the many effective medicinal qualities of Alum Root from the Native Americans, and by the nineteenth century, a physician remarked that the root was "a very popular domestic remedy" that was widely in use as an astringent for diarrhea, dysentery and hemorrhaging. Alum Root was listed in the *United States Pharmacopoeia* from 1820 to 1916. To this day herbalists recommend the underground rootstem for many of those same medicinal purposes, and it is still used both internally and externally for its astringent qualities. Some of the constituents in Alum Root include tannic, citric and gallic acid, starch, sugar, gum, oleoresin, pectin, anthocyanins and calcium oxalate

Beneficial Uses: When used internally, it is an excellent treatment for hemorrhage, diarrhea, nosebleeds, hematuria, hemotysis and profuse menstruation. The root contains a high concentration of tannins that act as a powerful astringent, which are said to be effective against diarrhea, cholera and dysentery. When ingested, Alum Root's potent astringency is an old and reliable treatment for internal piles and hemorrhoids. It is also known to promote venous health.

Taken internally, Alum Root has a potent healing effect on the entire gastrointestinal tract and has been used as an excellent treatment against pus and mucus in the bladder and intestines or, in fact, mucous discharges from any part of the body. It is helpful in reducing inflammation of the mucous membranes and is said to be helpful in cases of ulcers. The herb is also used to curb irritation of hemorrhoidal tissue.

Used externally, it is a powerful blood coagulant: The dry powder sprinkled on a wound or cut will stop bleeding immediately. (Barbers have used it as a styptic for years to stop razor cuts.) As a mouthwash, Alum Root's antibacterial and antiseptic properties will aid in the relief of mouth sores, sore throat and bleeding gums. Considered an effective antibacterial, Alum Root has also been found helpful

in fighting leukorrhea and the bacteria associated

with tuberculosis.

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