



# *Balm of Gilead*

Stimulating expectorant, anti-microbial, vulnerary. Toothaches, rheumatism, diarrhea, coughs, lungs, blood tonic, used externally for sores.

**Information:** Herbals/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 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](http://www.VibrantHealthCommunity.com) (or call 1-866-378-8253) before starting or changing your program.

## **Used For:**

As it soothes, disinfects, and astringes the mucous membranes, Balm of Gilead is an excellent remedy for sore throats, coughs and laryngitis. It is used for treating laryngitis that is accompanied by loss of voice. It may be used in chronic bronchitis. Externally it can be used to ease inflammations due to rheumatism and arthritis, as well as for dry and scaly skin conditions such as psoriasis and dry eczema.

The herb is considered to be a stimulant, tonic, diuretic, and anti-scorbutic. A tincture has been beneficially employed in affections of the chest, stomach, and kidneys and in rheumatism and scurvy. With oil they form a useful external application in bruises, swellings, wounds, some coetaneous diseases, rheumatic pains.

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