



# Borage

Spirits need a lift? **Borage** has a reputation for easing depression and melancholy. Soothe the body's mucous membranes, suppress inflammation and help ease arthritis and rheumatism. Rich in gamma linolenic acid, the Omega-6 Fatty Acid that is as essential for overall health as vitamins.

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

**Botanical:** *Borago officinalis*

**Family:** *Boraginaceae* (borage)

**Other common names:** Bee Bread, Burrage, Common Bugloss, Starflower, Bee Plant

**"I, Borage, always bring gladness."  
- ancient Latin proverb**

**History:** Borage is a handsome annual of the borage family and native to Mediterranean countries. The plant grows to a height of about two feet and has a long history of cultivation as an ornamental in gardens and apiaries for its spray of brilliant blue and purplish flowers, which are most attractive to bees. Hence, we have two of the herb's common names, Bee Plant and Bee Bread. The flowers are edible and often added to salads or used as a garnish (but turn pink upon contact with acids such as lemon juice or vinegar), and they are also made into syrups or candied as cake decorations. The leaves, flowers and oil from the seeds are used in herbal medicine. Some of Borage's constituents include calcium, choline, iron, magnesium, phosphorus, potassium, zinc, rosmarinic acid, silicic acid, essential fatty acids (including gamma linolenic acid and linoleic acid), mucilage, saponins, essential oil, tannin, beta-carotene, B-vitamins, vitamin C and the alkaloid, pyrrolizidine.

**Beneficial Uses:** Borage oil is thought to be a gland balancer that regulates hormonal systems and is said to be effective in helping to relieve menstrual and menopausal problems, particularly with regard to

depression and mood swings. As a "galactagogue, Borage has been used to increase the flow of milk in nursing mothers.

Considered a calmative, Borage acts as a mild sedative and is said to be useful for nervous conditions. The herb is also believed to possess antidepressant effects that have been revered for centuries to raise the spirits and reduce melancholy. The soothing, cooling, mucilaginous substances in Borage account for many of its medicinal effects.

Borage is considered a fine demulcent that soothes all mucous membranes, including those of the respiratory system (reducing the discomforts of sore throat, bronchitis, hacking coughs and bronchial infections such as pleurisy and tuberculosis) - and also those irritated tissues of the gastrointestinal system. Borage is a diuretic that has been used for kidney and bladder ailments. The herb is known to increase perspiration, cool the body and lower fever.

Borage is thought to act as an excellent adrenal tonic and gland balancer that helps to revive and renew the health of the adrenal gland after medical

treatments of cortisone or steroids have been administered.

As an anti-inflammatory, Borage is said to help suppress inflammation of the mucous membranes throughout the body and also help relieve inflammatory conditions such as arthritis, rheumatism, eczema, seborrheic dermatitis and other skin conditions. Borage contains essential fatty acids and minerals that help to maintain healthy cardiovascular function, as well as healthy skin and nails.

Borage is rich in fatty, gamma linolenic acid (*or GLA*), an *Omega-6 Fatty Acid* and one of the "*good fats*" that is thought to be instrumental in lowering blood pressure and considered to be as *necessary for your health as vitamins* that are commonly lost through

normal ageing, dietary fat intake and other effects. It has often been used to restore vitality during convalescence from illness.

Externally, Borage has been used in eyewashes, gargles, mouthwashes and poultices, but contact with the leaves may cause dermatitis in sensitive persons.

***Contraindications:*** The plant (but not the oil) contains small amounts of pyrrolizidine alkaloids that may cause toxicity in the liver, and Borage should never be taken in large doses (many times the recommended amount) or for a long period of time. If you are taking any blood thinning medications, speak with your doctor before using Borage.