



Butternut

A mild and easily digested laxative that helps *cleanses the bowel*, as well as *cleanses and stimulates liver function*. Both these qualities are an excellent way to *remove toxins from the system* and relieve many ailments associated with sluggish bowels and liver, including indigestion, constipation and skin problems.

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: *Juglans cinerea*

Family: *Juglandaceae* (butternut/walnut)

Other common names: Oilnut, White Walnut, Gray Walnut, Lemon Walnut, Oilbean Nut

History: Butternut is a deciduous, not particularly decorative, tree that is native to eastern North America (where the species is not threatened) and southeast Canada (where in some regions it is considered endangered) and growing south to northern Alabama, but absent from most of the southern United States. Several varieties are used for the same medicinal applications. Its botanical genus, *Juglans*, is derived from both the reference to the Roman god, Jupiter, and the Latin word, *glans*, meaning "nut" or "walnut," describing the "nut of Jupiter" or "food of the gods." The wood of the Butternut tree is used commercially in the manufacture of plywood, and the inner bark of the tree has a venerable history in American herbal medicine, having been used by both settlers and native tribes alike as a treatment for constipation and to expel worms. It was one of the most widely-used laxatives in the nineteenth century and was listed in the *United States Pharmacopoeia* from 1820 through 1905. It is now used by herbalists for the treatment of constipation associated with dyspepsia, liver dysfunction and skin eruptions. Some of the constituents in Butternut include fixed oils, essential

oils, bitter principle, tannin and naphthaquinone (juglone).

Beneficial Uses: Butternut bark is considered a mild and reliable laxative that has been used to relieve constipation and efficiently remove waste products from the gastrointestinal system.

As a cholagogue that stimulates bile flow from the gallbladder and bile ducts, Butternut is believed to stimulate a sluggish liver. This action is thought to have further cleansing effects in the system that encourages the efficient removal of waste products. This is said to help cleanse the liver and lymphatic system and consequently alleviate acute or chronic skin conditions that are associated with liver or bowel torpor.

Butternut is considered an effective vermifuge that has been used to expel worms from the intestines and remove tapeworm, mostly due to its laxative effects.

The bitter principle in Butternut, (as well as the herb's ability to increase bile flow), assist the gastrointestinal system and promote better digestion and ease dyspepsia.

Contraindications: Currently, there are no known warnings or contraindications with the use of Butternut.

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