



Cranesbill

A powerful *astringent and antiseptic*, **Cranesbill** has been used for centuries in the treatment of diarrhea and hemorrhage, including bleeding gums after tooth extraction and excessive menstruation. It is also excellent for treating 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: Alum Root, Spotted Cranesbill, Wild Cranesbill, Crowfoot, Geranium, Wild Geranium, Spotted Geranium, Dove's Foot, Tormentil, Storksbill, Alumroot, Alum Bloom, Shameface, American Kino Root, Old Maid's Nightcap, Chocolate Flower

History: Centuries ago, Native American healers knew that the root of the wild geranium would calm an inflamed intestinal tract and treat diarrhea. Cranesbill is a perennial plant that is native to North America, and may be found in low grounds and woodlands from Canada to Georgia, and westward to Kansas. Native Americans used Cranesbill 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 Cranesbill from the Native American tribes, 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. Cranesbill 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.

Beneficial Uses: When used internally, Cranesbill acts as a hemostatic, or agent that stops bleeding, and is an excellent treatment for hemorrhage, nosebleeds, and profuse menstruation. The root contains a high concentration of tannins that act as a powerful astringent, causing mucous membranes to constrict, and are also said to be effective against diarrhea, cholera and dysentery. When ingested, Cranesbill is an old and reliable treatment for internal piles and hemorrhoids.

Taken internally, Cranesbill 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, curbs irritation of hemorrhoidal tissue and promotes venous health.

Used externally, Cranesbill 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, Cranesbill will aid in the relief of mouth sores, sore throat and bleeding gums. Cranesbill has been used to treat ulcers and has also been found helpful in fighting the bacteria in tuberculosis.

Contraindications: Currently, there appear to be no known warnings or contraindications with the use of Cranes

The information presented here by www.DrMarilynTucker.com is intended for educational purposes only. These statements have not been evaluated by the FDA and are not intended to diagnose, cure, treat or prevent disease. Individual results vary.