



Cucumber Magnolia Bark

Treat abdominal bloating, gas, nausea, diarrhea, menstrual cramps and indigestion. Recent studies have found that the herb inhibits the production of cortisol (the substance that encourages fat storage) and may be effective in weight loss programs.

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: *Magnolia glauca* (also known as *Magnolia virginiana*)

Family: *Magnoliaceae* (magnolia)

Other common names: Sweetbay Magnolia, Laurel Magnolia, Swamp Laurel, Sweetbay

History: Magnolia is a magnificent family of forest trees that are revered for their beautiful, large, showy and deliciously fragrant flowers. Magnolias may be both evergreen and deciduous with luxuriant foliage. For the most part, the genus is North American, where it was originally included in many herbal remedies of the Native Americans. There are also several species that are native to China and Japan (*Magnolia officinalis*, *Magnolia hypoleuca*, etc.), where it has been an important part of Traditional Chinese Medicine (TCM) for over two thousand years. Several species were listed in the *United States Pharmacopoeia* from 1820 through 1894 as a tonic, stimulant and diaphoretic. It was even used as a substitute for quinine when treating malaria. Magnolia's wood, which is straight-grained, yellow in color, light, soft, easily worked and finishes well, is used for furniture, broom handles, bowls and light woodenware articles, and an essential oil from the flowers has been used in the manufacture of perfumes. Magnolia Bark is collected in the autumn, and the unopened flowers are harvested in the springtime and used in herbal medicines. Some of the constituents in Magnolia Bark include volatile oils (eudesmol, bornyl-acetate, etc.), alkaloids, tannin,

magnolol, honokiol, zinc, copper, calcium, potassium, iron, magnesium and manganese.

Beneficial Uses: Magnolia Bark has been used in Chinese herbal medicine for at least two thousand years as an aromatic, pungent and warming stimulant that treats various disorders of the digestive system and strengthens stomach function. It is a bitter relaxant herb that acts as a tonic and improves digestion, relieving stomach pains, gastroenteritis and flatulence. It calms diarrhea and vomiting associated with indigestion, stimulates poor appetite and alleviates fullness and distension of the abdomen.

As a mild diaphoretic, Magnolia Bark is said to increase perspiration and sweating and thus reduce fevers and cool the body. It has been historically used in cases of malarial fevers and fevers of a typhoid type.

Magnolia Bark is believed to have antiseptic, antibacterial, antifungal, antispasmodic, expectorant and anti-inflammatory properties. As such, the bark is thought to relieve the pain and inflammation of

rheumatism and gout, counteract yeast infections (such as leukorrhoea) and combat upper respiratory tract infections and spasms, including asthma, coughs, profuse phlegm in the lungs, shortness of breath and fullness and pressure in the chest area.

In the fight against obesity and weight management, Magnolia Bark has recently been recognized as an efficient fat burner. It is said that the magnolol and honokial in the herb effectively inhibit the body's production of cortisol, the substance that liberates fat from adipose cells and thus suppresses fat storage, particularly in the abdominal and belly area. Magnolia

is also said to act as a mild laxative. Magnolia Bark itself has been chewed as a substitute for tobacco and is said to "cure the habit."

Contraindications: Pregnant and nursing women should not use Magnolia Bark. Overuse (many times the recommended dosage) may cause sleepiness, vertigo and dizziness. There may be interactions with sleep and anxiety medication, and thus, it is important to consult your doctor before combining the two. Asian Medicine believes Magnolia Bark to be incompatible with Astragalus.

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