



Heal All

Heal All is an old treatment for internal and external bleeding and wounds, including excessive menstruation and bleeding ulcers. The herb is said to be a potent antiviral agent and has shown great promise in laboratory tests for possible use in herpes, HIV, and AIDS treatments.

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: *Prunella vulgaris*

Family: *Lamiaceae/Labiatae* (mint)

Other common names: Prunella, Brunella, SelfHeal, All Heal, Woundwort, Wound Root, Slough Heal, Blue Curls, Dragonhead, Hercules' Woundwort, Hook-Heal, Heart of the Earth, Carpenter's Herb, Xia Ku Cao

History: Heal All is a creeping perennial that is native to Eurasia and grows throughout Europe and North America, where it may be found in damp meadows, pastures, waste places and on roadsides, thriving in moist, well-drained soil in sunny areas or light shade. Heal All does not appear to have been known to the ancient Romans or Greeks, but it was mentioned in Chinese medical literature during the Han Dynasty (206 B.C.- A. D. 23) as an important herb in the treatment of complaints associated with a disturbed liver, high blood pressure and conjunctivitis. In Western medicine, Heal All has always been regarded primarily as a wound herb, giving rise to many of its common names (Woundwort, Wound Root, etc.). Its botanical name, *Prunella*, is derived from Brunellen, a name given to it by the Germans, because it rose to prominence when military physicians used it to treat a contagious fever that raged among the German imperial troops in 1547 and 1566, that was characterized by a sore throat and a brown-coated tongue.

The fever was called "the browns" (*brun* is the German word for "brown"). In John Gerard's "*Herball*" of 1597, he claimed there was no "better wound herb[e] in the world than Self Heal" (another common name) and said it would "heal any green wound[e]." In 1653, the great English herbalist, Nicholas Culpepper, wrote that "Self Heal" would be good taken both "inwardly or outwardly for wounds and bleeding" and would "cleanse the foulness of sores and speedily heal them."

Heal All is an astringent, slightly bitter, saline herb that is harvested when in optimum condition (and the plant is in bloom). Although the plant is a member of the mint family, no mint fragrance or flavor is present, and all the aerial (above-ground) parts of the plant are used in herbal medicine. Some of the constituents included in Heal All are volatile oil, a bitter principle, tannin, rutin, beta-carotene, sugar, cellulose and vitamins B-1, C and K.

Beneficial Uses: Heal All is an astringent that has been effective in controlling both internal and external bleeding. It has been utilized as a styptic that has been used internally in Western medicine to stop hemorrhage, internal bleeding ulcers and excessive menstruation, and its gentle astringency also helps to control chronic and sudden diarrhea (although it is recommended that this application be used under the aegis of a health care provider). For external treatment, those astringent qualities may be applied to relieve hemorrhoids and decrease the bleeding of wounds and cuts.

As an antiviral, Heal All is said to be useful for treating herpes virus infection in two ways. It is thought to stop the virus from growing within cells and also by preventing it from binding to cells. Moreover, recent and very promising research has shown very interesting results with respect to HIV and AIDS. In Japan, studies showed strong anti-HIV effects in laboratory conditions and Canadian scientists claim that Heal All blocks cell-to-cell transmission of the HIV virus and also interferes with the virus's ability to bind with T cells, the immune cells that are destroyed by HIV infection. At the

University of California at Davis, scientists have identified a complex sugar in Heal All that accounts for its actions against HIV. Heal All is considered an antibiotic and antiseptic (which supports its historical use to help ease sore throats and heal "green" wounds). It is still used externally in gargles to relieve sore throat and ulcerated mouth, in addition to stopping infection from spreading and speeding up the healing of wounds, cuts, bruises, burns, ulcers and sores. It is also believed to reduce scarring.

Heal All is reported to reduce lymphatic congestion and has been used to relieve swollen glands, mumps and mastitis. In Traditional Chinese Medicine (TCM), Heal All was used as a liver and gallbladder stimulant and was used to treat conjunctivitis, hypertension and headaches, among other disorders.

Contraindications: Those with diarrhea, nausea, stomachache or vomiting should consult a physician before using Heal All. This herb could potentially interfere with actions of prescription blood thinners (Plavix, Coumadin, etc.).

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.