



Hydrangea

Enlarged or inflamed prostate? Try **Hydrangea** for *good prostate health*. It is an old and reliable American remedy for urinary, bladder and kidney inflammation. Hydrangea also helps to relieve kidney-related backache and to expel stones.

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: *Hydrangea strigosa*

Family: *Hydrangeaceae* (hydrangea) - *Saxifragaceae* (saxifraga)

Other common names: Seven Barks, Common Hydrangea, Wild Hydrangea, Mountain Hydrangea

History: Hydrangeas are a group that consists of hardy and tender shrubs and woody climbers. They are mostly deciduous plants, although a few of the tender species are evergreen. The plants are natives of the Himalayas, North and South America, and central and eastern Asia. These flowering shrubs have different flower forms, from the large globes of the "mopheads," to the discs of the "lacecaps," to the thick cones of oakleaf and panicle hydrangeas, to *Hydrangea strigosa* (which is a climbing variety). Four species of Hydrangea are native to North America and are cultivated for their stunning beauty (cultivars have some of the largest flower heads of any plants) and long-known medicinal qualities. *Hydrangea arborescens* (the smooth Hydrangea) is an ornamental, perennial plant that may reach a height of nine feet and is considered a marsh, aquatic plant that may be found in woodlands and by stream banks. Its relation to water is demonstrated by its name, Hydrangea, which is a derivative of a Greek compound, signifying "water vessel," and it thrives in humus-rich soil in sun or partial shade, avoiding early morning sun in frosty areas. Hydrangea's history in herbal medicine may be traced back to Native Americans who wisely knew of its value in fighting urinary problems. The Cherokees used it as a remedy for urinary stones, as well as a topical treatment for wounds and sore

muscles. The early settlers adopted Hydrangea as an important herb in their own remedies and also used it for the treatment of stones. It is considered a sweet, pungent herb with the roots used in herbal medicine. Some of the constituents in Hydrangea include two resins, gum, starch, sugar, albumin, a glucoside (hydrangin), volatile oil, quercetin, rutin, saponin, kaempferol, calcium, iron, magnesium, manganese, phosphorus, potassium, selenium and zinc.

Beneficial Uses: Hydrangea has a long history of promoting a healthy prostate and urinary tract. It combats infection and is believed to very helpful in treating inflamed or enlarged prostate and bladder infection, including cystitis, urethritis and prostatitis, etc. As a diuretic, it promotes the flow of urine and is said to remove stones and the pain caused by them.

Hydrangea stimulates the kidneys to release retained fluid and helps to prevent the formation of gravel. It will also help to pass deposits through the ureters from the kidneys to the bladder. Importantly, the herb is also used to relieve the backache often caused by kidney trouble and dissolve and remove kidney stones.

Further supporting a healthy urinary tract, Hydrangea helps treat urine problems, such as frequent urination that may also be accompanied by burning pain and it has been used to help treat bedwetting problems in children. Hydrangea is believed to be a blood cleanser and may treat lymphatic conditions that are caused by poor blood. Hydrangea has been used to

relieve chronic rheumatoid arthritis and the swelling of arthritis (possibly reducing calcium deposits), gout and edema.

Contraindications: Excessive amounts (many times the recommended dose) may cause dizziness, nausea and bronchial congestion.

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