



# Myrrh Herbal

Antiseptic, Antifungal for the lungs & skin, enhances immune function, a “lung and bronchial tonic”, bad breath, and deodorizer.

**Information:** Herbals/Nutritionals/Medicinals can be very strong, consequently, if each one is not tailored to your specific needs, then you can risk 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](http://www.VibrantHealthCommunity.com) (or call 1-866-378-8253) before starting or changing your program.

**Botanical:** *Commiphora molmol*

**Family:** *Burseraceae* (frankincense)

**Other common names:** Mo Yao, Makkul, Mukul, Myrrh Tree, Balsamodendron, Commiphora, Molmol, Mirra, Bola

Some of the constituents in Guarana include adenine, caffeine, D-catechin, saponin, tannins, theobromine, theophylline, starch and a fixed oil and a crystallizable principle in the seeds called guaranine.

Some of the constituents in Myrrh include volatile oils (limonene, eugenol, pinene, terpenes, sesquiterpenes, esters, cinnamaldehyde, cuminaldehyde, cumic alcohol, heerabolene, dipentene, m-cresol and cadinene ), resins (myrrhin, alpha-, beta- and gamma-compiphoric acids, commiphoric acid, alpha- and beta-heerabomyrrhols, heeraboresene, commiferin, campesterol, beta-sitosterol, alpha-amyrone and 3-epi-alpha-amyrin ), gums (arabinose, galactose, xylose, and 4-o-methylglucuronic acid, ash, salts and sulphates.

## Beneficial Uses:

Myrrh treats virtually all upper-respiratory infections and chest problems due to colds and coughs.

It is a powerful antiseptic and expectorant, reducing phlegm and congestion in the lungs, and the many volatile oils in Myrrh soothe irritated bronchial passages and promote free breathing during congestive colds by clearing mucus-clogged passages. It stimulates and tones mucous tissue, increasing mucous secretions and promoting their drainage. Myrrh has the characteristic of stimulating the body to discharge mucus throughout. The herb has been effective in relieving tuberculosis and asthma, among other respiratory ailments; and chronic sinus problems, including sinusitis, have improved with its use, because it clears out mucus.

With regard to women's health, Myrrh is said to protect female organs and is considered an emmenagogue, an agent that promotes the onset

of menstruation and regulates its flow. The herb stimulates blood circulation and stagnant blood, especially in the case of women's delayed or scanty menses and is considered one of the finest antibacterial and antiviral agents, fighting against uterine and vaginal infections.

Myrrh cleanses the colon and brings order to the gastrointestinal and digestive system. It is a pungent and bitter tonic that is said to tone and stimulate mucous tissue and promote the gastric secretions that help digestion and excite the appetite. Myrrh is also believed to destroy putrefaction in the colon and intestines and prevent blood absorption of toxins. It is a fine stomachic that relaxes the smooth muscles of the digestive tract and helps to relieve dyspepsia, flatulence and indigestion. In animal studies, aqueous suspension of *C. molmol* has been found to protect against gastric mucosal damage caused by NSAIDs and ethanol.

Studies suggest that Myrrh greatly bolsters the body's immune system, increasing resistance to infection with its strong antibacterial, antiviral, antifungal, and anti-inflammatory properties. The herb stimulates the immune system by promoting the production of infection-fighting white blood cells, as well as having a direct antimicrobial effect of its own.

Myrrh will help to fight bad breath when taken internally. It is a powerful antiseptic that treats

many infections, but has a particularly long history of efficacy in treating mouth ailments such as mouth sores, weak and spongy gums, sore and loose teeth, gingivitis, periodontal disease, pyorrhea, laryngitis and sore throats. It is included in many European toothpastes to fight bacteria that cause tooth decay.

As an antifungal, Myrrh is thought to be a good remedy for thrush, herpes simplex, *Candida* and other yeast infections.

Myrrh shows promise in reducing both triglyceride and cholesterol levels in the blood and may thus decrease platelet aggregation (clotting) in the arteries. Research suggests that this activity may be helpful in preventing heart attacks and strokes. Moreover, the herb is thought to stimulate circulation and is also thought to increase the flow of blood to the capillaries.

Used externally, the superior antibacterial and disinfectant properties of Myrrh help to heal wounds, ulcers, boils, abscesses, sores, bedsores and hemorrhoids, and makes an excellent antiseptic mouthwash.

Myrrh is an aromatic herb that is powerfully antibiotic and antiviral and has been effective in relieving glandular fever, coughs, colds, stomach flu and other feverish conditions.