



# Oat Straw

**Oat Straw** is a good restorative nerve tonic, *ideal for depression and energy deficiency.* Oat bran helps *reduce abnormally high blood cholesterol levels*, and its high fiber content is a great help in maintaining *daily "regularity."* Oat Straw also supplies the body with silicon, the substance needed to build *healthy skin, fingernails and healthy, lustrous hair.*

**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](http://www.VibrantHealthCommunity.com) (or call 1-866-378-8253) before starting or changing your program.

**Botanical:** *Avena sativa* (also known as *Avena fatua*)

**Family:** *Poaceae* (haygrass) - *Gramineae* (grass)

**Other common names:** Avena, Avena Sativa, Oats, Cultivated (*sativa*) and Wild (*fatua*) Oats, Rolled Oats, Groats, Steel Cut Oats, Common Oats

**History:** Although of uncertain origin, Oats are thought to have come from Eastern Europe or Western Asia, and they are now cultivated in temperate regions throughout the old and new world. The common Oat is a fibrous annual with a smooth stem that grows to a height of four feet and bears lance-shaped, rough leaves, loose sheaves and spikelets. Both *Avena Sativa* and *Avena Fatua* have been known for their medicinal and almost legendary nutritional qualities since prehistoric times, and *Avena's* remedial uses were finally recorded in folk medicine in England by the thirteenth century. *Avena* (or Oat Straw) is still considered an important, traditional staple of food in Northern Europe. Oats are still considered an important, traditional staple of food in Northern Europe. The Oat is a hardy grain that can grow almost up to the arctic region and has even been planted to prevent soil erosion, but, of course, it is mainly used as an important cereal crop. July and August are considered optimal harvest time, and ripeness is judged by the yellow color of the straw. The stalks are then cut and bound together and left upright to dry before use. The entire plant is used for

medicinal remedies, and some of its main constituents include saponins, flavonoids, gluten, albumen, silicon, starch, protein compounds, arginine, lysine, tryptophan, phenylalanine, sulfur, chlorophyll, melatonin, pectin, gum, fiber, linolenic acid, lignin, calcium, folate, iron, magnesium, zinc, manganese, phosphorus, potassium, selenium, salicylic acid, methionine, steroids, alkaloids (trigonelline, avenine), glycosides, fiber and vitamins B-1, B-2, B-3, B-5, B-6 and vitamins C, D and E. The seeds contain alkaloids, such as gramine, as well as saponins, such as avenacosides A and B, plus iron, manganese and zinc, and the straw is a significant source of silica.

**Beneficial Uses:** Oat Straw has been extensively used to supply the body with the element silicon in an easily assimilated form. Silicon is the substance necessary to build the outer layer of the skin, the hair and fingernails, and deficiencies often cause dull, unhealthy-looking hair, splitting and deformed nails and skin diseases.

Oat Straw's high calcium content also helps to build strong bones and nails, and assists in fighting osteoporosis and bone loss. It may be taken daily by menopausal women to counteract bone loss and many other symptoms of menopause.

The grain in Oat Straw is high in protein and has an almost legendary reputation as a food of great value, frequently helping to increase stamina and energy. Moreover, the bran, with its high fiber, has been shown in recent studies to significantly lower cholesterol levels in the blood, which is thus helpful in reducing the incidence of arteriosclerosis, heart attacks and stroke. The fiber in the bran is also an important factor in maintaining the body's daily "regularity."

Oat Straw is a nerve tonic with a calming effect that nourishes and strengthens the nervous system. It is considered a "nervine" that has been used to treat nervous conditions of all kinds, including exhaustion, insomnia, attention deficit disorder and mild depression.

Some herbalists claim that Oat Straw helps to reduce the symptoms of withdrawal from opium and morphine addiction; others say it will also help smokers break their habit.

Oat Straw has been said to be a sexual stimulant in both men and women and, as such, is believed to be the source of the phrase, "Sowing one's wild oats."

When used externally in baths Oat Straw soothes inflamed skin, particularly eczema and psoriasis. It is known as a vulnerary or healing substance that treats fresh cuts and wounds.

Oat Straw was widely used in folk medicines as an antispasmodic and as a treatment for digestive disorders, such as gastroenteritis and dyspepsia.

**Contraindications:** Currently, there are no known warnings or contraindications with the use of Oat Straw.

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