



# Soapwort Herb

Diaphoretic, expectorant, purgative and cancer.

**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.

## **Details:**

### **Beneficial Uses**

Soapwort root, has been used as an alternative medicine since the time of Dioscorides. It is medicinal as an alterative, antiscrophulatic, cholagogue, depurative, diaphoretic, mildly diuretic, expectorant, purgative and tonic. A decoction of the herb is applied externally to treat itchy skin. One of the saponins in this plant is proving of interest in the treatment of cancer. A soap can be obtained by boiling the whole plant (but especially the root) in water. It is a gentle effective cleaner, used on

delicate fabrics that can be harmed by synthetic soaps. The best soap is obtained by infusing the plant in warm water. Soapwort is sometimes recommended as a hair shampoo, though it can cause eye irritations. Caution is advised, when taken in excess, this plant is POISONOUS, it destroys red blood cells and causes

The information presented here by [www.DrMarilynTucker.com](http://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.