



Stillingia Root

Lymphatic system, to rid the body of toxins and cleanse and purify the blood, hemorrhoids, bronchial congestion and laryngitis, stimulates the production of saliva.

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 (or call 1-866-378-8253) before starting or changing your program.

Details:

Botanical: *Stillingia sylvatica*

Family: *Euphorbiaceae* (spurge)

Other common names: Queen's Delight, Marcory, Pavil, Queen's Root, Yaw Root, Silverleaf, Cockup Hat

Stillingia Root is considered an excellent alterative herb that gradually converts an unhealthy condition into a healthy one and is thought to be *especially effective for the lymphatic system*. It has been used in herbal medicine to *rid the body of toxins and cleanse and purify the blood*, as well as *relieve bronchial complaints*. Its astringent qualities have made it useful in *alleviating painful hemorrhoids*.

Some of the chemical constituents in *Stillingia* include volatile oil, acrid resin (sylvacrol), acrid

fixed oil, terpenoids (*Stillingia* factors S1-S8), diterpene esters (phorbol, ingenane, daphnane), stillingine, tannins, calcium oxalate, cyanogenic glycosides and starch.

Beneficial Uses:

Stillingia Root is said to be an effective "alterative," an herb that gradually converts an unhealthy condition into a healthy state and facilitates a beneficial change in the body, and it is specifically indicated where there is lymphatic involvement. Alteratives frequently achieve favorable results by cleansing and stimulating the efficient removal of waste products from the body.

As a laxative, *Stillingia* has been used to alleviate constipation and should be used in

small doses; otherwise, it will produce a cathartic effect (the rapid evacuation of the bowel and not recommended).

Stillingia is said to relieve bronchial congestion and laryngitis (especially when accompanied by the loss of voice). It is considered a powerfully stimulating expectorant that helps to bring up and expel phlegm from the lungs and relieve a dry, hacking cough as well as croup and *laryngismus stridulus*, a sudden laryngeal spasm, sometimes referred to as spasmodic croup or false croup). It is also considered a sialagogue, or agent that stimulates the production of saliva.

Combined with other depurative herbs, which clean the blood by promoting eliminative functions (particularly Prickly Ash), Stillingia Root is considered a blood-purifying tonic, and with its additional diaphoretic properties, it promotes sweat, which helps to clear toxins from the system through the skin. It is also believed to be effective in helping to rid the

system of the toxic drugs used in chemotherapy treatments.

Stillingia is believed to be of great value in the treatment of chronic, exudative skin complaints, such as eczema and psoriasis and is also thought to improve acne conditions. As an astringent, the tannins in Stillingia Root are thought to be particularly helpful in relieving the discomforts of hemorrhoids.

Contraindications:

Pregnant and nursing women should not use this herb. Stillingia Root is best when combined with other herbs and should be used only under the supervision of a knowledgeable health care provider. Since the herb may be highly irritating to mucous membranes, great caution should be exercised with its use. Excess use may cause diarrhea and vomiting. Stillingia should not be stored more than two years.

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