



True Blue Skull Cap

Excellent nerve tonic, neuralgia aches and pains, St. Vitus shaking palsy, hydrophobia, epilepsy, splendid to suppress excessive sexual desire.

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.

Botanical: *Scutellaria lateriflora*

Family: *Labiatae-Lamiaceae* (mint)

Other common names: Scullcap, Scutellaria, Blue Pimpernel, Blue Skullcap, Hood Wort, Mad Dog Weed, Helmet Flower, Side Flower, Madweed, Virginia Skullcap, Quaker Bonnet, American Scullcap

Too much anxiety and stress in your life? Try **Skull Cap** as a natural way to ease frayed nerves, relax, and get a restful sleep. It is an old remedy that helps to relieve "women's complaints," such as premenstrual syndrome and monthly cramps. Skull Cap is also considered very useful for alleviating the difficulties of barbiturate and drug withdrawal.

Some of the constituents included in Skull Cap include essential oil, albumen, tannins, a bitter principle (scutellaine), flavonoids (scutellarein, isoscutellarein, wogonin, chyrisin

glucuronide and baicalin), acids, lignin, tannins, chloride of soda, salts of iron, silica, calcium, magnesium, manganese, phosphorus, potassium, selenium, zinc, beta-carotene, B-vitamins and vitamin C.

Beneficial Uses:

The time-honored use of Skull Cap has been as a nervine and tonic to renew and revive the central nervous system and treat nervous disorders of all kinds. The herb calms the nerves, quiets and strengthens the system, and is a valuable remedy for controlling nervous irritation, excitability, restlessness, hysteria, anxiety, hyperactivity, fatigue, night terrors and nervous headaches. The flavonoid, scutellarein, is thought to be the active ingredient that acts as a natural sedative and also stimulates the brain to produce more endorphins, promoting a feeling of calm. Use of the herb has helped to aid sleep and treat insomnia.

As an antispasmodic, Skull Cap has been useful in relieving menstrual cramps, premenstrual syndrome, muscle spasms, symptoms of irritable bowel syndrome and cramps due to stress. The herb is used to help treat St. Vitus dance, convulsions and shaking palsy, and some modern herbalists use it to prevent epileptic seizures. Skull Cap can be used in cases of lupus and is said to relieve spasms and fight infections without stimulating the components of the immune system that aggravate the condition.

Skull Cap has been given to alcoholics who are suffering from withdrawal symptoms and *delirium tremens* (DTs). It is believed to be helpful in treating barbiturate, tranquilizer and drug withdrawal symptoms. The flavonoid glycoside, baicalin, in Skull Cap is known to have anti-inflammatory and analgesic properties that can remedy pain by reducing inflammation, as opposed to opiates, which affect the brain.

Skull Cap is thought to be a powerful antioxidant that appears to protect red blood cells from free radical damage more effectively than vitamin E, and it also shows some promise in preventing the oxidation of blood fats.

Later confirming this premise, researchers at the University of Chicago found that extracts from the Chinese herb *Scutellaria baicalensis* (Skull Cap), contain powerful antioxidants that can significantly reduce cellular damage due to free radicals, the highly reactive compounds that are generated during metabolism and which contribute to the normal wear and tear of the cell. Skull Cap is said to strengthen the heart muscle, improve circulation and be helpful for treating cardiovascular disease. Skull Cap has been used to treat snakebites and the bites of poisonous insects.

Contraindications:

Pregnant and nursing women should not use Skull Cap. Large doses (many times the recommended amount) may cause giddiness, confusion, twitching and stupor, but the herb works well when taken consistently over a period of time (several weeks). Skull Cap should not be given to children. Those with liver problems should avoid Skull Cap. Taking Skull Cap and blood thinners together may further decrease blood clotting.

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