



Barberry Root

Benefits and uses: Barberry Root has a long history of treating liver dysfunction and promoting bile flow. The herb was almost always used in the past as a remedy for jaundice. Barberry is also considered one of the most effective herbs for fighting bacterial infection and for relieving digestive disorders.

Information: Herbs/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 herbs/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

It is thought that liver function is greatly helped with Barberry. Its berberine content, a bitter alkaloid, stimulates the secretion and flow of bile that eases liver congestion, and in times past, it was always used to curb jaundice and biliousness. Barberry is also thought to be effective in treating inflamed gallbladder and gallstones that are often associated with excess dietary fats.

As a bitter, stomachic tonic, Barberry helps to regulate the digestive process. The berberine in the root bark kills *helicobacter pylori*, a bacterium implicated in both ulcers and chronic gastritis, and Barberry has also been considered an excellent remedy for dyspepsia.

Barberry is antiseptic, antibacterial and anti-inflammatory and is said to be extremely effective for fighting bacterial infection. The berberine content inhibits bacteria from attaching to human cells and helps to prevent infection. Laboratory tests have also claimed that berberine has been effective against some bacteria that have become antibiotic-resistant. The other alkaloid in Barberry, berbamine, helps to reduce inflammation and has been found to be useful in treating amoebic hepatitis and rheumatoid arthritis. It has also shown activity against staph, strep, salmonella, shigella and E-coli. Barberry's antimicrobial properties also benefit the intestinal tract. In the Far East, berberine plants were specifically used to treat bacillary dysentery and diarrhea.

As a topical antiseptic, Barberry has been used to kill bacteria on the skin and has reduced the incidence of infection in first- and second-degree burns. A tea made with Barberry has been used as an eyewash for inflamed lids and conjunctivitis. It is also used as an effective gargle for sore mouth and a lotion for skin eruptions, sores, acne and itch.

Barberry may be helpful in reducing blood pressure by dilating blood vessels. It is also said that the herb may decrease the heart rate and slow one's breathing.

Barberry is considered to be a refrigerant that has been used as a remedy for intermittent fevers and has a cooling effect on the body.

It is believed that Barberry is an excellent hangover remedy. It stimulates the liver into action and helps eradicate the tension headache that often accompanies a hangover by expanding the blood vessels that have been constricted by alcohol and thereby increasing blood circulation.

Barberry is said to be a mild purgative and helpful to those with constipation. It is thought to stimulate intestinal movement and to be effective in loosening obstructions in the intestinal tract. Barberry is also said to strengthen and cleanse the system.

The berberine content in Barberry is also thought to reduce bronchial constriction.

Berberine (found in Barberry, Goldenseal, Oregon Grape and the roots and bark of a number of plants) is now the focus of attention for use in diabetic care. In a report from Medical News Today (Diabetes News/August, 2006), a collaboration of Chinese, Korean and Australian scientists at Sydney's Garvan Institute revealed that berberine could be a valuable new treatment for this disease, giving scientific backing for its glucose lowering effects that were documented in Chinese literature (Traditional Chinese Medicine). Garvan scientist, Dr. Jiming Ye claimed that in lab tests, the berberine activates

an enzyme in the muscle and liver that is involved in improving sensitivity of the tissue to insulin, which, in turn, helps lower blood sugar levels. Moreover, the berberine might help to reduce body weight. Professor James, the head of Garvan's Diabetes and Obesity Research Program added that despite berberine's widespread use in Traditional Chinese Medicine, it would have to be evaluated following the defined clinical trials process.

Contraindications:

Berberine-containing plants, including Barberry (or Goldenseal or Oregon Grape) should not be used by pregnant or nursing women. Those who suffer from hyperthyroid conditions should not take Barberry. Vitamin B-6 can interfere with Barberry's antibiotic activity and should not be taken during the regimen. High doses (many times the recommended amount) may cause depression, vomiting, lowered blood pressure and lowered heart rate, lethargy, nosebleed, skin and eye irritation and kidney irritation. It is recommended that Barberry be taken for approximately two weeks with a break before beginning regimen again (two weeks).

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