



# *Blackberry Leaf*

**Benefits and uses:** Blackberry is considered an old-time and reliable remedy for diarrhea and hemorrhage, and its high-astringency has made it very valuable in the treatment of internal and external bleeding, dysentery, hemorrhoids, loose bowels, excessive menstrual flow and excess water.

**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*

Blackberry Leaf is known mainly as a potent astringent that has been used for centuries to control hemorrhaging when used both internally and externally. It has been effective in cases of hemophilia, bleeding from the rectum or mouth, uterine hemorrhage, bleeding gums and excessive menstrual flow.

Further supporting its reputation as a strong astringent, Blackberry helps to treat diarrhea, dysentery, cholera, hemorrhoids and vomiting. It is also said to help drain sinuses and eliminate excess water from the system.

When used externally, Blackberry is thought to ease sore throat, mouth ulcers, and gum inflammations, as well as a rinse for oily skin. It has also been included in poultices for the relief of wounds, insect bites, scalds, and to reduce the blistering of burns.

### **Contraindications:**

Blackberry Leaf should not be used for an extended period (more than one week at a time), as its high astringency may inhibit menstrual bleeding, cause constipation or even diarrhea.