



# *Mistletoe*

**Benefits and uses:** Epilepsy, fits, headaches, hypertension, used to stop bleeding after childbirth, lung ailments, paralysis, oral contraceptive, Do not use berries.

**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*

Mistletoe (*Viscum Album*, also known as European Mistletoe, Birdlime, Devil's Fuge, Thunderbesom, Golden Bough, and All-Heal) is a parasitic plant, growing on the branches of trees. After the Mistletoe seed germinates, it grows through the bark and into the tree's water-conducting tissues, where rootlike structures called "haustoria" develop. Mistletoe absorbs both water and mineral nutrients from its host trees.

Mistletoe has some medicinal properties, but should be used with great care, and with the help of a practitioner wise about such things. It is said to help high blood pressure, dizziness, and other symptoms. The anti-cancer drug Iscadore is derived from certain chemical properties of Mistletoe, though the tea from the plant has not been studied to determine whether it has an anti-cancer effect.

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