



Mullein

Benefits and uses: Asthma, croup, bronchitis, bleeding of lungs, hay fever, difficult breathing, diarrhea, pain killer, calms nerves, colds.

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

The German Commission E has approved mullein flower as an expectorant and pain reliever. It combines well with other expectorants such as coltsfoot (*Tussilago farfara*) and Thyme (*Thymus vulgaris*). The dried leaves are sometimes smoked in an ordinary tobacco pipe to relieve the irritation of the respiratory mucus membranes, and will completely control, it is said, the hacking cough of consumption. Tea made from the flowers is a strong and soothing sedative. The flowers are used medicinally in the treatment of migraines and as a local antibiotic and bactericide. A poultice of the leaves is a good healer of wounds and is also applied to ulcers, tumors and piles. The juice of the plant and powder made from the dried roots removes rough warts when rubbed on them. An infusion of the flowers in olive oil is used as earache drops.

Mullein has been used as an alternative medicine for centuries, and in many countries throughout the world, the value of Great Mullein as a proven medicinal herb is now backed by scientific evidence. Some valuable constituents contained in Mullein are Coumarin and Hesperidin, they exhibit many healing abilities. Research indicates some of the uses as analgesic, antihistaminic, anti-inflammatory, anticancer, antioxidant, antiviral, bacteriostat, cardio-depressant, estrogenic, fungicide, hypnotic, sedative and pesticide are valid.

An infusion is taken internally in the treatment of a wide range of chest complaints and also to treat diarrhea and bleeding of the lungs and bowels. The leaves, root, and the flowers are anodyne, anti-inflammatory, antiseptic,

antispasmodic, astringent, demulcent, diuretic, emollient, expectorant, nervine, and vulnerary.

Mullein oil is a very medicinal and valuable destroyer of disease germs. An infusion of the flowers in olive oil is used as earache drops, or as a local application in the treatment of piles and other mucous membrane inflammations. This infusion is a strong antibacterial. The oil being used to treat gum and mouth ulcers is very effective. A decoction of the roots is used to alleviate toothache and also relieve cramps and convulsions. It is also used in alternative medicine for the treatment of migraine headaches accompanied with oppression of the ear. The whole plant possesses slightly sedative and narcotic properties. The seeds are considered toxic. They have been historically used as a narcotic and also contain saponins.

The dried leaves are sometimes smoked to relieve the irritation of the respiratory mucus membranes, and the hacking cough of consumption. They can be employed with equal benefit when made into cigarettes, for asthma and spasmodic coughs in general. Externally, a medicinal poultice of the leaves is applied to sunburn, ulcers, tumors and piles.

Other Uses: Dye, Insecticide, Insulation, Lighting, Tinder, Wick. A yellow dye is made from the flowers by boiling them in water. When used with dilute sulphuric acid they produce a rather permanent green dye, this becomes brown with the addition of alkalis. An infusion of the flowers is sometimes used to dye the hair a golden color. The leaves contain rotenone, which is used as an insecticide. The dried leaves are highly flammable and can be used to ignite a fire quickly, or as wick for candles.

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