



Pleurisy Root

Benefits and uses: Excellent for breaking up colds, pleurisy, asthma, bronchial and pulmonary complaints, typhus, burning fevers, acute dysentery, rheumatic fever, scarlet fever, measles.

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.

Details

Pleurisy Root is considered one of the finest plant expectorants that has been used to ease pleurisy, pneumonia and other pulmonary and respiratory ailments. It also has been used to promote sweating, which will help to cool the body and reduce eruptive and burning fevers.

Pleurisy Root, as its name suggests, has been a very valuable herb in the treatment of pleurisy. It not only eases the pain associated with the illness (which helps to make breathing easier), but most importantly, it is also considered an effective expectorant that encourages, loosens and removes phlegm from the respiratory tract. The herb is said to reduce inflammation of the pleural membranes of the lungs, enhance secretion of healthy lung fluids and stimulate the lymphatic system. Its specific action on the pulmonary and respiratory system is said to help break up colds, ease consumption, bronchitis, asthma, pneumonia, dry cough, clogged nasal passages, catarrhal affections of the lungs and throat and virtually all bronchial complaints.

Pleurisy Root is thought to be good for the digestive system, although not often used for this purpose. It has

been used to relieve indigestion and a "gassy stomach" and for flatulent colic.

As a diaphoretic, Pleurisy Root is said to promote perspiration and sweating, and herbalists have used it to cool the body and reduce eruptive fevers. It has been utilized to ease the feverish stages of colds and flu, scarlet fever, rheumatic fever, bilious fever, low typhoid states, measles and other burning fevers.

Several of Pleurisy Root's historical applications have included treatment for dysentery and diarrhea, and it has also been called an effective antispasmodic that can ease the pain associated with difficult menstrual cycles.

Contraindications: Pregnant and nursing women should not use Pleurisy Root. Overuse (many times the recommended dosage) may cause diarrhea and vomiting. Do not use in conjunction with prescription heart medication, diuretics or hormonal medications.