



# *Poke Berries*

***Benefits and uses:*** Pokeweed is said to exert a positive influence on the lymphatic system, stimulating glandular action and relieving swollen glands, goiter, enlarged thyroid glands, lymphadenitis and mumps. It is a very potent herb, and its unique chemistry is believed to enhance immune function and act as an antiviral and anti-inflammatory. Pokeweed also acts as a powerful purgative.

***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](http://www.VibrantHealthCommunity.com) (or call 1-866-378-8253) before starting or changing your program.

## ***Details***

Pokeweed is considered an "alterative," or agent that helps to gradually and favorably alter the course of an ailment or condition. It helps to modify the process of nutrition and excretion, restoring normal bodily function, as well as acting to cleanse and stimulate the efficient removal of waste products from the system. As such, it not only cleanses the intestinal tract and blood, but it is also thought to cleanse the liver by encouraging bile flow and releasing accumulated toxins.

The result of cleaner blood is a great help for many skin diseases, and Pokeweed is said to be excellent for alleviating scrofula, eczema, psoriasis and lingering infections. As an antiviral, Pokeweed (or Pokeroor) has an unusual chemistry. The glycosidase, PAP (Pokeweed antiviral protein) has been shown to inactivate ribosomes in both eukaryotic and prokaryotic cells and has demonstrated potent antiviral activity against many viruses, including HIV, in vitro. It is also currently being researched for possible use in anti-AIDS drugs.

Pokeweed contains substances referred to collectively as Pokeweed mitogens that are said to affect cell division. They are toxic to many disease-causing organisms, including the water snails that cause schistosomiasis. Pokeweed is believed to contain potent anti-inflammatory agents that have been used to relieve tracheitis, laryngitis, tonsillitis, pharyngitis, chronic catarrh, inflamed mucous membranes and many rheumatic complaints.

As a lymphagogue, Pokeweed is thought to be excellent in cases of stagnation and cessation of flow associated with

lymphatic and glandular stasis. This activity is important because the lymphatic system transports infection-fighting cells called lymphocytes, is also involved in the removal of foreign matter and cell debris by phagocytes, and is part of the body's immune system. It has been used to relieve swollen glands, enlarged thyroid glands, goiter, lymphadenitis, mumps, lymphedema and many other lymphatic disorders.

Further supporting its importance as a potent immune enhancer, Pokeweed is believed to stimulate macrophage activity. *Phytolacca mitogens* have demonstrated an immuno-stimulating effect by enhancing hemagglutination, leucagglutination and mitogenicity (proliferation of T and B lymphocytes) and an increase in peripheral blood plasma cells. Pokeweed is considered a cathartic and emetic. Its purgative actions work to cause copious and rapid evacuation of the bowels, and its emetic properties work to induce vomiting.

Traditional herbalists have been using Pokeweed for years in treatments for certain types of cancers. There are claims that Pokeweed has been effective in cases of uterine, throat and breast cancer. It has been utilized topically in poultices, as well as internally (and is an important ingredient in the controversial Hoxsey formula for cancer care) and other herbal blends. It is important to note that the Hoxsey formula is not sanctioned by the orthodox medical community. Pokeweed is also used to relieve swollen and caked breasts (mastitis).

Used topically in poultices (and internally), Pokeweed is thought to be excellent in cases of scrofula, eczema, psoriasis, lingering infections, itching and other skin diseases.

**Contraindications:**

Pregnant and nursing women should avoid Pokeweed. Great care should be taken with the use of this herb, since it is very potent in its actions. It should be used only in

small amounts and under the care of a knowledgeable health care provider. It should not be used by those who have lymphatic cancer. Taken in large doses Pokeweed has narcotic properties and slows cardiac contraction, reduces the force of the pulse, decreases respiratory activity and acts to paralyze the central nervous system. It can cause prolonged vomiting, muscle spasms, convulsions, and gastrointestinal irritation is an indication of toxicity, and usage should be stopped immediately.

The information presented here by [www.DrMarilynTucker.com](http://www.DrMarilynTucker.com) is intended for educational purposes only. These statements have not been evaluated by the FDA and are not intended to diagnose, cure, treat or prevent disease. Individual results vary.