



# *Prickley Ash Bark*

**Benefits and uses:** Arthritic conditions, improves circulation, gas, diarrhea, kidneys, stimulates pancreas, increases bile flow.

**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*

Troubled by poor circulation? Prickly Ash Bark is a traditional treatment for all common ailments caused by insufficient circulation, including leg cramps, varicose veins, cold hands and feet and the feeling of cold throughout the body. The increased circulation has also been used to relieve the joint aches and pains of chronic rheumatism and arthritis.

Prickly Ash Bark is a spicy, warming, stimulant herb, and it is said to act in the same manner as Cayenne, but with a somewhat slower action. The bark and fruits are used in herbal medicines, and the essential oils are used in perfumery. Some of the constituents contained in Prickly Ash Bark include alkaloids (chelerythrine, magnoflorine, laurifoline, nitidine, tambetarine, candicine and gamma- and beta-fagarine), coumarins (xanthyletin, zanthoxyletin and alloxanthyletin), an aromatic bitter oil (xanthoxylin), tannin, volatile oils and resin.

Prickly Ash Bark is considered an "alterative" or herb that helps to gradually and favorably alter the course of an ailment or condition. It enhances the process of nutrition and excretion and restores normal bodily function and also acts to cleanse and stimulate the efficient removal of waste products from the system.

As a circulatory stimulant, Prickly Ash Bark improves circulation throughout the body and is beneficial to a wide variety of conditions. It helps to warm "cold" conditions in the body, including abdominal chills, peripheral circulation to the hands and feet, as well as the "dead" or white fingers associated with Raynaud's syndrome. The herb is said to produce arterial/capillary excitement to provide relief for leg cramping, chilblains, varicose veins, varicose ulcers and lymphatic circulation.

Since Prickly Ash Bark promotes general blood circulation, it is also said to be beneficial where poor circulation causes soreness or pain to the bones or joints. The herb is said to be especially helpful in cases of muscle spasms, aches and pains caused by chronic rheumatism and arthritic complaints.

Prickly Ash Bark is believed to stimulate the digestive system and assists in the relief of dyspepsia, colic, indigestion and general stomach problems. It is said to relieve flatulence (the presence of gas in the stomach and intestines) and reduce eruction (belching and burping). It is also believed to be a useful tonic in debilitated conditions of the stomach and digestive organs, including the liver.

Prickly Ash Bark is considered a diaphoretic that increases perspiration and reduces intermittent fever. This action also helps to rid the body of toxins through the skin in the sweating process.

As a "nervine," Prickly Ash Bark acts as a tonic to strengthen the function of the nervous system, and in this case, it stimulates and exerts a gentle strengthening effect on the entire body. It is said to restore tone and normal functional activity in the nervous system and also help to strengthen feeble conditions, fatigue, convalescents and the elderly. Prickly Ash Bark is said to destroy toxins. As an antimicrobial, the chelerythrine content in Prickly Ash is believed to destroy microbes and worms, as well as combat yeast overgrowth, Candida, cholera, gonorrhea, typhoid, typhus and dysentery.

As a strong stimulant, Prickly Ash Bark exerts a positive influence upon the entire body, including mucous membranes. This is believed to be of benefit to asthma, colds and sore throats. Prickly Ash Bark contains tannins that exert an astringent action and help to control diarrhea. Users of this herb should begin to see improvement with hemorrhoids with continued use.

Used externally, Prickly Ash Bark has been used as an anodyne for centuries for chronic joint pain, lumbago and

rheumatism and is said to improve old wounds and indolent ulcers. The bark is thought to help relieve sores in the mouth and ease the pain of toothache.

**Contraindications:**

Pregnant and nursing women should not use Prickly Ash Bark, nor should those who experience stomach inflammation or intestinal ulcers. Use of Prickly Ash Bark may cause one to become more sensitive to sunlight and burn more easily.

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