



Queen Anne's Lace

Benefits and uses: Contraceptive by women for centuries, diuretic, and to expel intestinal parasites.

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

Queen Anne's Lace is also known as wild carrot because that is what it is, according to a preponderance of references. Webster's dictionary defines "carrot" as "an inedible biennial plant (*Daucus carota*) of the umbel family, with fernlike leaves and compound umbels of white flowers, usually with one red flower in the center." The edible orange root we call carrot is a cultivar of *D. carota* known as variation *sativa*.

The etymology of Queen Anne's Lace has not been definitively established, though a number of plausible sources compete for credibility. The most well known is that Queen Anne of England (1702-1714) pricked her finger while making lace and stained the lace with blood, this being the origin of the red to purple dot in the center of the many white florets. Another legend has it that it is named for Saint Anne, the mother of the Virgin Mary and the patron saint of lace makers. A more mundane and probable theory is that the flower reminded the British of Queen Anne's headdress, as she favored lace.

The seeds of Queen Anne's lace have been used as a contraceptive by women for centuries. Recent research with mice has confirmed that the volatile oils of the seeds block the formation of progesterone, essential for the uterine wall to receive the egg. One of summer's most common roadside plants, Queen Anne's Lace or Wild Carrot (*Daucus carota*) is an alien that some consider a troublesome weed. Introduced from Europe, it has spread throughout much of North America and is often extremely common in dry meadows, roadsides, and waste places. The Wild Carrot is a member of the parsley family,

Apiaceae (ay-pee-AY-see-ee). Other well-known members of this family include celery, parsnips, dill, parsley, caraway, chervil, coriander, and Socrates' poison hemlock.

All garden carrot varieties probably originated from the Wild Carrot and it is believed that their cultivation goes back more than 1,000 years in Europe and Asia. The actual origin of the domestic carrot is unknown but is believed to have been somewhere along the coast of the Mediterranean. Originally, the Wild Carrot and similar plants were probably used for medicinal purposes, and this use may have brought them to the attention of early farmers. Carrots were known to have been cultivated in France, Germany, and the Netherlands in the 14th century (paintings dating from this period sometimes include them) but they did not look like our present day, orange-colored vegetable. An orange carrot, the color we automatically associate with carrots, probably originated in the Netherlands during the 17th century; before that, carrots were purple or yellow!

Medical Uses: The juice of the root has long been used as a diuretic, and to expel intestinal parasites. The vitamins it contains are useful for good night vision among other things. The seeds are eaten to relieve flatulence. **Warning:** Do not confuse this plant with Poison Hemlock (*Conium maculatum*) or Water Hemlock (*Cicuta maculata*) both of which are highly poisonous. Neither of these poisonous plants has the red flower in the center. The vitamin A that is so helpful in vision is harmful in large amounts.

The information presented here by 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.