



Stone Root

Benefits and uses: Diuretic, tonic, kidney stones, hemorrhoids, varicose veins.

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

Stone Root was used by generations of settlers and Native Americans alike as a "cure-all" and remedy for treating kidney and bladder stones. It is a potent diuretic that is said to relieve virtually all urinary tract disorders. Herbalists have long relied on it to reduce excessive water retention and alleviate diarrhea, colitis, digestive complaints and varicose veins.

Some of the constituents in Stone Root include resin, mucilage, starch, tannin, wax, volatile oil and an alkaloid.

Stone Root is considered a powerful diuretic that has been highly valued in all complaints of the urinary organs. By promoting increased urine flow, the herb has helped to relieve excessive water retention and dropsy. Moreover, it helps to relieve a variety of urinary tract complaints, including cystitis, benign prostate hypertrophy, vaginitis, urinary irritation, catarrh of the bladder and leucorrhoea.

Further supporting Stone Root's role as an important and potent diuretic, it has long been used as a reliable herbal remedy that increases urine flow, helping to flush the bladder and kidneys of gravel and other urinary sediment, which thus prevents the formation of kidney stones.

Stone Root is said to be an astringent and antispasmodic that has been very useful in the relief of diarrhea, hemorrhoids, dysentery, colitis and diverticulosis.

As an overall tonic, Stone Root is believed to help strengthen capillaries, the minute blood vessels that connect the arteries and veins, and as such, may be helpful to the cardiovascular system. This factor may also account for the herb's use to relieve varicose veins. Stone Root has been employed as a home remedy for headaches, rectal pain, and also as a digestive aid that was used to relieve gastroenteritis and other problems connected with the digestive system. Used externally, Stone Root has been included in poultices to heal wounds, bruises, sores and cuts and has also been added to mouthwashes and gargles.

Contraindications:

Pregnant and nursing women should not use Stone Root, and overuse (many times the recommended dosage) may cause vomiting.