



Watercress Herb

Benefits and uses: Valuable source of vitamins, blood and liver cleanser, stimulates appetite, diuretic, expectorant, enhances stamina, immunity enhancement.

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

Watercress is a rich storehouse of nutrients that has been used as a tonic since ancient times to cleanse the blood and liver of toxins and promote an overall feeling of good health. The herb has been used for a variety of ways that include enhancing stamina, ridding the body of excess fluids, and it is also thought to be a great antioxidant, particularly in cases of malignancies associated with the lungs.

Some of the constituents in Watercress include volatile oil, flavonoids, arginine, glutamic-acid, glycine, histidine, isoleucine, lysine, methionine, phenylalanine, serine, tryptophan, tyrosine, valine, aspartic-acid, phosphorus, potash, nitrogen, iodine, protein, sulfur (probably accounting for the herb's pungent fragrance). It is particularly rich in iron, calcium, potassium and vitamin C, and it includes many other valuable mineral elements and vitamins, such as vitamin K, D and E, folic acid, beta-carotene, pantothenic acid and biotin.

Watercress is believed to be an effective diuretic that promotes urine flow, which helps in clearing toxins from the system. Moreover, it is said to help relieve excess water retention and edema, and some claim that it may help heart disease by relieving retained fluid. The herb is also thought to support good kidney function and ease urinary and bladder problems. Furthermore, many cultures have used Watercress to break up kidney or bladder stones.

Herbalists have used Watercress as a blood purifier with system cleansing properties that help to clear toxins from the body. Because of its high potassium content, it is strongly alkaline and, therefore, considered useful in treating acidity and purifying the blood. By cleansing the blood, Watercress has been useful in treating skin eruptions, eczema, acne, rashes and other skin infections.

Watercress is considered a tonic for the liver. The herb has been used to promote bile production and flow, which not only supports liver function and ease gall bladder complaints, but it is also beneficial for the digestive system. The herb has been thought to alleviate indigestion and inhibit gas formation.

In the past, Watercress was used to treat scurvy, which is not very common nowadays, but because of its high vitamin C content, the herb is good for helping other imbalances relative to vitamin C deficiency. Watercress is thought to be an effective expectorant that helps to expel excess mucus and is believed to relieve bronchitis, coughs and mucus in the lungs. The high iron content in Watercress is thought to be useful in cases of anemia.

Watercress is loaded with nutrients and has been considered an overall tonic for good health. It has been used to ease the debility associated with chronic disease, to increase physical endurance (supporting the ancient soldiers' use of the herb), to enhance the body's immune system and to stimulate the body's rate of metabolism. Watercress was used in the past to help in cases of tuberculosis, and recent studies have found that it may be effective against cultures of the tubercle bacillus.

Recent research shows promise in studying Watercress's use as an antioxidant that may have potential in treatment for malignant diseases. The flavonoids are said to increase immunity, and some studies have claimed that it possesses antitumor properties in laboratory mice. In epidemiological studies presented by the American Association for Cancer Research, consumption of Watercress protected against lung cancer in humans, but the protective constituents were not been identified. Phenethyl isothiocyanate (PEITC), which is released when

chewing Watercress, appears to be a chemopreventive agent against lung cancer induced by the tobacco-specific lung carcinogen. The results of this study support the hypothesis that PEITC inhibits this oxidative metabolism in humans, as seen in rodents, and supports further development of PEITC as a chemopreventive agent against lung cancer.

Contraindications:

Overuse (many times the recommended dosage) or prolonged use of Watercress on a daily basis (more than four weeks) may cause stomach upset or kidney problems. Some doctors caution against use during pregnancy. Do not use Watercress if you have ulcers or kidney disease, and it should not to be used by children under the age of four.

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