



Wild Lettuce Herb

Benefits and uses: Pain reliever, sedative, hyperactive children, migraines.

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

Wild Lettuce is considered a mild sedative that has been known to calm the nerves, treat restlessness, anxiety, hyperactivity and insomnia. Once considered an opium substitute, Wild Lettuce Leaf entered medical practice as a sedative in the eighteenth century because of its similar, but non-addictive, effects. Wild Lettuce has also been used as a diuretic *and* pain reliever.

Some of the constituents in Wild Lettuce include the important milky latex substance (lactucarium), fiber and valuable minerals and vitamins.

Wild Lettuce is considered a mild sedative. The lactucarium in the leaves is considered mildly narcotic (without being addictive and harsh on the digestive system) and has often been used to induce sleep, and treat insomnia and hyperactivity in children. Because it is soothing to the digestive system, it has also been helpful for colic.

In addition, Wild Lettuce is used as a "nervine," or agent that strengthens the functional activity of nervous system, which may have either sedative or stimulating effects. The herb is used to calm restlessness, anxiety, severe nervous disorders and neuroses. Wild Lettuce is believed

to be an expectorant that has been effective in easing bronchitis, asthma and dry, irritating coughs by helping to loosen and expel phlegm from the respiratory tract.

As a diuretic, Wild Lettuce helps to promote and increase urine flow and is said to help in cases of urinary tract infections and dropsy (edema), which is the accumulation of fluid in tissues (swelling) or body cavities. Wild Lettuce is considered an anodyne and has been used to relieve pain, particularly muscular pain and the joint pain of arthritis. It is also thought to relieve painful monthly periods. Wild Lettuce is said to soothe inflamed mucous membranes and ease the digestive system. It is said to relieve colic. As an antispasmodic, Wild Lettuce has been used to alleviate cramps, irritating coughs and spasms.

Contraindications:

Wild Lettuce should not be used in conjunction with prescription diuretics. The herb may cause drowsiness; however, when used in excess (many times the recommended dosage), it causes restlessness. Overuse (many times the recommended dosage) may cause slow breathing, severe tiredness, passing out, loss of consciousness or skin rash.

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