



Wood Betony Herb

Benefits and uses: Headaches, digestions, gastritis, heartburn, anxiety, improve gallbladder, liver and spleen health.

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

Wood Betony is an old folk remedy that is said to be unsurpassed for easing headaches, especially those related to nervous tension, anxiety and debility. It also helps to facilitate digestion, relieve gastritis, heartburn and gas. Wood Betony is known as a blood purifier that is believed to improve liver, gallbladder and spleen health.

***Note:** Wood Betony should not be confused with another species, *Pedicularis bracteosa*, which has also been called Betony, but is an entirely different species from the *Scrophulariaceae* family with different properties and applications. Some of the constituents in Wood Betony include magnesium, manganese, phosphorus, tannin, glycosides, saponins, choline, alkaloids (betonicine, stachydrine, trigonelline and betaine), caffeic acid and rosmarinic acid.

Wood Betony is a tonic that nourishes the nerves and strengthens the central nervous system. Moreover, as a nervine, the herb helps to calm and soothe frayed nerves, diminish hyperactivity, ease stress, reduce tension and anxiety and other nervous disorders, such as convulsions, hysteria, palpitations and panic/anxiety attacks. It is also mildly sedative, which helps to allay excitement, induce relaxation and is conducive to sleep. Wood Betony is thought to be an antispasmodic and has been used to relax muscles (including muscles of the face), control nerve twitching in the face, and palsy.

Further supporting the use of Wood Betony as a tonic for the nervous system, it is believed to alleviate neuralgia, the severe, throbbing or stabbing pain that runs along the course of a nerve, as well as neurasthenia, a condition

marked by severe nerve weakness, intense nervous irritability and nervous exhaustion, (sometimes called nervous breakdown, although not technically used). It is frequently associated with symptoms of fatigue, anxiety and pessimism. Wood Betony is also thought to nourish the pineal gland, a tiny organ in the cerebrum of the brain that produces melatonin, protecting it from degeneration. Interestingly, degeneration of this gland is thought to cause insanity.

Called "Herb for the Head" in centuries past, Wood Betony is thought to be an excellent way to relieve headaches, particularly those of nervous origin and associated with nervous tension, anxiety and debility. It is said to be particularly helpful for headaches located at the top of the skull or for pains of the face, and some herbalists claim that when taken daily, Wood Betony will prevent migraine headaches.

Wood Betony is a bitter, aromatic herb that has been used for centuries to aid the digestive system and to relieve gastric disorders. As such, it helps to improve the appetite, relieve gas, heartburn, gastritis and poor digestion. The herb's stomachic qualities tone and give strength to the stomach, helping to relieve stomach cramps, colic pains and other stomach distress. Wood Betony is considered an expectorant and has been used to loosen and expel excess upper respiratory tract mucus and has been helpful in relieving sinusitis, colds, *la grippe* (influenza), chronic asthma and bronchitis.

The tannin in Wood Betony acts as an astringent, and as such, it is used in homeopathic medicine to control

diarrhea. It has also been used to improve varicose veins (with regular use), edema (accumulation of fluid in tissues producing swelling), scrofula (swelling of the lymph nodes of the neck) and tuberculosis. In the seventeenth century, Wood Betony was recommended for jaundice and gout. Today, it is still believed to open obstructions in the liver and gallbladder, soothe the spleen and improve all bilious complaints, including jaundice and conditions associated with impure blood, such as rheumatism and gout.

Wood Betony is considered an aperient, or mild laxative, as well as an anthelmintic that has been used to destroy and successfully expel worms from the intestinal tract (perhaps because of its laxative activity). Recent research states that Wood Betony is good for cardiovascular health. It is said to be mildly stimulating to the heart, and one study done by scientists in the Soviet Union found that Wood Betony contains a mixture of glycosides, which showed some effect in lowering blood pressure. The

improved blood circulation might also explain why the herb is effective in relieving headaches.

Wood Betony is said to have diuretic properties that increase the production and flow of urine and has been effective in easing bladder and kidney problems, flushing the kidneys and expelling impurities and kidney stones.

Used externally, Wood Betony has been used in poultices for wounds (especially if infected), cuts, bruises, insect bites, hemorrhoids, external ulcers and old sores. It is also good for sore throat and gum inflammation.

Contraindications: Wood Betony is not recommended for pregnant or nursing women. It is said that Wood Betony may take months before it shows results. Overuse (many times the recommended dosage) may cause diarrhea and upset stomach.

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.