



Yerba Mate Herb

Benefits and uses: Stimulates the body (providing youthful vigor and energy), but it also stimulates the mind (promoting mental acuity and clarity), cholesterol, anti-inflammatory, fat burner, allergies.

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

Yerba Maté is a powerful stimulant and more popular in its native South America than tea or coffee (it is the national drink of Argentina!). The herb has a reputation as a nutritious tonic that not only stimulates the body (providing youthful vigor and energy), but it also stimulates the mind (promoting mental acuity and clarity).

Some of the constituents in Yerba Maté include caffeine, theobromine, theophylline, chlorophyll, flavonoids (rutin, kaempferol, quercetin and rutin), tannins (caffeic and chlorogenic acids), polyphenols, ursolic acid, amino acids, vanillin, choline, inositol, nicotinic acid, pyridoxine, trace minerals, potassium, magnesium, manganese, B-vitamins and vitamins C and E.

Yerba Maté has been used for centuries as an invigorating, bracing tonic that revitalizes the body, while also stimulating the mind, and some even claim that it combats the ageing process. It produces a natural energy without interfering with sleep (although it isn't recommended for insomniacs). Yerba Maté is generally considered a powerful stimulant that will also help to enhance the efficacy of other stimulant and healing herbs.

Yerba Maté is recommended for balancing and strengthening immune function and toning the nervous system. It is said to help restore the entire system and ease mild nervous depression, soothe tension headaches and fight fatigue.

As a diaphoretic, Yerba Maté helps to promote perspiration (thereby also removing toxins from the body through the skin) and lowering fever and cooling the body. The herb is also believed to be a powerful diuretic that encourages urine flow and helps the body expel excess retained fluid. This is particularly helpful in relieving the excess water weight and bloated feelings associated with premenstrual syndrome (PMS).

Yerba Maté is considered an excellent antioxidant that fights free radicals in the system. The herb contains polyphenols that are said to be similar to those in green tea. They are compounds that prevent the oxidation of low-density lipoprotein (LDL) or "bad cholesterol," which helps to inhibit the progress of arteriosclerosis. According to Dr. Qi Dai, assistant professor of medicine at Vanderbilt University School of Medicine, a ten-year study found that the particularly strong antioxidant effects of the polyphenols, which may be found in Yerba Maté, act to reduce the incidence of Alzheimer's disease.

Yerba Maté is believed to possess anti-inflammatory properties that are helpful in alleviating rheumatic conditions and inflammatory bowel disorders. The herb is also thought to stimulate the production of cortisone, which is a natural anti-inflammatory.

As a stimulant, Yerba Maté is thought to help relieve constipation, and because it is high in mineral content, the herb helps to restore minerals lost in the laxative process. Yerba Maté is the source of trace minerals and considered very nutritious and sustaining. It was frequently carried as the only refreshment on journeys lasting several days.

Supporting its reputation as a stimulant, Yerba Maté is said to stimulate the burning of fat. There are claims that the herb suppresses or helps to curb the appetite. It is also thought that the caffeine stimulates weight loss by short-circuiting the feedback mechanisms that keep the body from producing more adrenaline when stimulated by other weight loss herbs. While probably not actually affecting weight loss by itself, it appears to boost the stimulant properties of other herbs.

Because Yerba Maté is especially rich in minerals such as magnesium, manganese and potassium, it helps the body maintain electrolyte balance and restore lost minerals caused by rapid weight loss due to a high protein diet.

Yerba Maté is thought to be a depurative, an agent that cleanses and purifies the blood. The herb is also said to be useful for alleviating allergies.

Contraindications:

Pregnant or nursing women and people who suffer from insomnia should not use Yerba Maté, because of the stimulating effects of the caffeine content. The herb should not be taken with meals, since it may interfere with the absorption of nutrients, and Yerba Maté should not be used in large amounts (many times the recommended dosage), as it is a potent stimulant. Maté may interfere

with the actions of lithium, and this interaction might also occur with other drugs used for manic depression and mental illness (studied but not proven). Yerba Maté and the phenyl-propanolamine in certain antihistamines and diet drugs may increase blood pressure (studied but not proven). Those with liver problems should avoid Yerba Maté. Yerba Maté may interfere with the actions of several prescription drugs, and the warnings associated with caffeine apply to this plant. Those with cardiac disorders should consult a physician before taking Yerba Maté.

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