



Yucca Root

Benefits and uses: Sores, skin diseases, natural steroid, arthritis, re-grows cartilage, good for baldness and dandruff, cleanse and detoxify the body, blood-cleansing tonic, liver and kidney detox.

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

An important food source for many early Native Americans, many tribes also relied on Yucca to cleanse and detoxify the body (inside and out!). Today, we still regard Yucca as a wonderful blood-cleansing tonic that helps to rid the kidney and liver of toxins. It is also a remarkable source of healthful nutrients and may even help to relieve arthritis.

Some of the constituents included in Yucca are saponins, fiber, calcium, copper, manganese, potassium, phosphorus, B-vitamins and vitamins A and C.

Yucca is a superior blood purifier that cleanses and detoxifies the entire system. The high saponin content apparently does not enter the bloodstream but acts only on the intestinal flora to regulate the balance of bacteria in the colon. The saponins appear to encourage friendly flora and inhibit the growth of bad bacteria. In addition, they may indirectly stimulate the absorption of other nutritional factors and decrease toxins available for absorption from the digestive system.

Yucca is believed to provide great relief for arthritis, including rheumatoid and osteoarthritis. The action of the saponins in inhibiting the absorption of toxins aids the eliminative systems of the body (kidneys, liver, blood and lymph), because they are less taxed to remove poisons from the body. Consequently, this is believed to lower the

build-up of the toxins in the joints that are related to degenerative diseases, such as arthritis, rheumatism and gout. Yucca also appears to have the ability to break up inorganic mineral obstructions and deposits and reduces inflammation of the joints. Testing has demonstrated that saponins are a hormonal material, a steroid, with properties similar to the adrenal hormone, cortisone.

Yucca is high in fiber and may be very beneficial for treating intestinal and digestive problems. Additionally, the saponins provide healthy alkalinity to an acid-ridden system (full of toxic impurities), and this action somehow improves digestion and the tendency to develop accumulations of undigested toxic waste, which decomposes in the colon, producing foul-smelling gasses.

Used externally, Yucca root has a long history as a soap, shampoo and hair tonic (said to stop baldness). Yucca's high natural saponins (which also account for its internal cleansing qualities) will actually lather up, and the plant may be used as an effective soap substitute.

Contraindications: Prolonged, uninterrupted use (more than three months) of Yucca is not recommended, as long-term use may slow the absorption of fat-soluble vitamins (A/D/E/K). Check with your health care professional to see if supplements of these vitamins are needed if you are using Yucca over a period of time.

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.