



Catnip Herb

Colic, contagious diseases, diarrhea, fever, headache, insomnia, nerves, tension stress, nightmares, parasites.

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/changing your program.

Botanical: *Nepeta cataria*

Family: *Lamiaceae/Labiatae* (mint)

Other common names: Catmint, Field Balm, Catswort, Catnep, Catstrup

Stressed-out, anxious, tense and sleepless people have often tried **Catnip** as a mild sedative that helps them to relax. It is an old and highly-nutritional remedy for the digestive system that is said to calm an upset stomach, reduce gas and ease pain and cramps. Your cat will love you, too, if you give it a Catnip-stuffed toy.

Some of the constituents in Catnip include camphor, essential oils (citral, geraniol, nepetal, pulegone, citronellal, thymol, etc.), rosmarinic acid, tannins, actinidine, calcium, chromium, iron, magnesium, manganese, phosphorus, potassium, selenium, silicon and zinc.

Beneficial Uses: Catnip is an old and reliable support for the digestive system. The herb is said to promote gastric juices that stimulate the digestive process and the movement of food and infection out of the digestive tract. It is also said to pep up the appetite, ease dyspepsia, expel gas, calm an upset stomach, ease nervous indigestion and colic and alleviate an acid stomach.

As a calmate and nervine, Catnip is used to calm the nervous system. It is believed to relax tight muscles, generally inducing relaxation and relieving stress, nervous anxiety, excitability, palpitations, hysteria (and was even used in the

past in cases of insanity). It is also thought to reduce nervous hives.

Catnip is said to be an effective sedative that is helpful for insomnia. It has been reported to induce sleep in humans and a general state of calm without producing after-effects the following day.

As a diaphoretic, Catnip is thought to be effective in treating feverish illnesses. The herb promotes perspiration, which helps to lower fever and rid the body of toxins through the skin. It is particularly useful when treating colds and flu. Catnip is believed to be an antispasmodic that will help to relieve chronic coughing and alleviate abdominal and menstrual cramping. As a mild anodyne, Catnip is thought

to relieve overall pain, including headaches (particularly associated with nerves). Used externally, Catnip's pain relieving properties have been useful for easing the discomforts of toothache, teething, sprains, bruises and insect stings and bites. It has been included in liniments for arthritis and rheumatic conditions. Catnip is believed to have astringent and antibiotic properties that are useful in treating bronchial infection and diarrhea. It is thought to be helpful in reducing the eruption of measles and chickenpox. Laboratory experiments have reported the destruction of some microbes.

Contraindications:

Currently, there are no known warnings or contraindications with the use of Catnip.

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.