



Corn Silk

Kidney, Urinary Tract, Kidney Stones, Prostate, PMS, Obesity

Information: Herbs/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.

Official Latin Name: Zea mays; Zea mays (L)

Name: Corn Silk

Biological Name: Zea mays

Order: Gramineae

Other Names: Corn Silk, corn, Indian corn, maize jagnog,

Parts Used: Stigmas from the female flowers of maize. Fine soft threads 4-8 inches long. (silk)

Corn Silk is helpful for any irritation of the urinary system. Corn Silk is used for renal problems in children, and also as a urinary demulcent combined with other herbs in the treatment of cystitis, urethritis, and prostatitis. Corn Silk was used traditionally as a mild diuretic. Chinese research indicates that Corn Silk reduces hypertension and reduces blood clotting time.

Indications: Corn Silk can help with the following conditions: Helpful in any irritation of the urinary system; used for renal problems in children; combined with other herbs for cystitis, urethritis, prostates. Catarrhal cystitis, lithaemia (stones), bladder irritation, gonorrhoea, all catarrhal conditions of the urinary passages, dropsies due to heart disease, edema, Zea mays benefits:

diuretic, bladder and kidney problems, edema (water retention), obesity prostate disorders, bed-wetting, carpal tunnel syndrome, PMS, reducing stone formation in kidneys, clear boils

The use of herbal remedies, including corn silk (also known as maize silk), classified as Zea mays, are popular as an alternative to standard Western allopathic medicine for a variety of problems, including prostate disorders, a diuretic as well as for bedwetting and obesity. Zea mays is an effective remedy for various ailments, and this natural holistic approach to health is becoming more and more popular, but should NOT replace conventional medicine or prescription drugs.

Corn Silk cure prostate problems: Corn Silk is a mild diuretic, tonic, urinary demulcent (soothing or softening agent), and possesses anti-inflammatory properties. It's even been used in the treatment of gonorrhoea. French herbalists use it to thin bile as well as to promote bile flow. Chinese herbal medicine practitioners do this as

well. To put it simply, Corn Silk is tremendous for men with prostate problems.

Prostate problems include, frequent urination, pain while urinating, and prostate swelling. Other male urinary-related problems include swelling and/or inflammation of the urethra.

Corn Silk and its remedies can be beneficial to one's health as a diuretic, in promoting prostate health by combating prostatitis or BPH. Cornsilk seems to be a powerful remedy for problems with the urinary system. It's even used for renal problems with children as well as for the treatment of cystitis, urethritis, and of course prostatitis. It's even been used in the treatment of gonorrhea. French herbalists use it to thin bile as well as to promote bile flow -- Chinese herbal medicine confirms this.

Corn Silk has many benefits for kidney and bladder with Uva Ursi. It can be used for acute and chronic inflamed bladders and prostrate gland. It is used as a diuretic and can help cystitis. Corn silk helps reduce uric acid and is a phosphatic back up. It is also good for cardiac weakness. It works well with many urinary problems including painful urination, especially when used with golden seal root. Both young and old can use it alike. Children can also be helped with bed wetting problems.

Corn silk may be beneficial here because it acts as an anti-inflammatory and as a natural diuretic, and therefore may help to increase urine flow and reduce pain associated with the inflammation of the prostate.

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