



Horehound Herb

Respiratory passages, appetite stimulant, coughs, colds, mild sedative, coughs, bronchitis, sore throats, stomach, hepatitis, gall bladder, increases bile flow from liver.

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: *Marrubium vulgare*

Family: *Lamiaceae/Labiatae* (mint)

Other common names: Marrubio, White Horehound, Hoarhound, Marrubium

Horehound has been a popular cough and cold remedy since ancient Egyptian times. As a potent expectorant, it will *promote mucus and ease the pain of a dry, non-productive, hacking cough*. Try it for *bronchitis, indigestion and whooping cough*.

It may, indeed, be considered one of the most popular pectoral remedies, being given with benefit for chronic cough, asthma and some cases of consumption. Among its chemical constituents are marrubium (a "bitter" that is sometimes called maribun or marrubiin), essential oils, tannins, minerals, wax, saponins, B-complex vitamins and vitamin C.

Beneficial Uses: Horehound is a powerful expectorant and relieves lung congestion. In treating painful, chesty, non-productive coughs, colds, bronchitis and sinusitis, Horehound's compound, marrubium, decreases the thickness of phlegm and promotes the secretion of fluids into the bronchial passageways, producing mucus. It also combines the action of relaxing the smooth muscle of the bronchi while promoting mucus production and expectoration, thereby also easing the pain of the cough.

As a pain reliever, the marrubium compound in Horehound stimulates the central nervous system and was found in laboratory tests to be

more potent than some well-known pain relief medications. Horehound promotes good digestion. The stimulation of the central nervous system by marrubium also stimulates the stomach to secrete digestive juices, helping the stomach to digest food. The reaction also stimulates the flow of bile from the gallbladder, which eases flatulence by changing the chemical composition of the contents of the large intestine.

Horehound promotes sweating, helping to break a fever and cooling the body. The herb will also help rid the body of excess water weight and the feeling of bloating. Horehound is considered a mild laxative and is also said to expel worms. Some studies claim that Horehound helps to stop the high and low blood-sugar reactions after eating high-carbohydrate meals and snacks.

Horehound is said to have a relaxing effect on heart tissue and is used by some herbalists as a circulatory tonic to help lower blood pressure.

The marrubium may steady the heartbeat in low doses, but a physician must be consulted before using it in this situation, and larger doses may cause abnormal heartbeat.

Contraindications:

Horehound is not advisable for pregnant women (uterine stimulant), nursing mothers, younger children or adults over sixty-five years of age. Those with heart disease or arrhythmias or stomach ulcers should not use Horehound without consulting with a physician. Do not overuse; larger doses may cause diarrhea. Women with menstrual problems should consult a physician before using Horehound, as it may increase menstrual flow. Because Horehound acts as a bitter and may increase production of stomach acid, individuals with gastritis or peptic ulcer disease should use it cautiously.

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