



# *Hyssop Herb*

*Cleanse and Detoxify, asthma, colds, coughs, all lung afflictions, phlegm in lungs, kids sore throat and quinsy, fever, increases blood circulation, reduces blood pressure, shortness of breath, helps relax, cold sores.*

**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](http://www.VibrantHealthCommunity.com) (or call 1-866-378-8253) *before* starting/changing your program.

**Botanical:** *Hyssopus officinalis*

**Family:** *Labiatae/ Lamiaceae* (mint)

**Other common names:** Issopo, Ysop

Used since Biblical times as a cathartic, **Hyssop** is still used to *cleanse and detoxify the intestinal tract*. When feeling overworked or stressed, try Hyssop to relieve anxiety, soothe the nerves and enhance mental clarity. It's also a time-honored herb that has been used to relieve many respiratory ailments.

Some of Hyssop's constituents include essential oils (pinene, camphene, camphor, terpinene), tannin, flavonoid (hyssopin), glycoside (diosmin)

and bitter lactones (marrubiin, ursolic acid) and choline.

**Beneficial Uses:** Hyssop is an expectorant and antispasmodic and has been highly effective in treating respiratory ailments, alleviating the heavy, congested feeling in the head and chest. It helps to reduce and get rid of phlegm, particularly with chronic congestion and unproductive coughs. It has been a time-honored remedy to ease asthma, bronchitis,

coughs, chesty colds and stuffy nose. Hyssop also soothes mucous membranes in the respiratory system and eases hoarseness and sore throat.

As a cathartic, Hyssop's laxative properties help to clear the body of toxins in the intestinal tract. At the same time, it soothes the mucous lining of the bowel, while clearing mucus from the intestines. Hyssop has also been used to expel worms.

Hyssop's diaphoretic actions further promote cleansing the body of toxins through the skin by promoting perspiration and sweating, which also helps to lower fevers. The herb is also thought to clear the bladder and kidneys.

As an antiviral, Hyssop combats herpes simplex virus and treats cold sores. Hyssop is thought to strengthen the digestive system and tone the stomach while soothing its mucous lining. It eases indigestion, improves the appetite and relieves flatulence and "griping" (the sharp pains and grumbling of the bowels often associated with laxatives).

When used topically, Hyssop kills body lice. Its anti-inflammatory properties are beneficial for muscular rheumatism and for healing bruises and cuts promptly, as well as easing the pain of insect stings and bites. Hyssop makes a fine gargle for sore throat.

Hyssop is a gently relaxing nerve tonic, suitable for nervous exhaustion when linked with overwork and anxiety or depression. It is thought to be helpful for easing feelings of grief and guilt and a tonic to strengthen the immune system and improve the body when in a weakened condition. The oil has been known to increase mental alertness.

**Contraindications:** Hyssop should not be taken for more than two weeks without advice of a physician. Excessive use (many times the recommended dosage) may cause seizures. Pregnant women, those who suffer from epilepsy or from high blood pressure should avoid Hyssop.

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