



Thyme Herb

Fevers, headaches, asthma, whooping cough, diarrhea, nightmares (excellent).

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: *Thymus vulgaris*

Family: *Lamiaceae/Labiatae* (mint)

Other common names: Common Thyme, Mother of Thyme, Creeping Thyme, Mountain Thyme, Wild Thyme, French Thyme

Thyme is indispensable in the kitchen, but it is also indispensable in your herbal closet as a powerful antiseptic (it is an ingredient in *Listerine*) and expectorant that has been used for thousands of years to *loosen phlegm* in deep-seated chest infections and to ease bronchitis and asthma. It also supports the gastrointestinal system, especially helping to rid the body of flatulence, as well as *easing*

indigestion, gastritis, dyspepsia and stomach cramps. Moreover, Thyme is said to *calm the*

nervous system, induce sleep, dispel nightmares, lift the spirits during depression and increase energy.

Don't you think it should be in your herbal closet?

Some of the constituents included in Thyme are essential oils (cymol, linalool, carvacrol and the

simple terpene, thymol, which is a powerful disinfectant), alpha-pinene, flavonoids (apigenin, luteolin), beta carotene, geraniol, limonene, camphor, citral, amino acids, caffeic, caprylic, chlorogenic, cinnamic acid, gallic, vanillic and other essential fatty acids, salicylates, tannin, calcium, iron, magnesium, manganese, phosphorus, potassium, selenium, zinc, B-vitamins and vitamin C.

Beneficial Uses: Thyme is considered an excellent expectorant and antitussive that has been used since ancient times to treat upper respiratory and lung disorders. The herb is said to be ideal for deep-seated chest infections that are marked by thick, yellow phlegm and will help loosen and expel mucous congestion from the lungs and head. Thyme's thymol content is the active principle that acts not only as an expectorant, but also acts as a germicidal that simultaneously treats infections of the upper respiratory passages. It has been used effectively for sore throats, coughs, croup, whooping cough, acute bronchitis, laryngitis and asthma.

The bitter principle in Thyme acts as a digestive that supports the gastrointestinal system. It is said to relax the smooth muscle of the stomach, relieving all kinds of stomach upsets (with particular influence on flatulence by calming the stomach and releasing entrapped gas). Thyme is also used to alleviate chronic gastritis, lack of appetite, enteritis, dyspepsia, griping (the sharp pains and grumbling usually associated with trapped gas or diarrhea), indigestion, irritable bowel and colic.

Thyme is considered a reliable antispasmodic that has been used to ease convulsions, stomach cramps, epilepsy, menstrual cramps and spasm-induced coughing and diarrhea. As a

"nervine" with sedative properties, Thyme is believed to be a good tonic that stimulates and tones up the nervous system, alleviating such nervous disorders as neurasthenia (a functional neurosis marked by intense nervous irritability and weakness), depression, nightmares, nervous exhaustion, insomnia and melancholy.

Thyme contains the very active thymol, which is a powerful antiseptic, antiviral and antifungal agent (it is said to equal carbolic in strength and efficacy), and it is very helpful in treating yeast infections, Candidiasis and athlete's foot. The astringent tannins in the herb cause proteins in the skin tissue to cross-link, forming a barrier to infection. Its potent germicidal properties clean tissue and may be best known commercially as an ingredient in *Listerine Antiseptic Mouthwash*. Used externally, Thyme is helpful for tumors, dental decay, plaque, thrush, tonsillitis, halitosis, deep wounds, bruises and as an ingredient in relaxing baths that alleviates nervous exhaustion. It is said to be effective for destroying skin parasites, such as scabies, crabs and lice. Used internally, Thyme's antimicrobial properties work to destroy and expel parasites in the gastrointestinal tract, and it is said to destroy hookworms, roundworms and threadworms.

Contraindications:

Pregnant and nursing women should not use Thyme, as it is a uterine stimulant. Habitual and excessive usage (many times the recommended dosage) is not recommended, as it may cause gastric irritation, headache, dizziness, convulsions and coma. Thyme should not be taken by people with heart problems. Those who are allergic to members of the mint family (thyme, basil, sage, marjoram, etc.), should avoid this herb.