

## **aChá de Bugre Article**

Chá de Bugre (*Cordia salicifolia*) has been used for centuries in South America as a potent appetite suppressant, blood sugar stabilizing and weight managing herb. Chá de Bugre is also known as Chá de Mate (coffee of the woods) in Brazil where its popularity as a beverage of choice has exceeded that of coffee. Like coffee, the Chá de Bugre beans are harvested, roasted, and prepared into a popular beverage which is sold commonly on street corner Chá de Mate stands. Some locals chew the leaves to help suppress appetite.

The appetite suppression supplied by Chá de Bugre may simply help to take the edge off of our voracious Western appetite which has led to increasing rates of obesity and type II Diabetes. By taking the edge off, we can feel satiated with smaller amounts of food more frequently. This type of eating pattern may actually help prevent Type II Diabetes.

Coffee depletes the system and does not help to regulate blood sugar; therefore Chá de Bugre would be a more healthful choice. Chá de Bugre does contain caffeine but does not seem to have the same side effects (jitteriness, upset stomach, rebound fatigue) as coffee.

The active constituents in Chá de Bugre are: Allantoic acid which helps to decrease body fat and cellulite, Caffeine which helps to decrease appetite and increase energy, Potassium which helps with muscle contraction and converting fat carbohydrates and protein into energy in metabolism.

More research is emerging on the positive attributes of Chá de Bugre. It is also known for its potent anti-viral and heart nourishing attributes. It has also been used to improve kidney function, to help with coughs, to decrease uric acid levels (helpful in gout) and as a remedy for arthritis. It has also been used topically for wound healing. The research being done on Chá de Bugre will no doubt support its nickname of the "Miracle Tree".

Brazil is known for its beautiful beaches and the amazing physiques of the locals on those beaches. While the widespread use of Chá de Bugre may have something to do with the fitness of Brazilians, it is most certainly not the only answer to maintaining a fit and trim physique. Exercise and a diet low in saturated fat and sugar while high in fiber will definitely be what keeps you healthy long-term. Chá de Bugre may help to kick start your health promoting program by making it easier to stick to a reasonable eating pattern. Curbing cravings and stabilizing blood sugar will only make sticking to a healthful meal-plan that much easier.

### **Resources:**

#### **Wound Healing Actions:**

Saito, M. L., et al. "Morfofodiagnose e identificacao cromatografica em camada delgada de chá de bugre - *Cordia ecalyculata* Vell." *Rev. Bras. Farm.* 1986; 67: 1-16.

#### **Antimicrobial & Cytotoxic Actions:**

Hayashi K., et al. "Antiviral activity of an extract of *Cordia salicifolia* on herpes simplex

virus type 1." *Planta Med.* 1990; 56(5): 439-43.

Arisawa, M., et al. "Cell growth inhibition of KB cells by plant extracts." *Natural Medicines* 1994; 48(4): 338-347.

**Cardiotonic Actions:**

Matsunaga, K., et al. "Excitatory and inhibitory effects of Paraguayan medicinal plants *Equisetum giganteum*, *Acanthospermum australe*, *Allophylus edlis* and *Cordia salicifolia* on contraction of rabbit aorta and guinea-pig left atrium." *Natural Medicines* 1997; 51: 478-481.