

# ECHINACEA GOLDENSEAL

## **ECHINACEA GOLDENSEAL:**

Echinacea and Goldenseal have emerged as two of the most influential herbs in the plant kingdom. Current research indicates that Echinacea stimulates the body's natural resistance to foreign bacteria by enhancing immune system cells called phagocytes and leucocytes (white blood cells), and stimulates cytokine production (immuno transmitters). Goldenseal contains very powerful anti-microbial, anti-parasitic and anti-viral agents. These compounds are known as alkaloids. The most effective of the Goldenseal alkaloids are hydrastine and berberine. Berberine has been shown to kill a wide range of germs causing yeast infections and parasites. It may also activate white blood cells, making them more effective at fighting infection. \*

## **What are the benefits?**

Echinacea and Goldenseal have been known to reduce the time for a cold or flu to run its course. It can be used for nasal, sinus and bronchial conditions. Their immune stimulant actions reduce inflammation and help the body fight bacteria and viruses. Tests show they stimulate immune system cells into action to move bacteria out of the system. Goldenseal may help symptoms of sore mouth and throat, canker sores, gingivitis, stomachache, diarrhea, indigestion, constipation, ulcers, vaginal irritation; earaches; mild conjunctivitis and eye irritations; and lowering high blood sugar levels. Goldenseal stimulates the production of bile to help digest fats. Many individuals choose to take these herbs daily during seasonal change to support optimum well-being. Both of these are not tonic herbs and should not be taken long term. Instead, these herbs can be used in combination with isatis, lonicera, forsythia, burdock, licorice, white mulberry and other synergistic herbs as natural antibiotics. \*

## **Supplement recommendation:**

Look for a product that has been naturally extracted and grown without the use of chemical fertilizers, pesticides or preservatives; preferably in a vegetarian capsule. Be sure it is a standardized true spectrum herbal supplement without fillers, binders or common allergens.

- **Relieves symptoms of colds and flus\***
- **Natural antibiotic and detoxifying agent\***
- **Powerful anti-parasitic and anti-candida properties\***
- **Stimulates the production of bile to help digest fats\***
- **Helps relieve constipation and hemorrhoids\***
- **Helps symptoms of eye irritations and infections\***
- **Relieves vaginal irritation\***
- **Helps relieve mouth irritations of sore throat, canker sores and gingivitis\***
- **Helps relieve stomachache associated with micro-bacteria, viral and parasitic conditions\***

## **Supporting Research:**

Bauer R. and Wagner H. Echinacea Species as Potential Immunostimulatory Drugs. *Economic and Medicinal Plant Research* 5;243-321, 1991  
Bieber A, et al. Botanical Medicine – Goldenseal Root; *Taste for Life*; December, 2001, pgs 26-27  
Foster S. Goldenseal. *American Botanical Council: Botanical Series No. 309*  
Frawley D, Lad V. *The Yoga of Herbs – An Ayurvedic Guide to Herbal Medicine*; 1986; pgs 122-123  
Melchart D, et al. Results of Five Randomized Studies on the Immunomodulatory Activity of Preparations of Echinacea. *J Alt Comp Med.* 1995;1(2):145-160  
Kaneda Y, Tanaka T, Saw T. Effects of Berberine, a plant alkaloid, on the growth of an anaerobic protozoa in axenic culture. *Tokai J Exp Clin Med.* 1990;15:417-423  
Murray MT. *The Healing Power of Herbs: The Enlightened Person's Guide to the Wonders of Medicinal Plants.* Rocklin, CA:Prima Publishing; 1995  
Newall CA, Anderson LA, Phillipson JD. *Herbal Medicines: A Guide for Health-Care Professionals.* London: The Pharmaceutical Press; 1996  
Schulz V, Hdnseal R, Tyler VE. *Rational Phytotherapy: A Physicians' Guide to Herbal Medicine.* 3<sup>rd</sup> ed. Berlin: Springer; 1998  
Snow JM. *Echinacea. Protocol J Botanical Medicine.* 1997; 2:18-24  
Tenney L. *Today's Herbal Health; Golden Seal*; pgs 69-70  
Tyler V. *Herbs of Choice: The Ther. use of Phytomedicinals.* Binghamton, NY: Phar. Prod.; 1994

\* This information has not been evaluated by the FDA. It is not intended to diagnose, treat, cure or prevent any disease.

