

CANYON RANCH.

SIX EASTERN HERBAL MEDICINES ALREADY IN YOUR HOME

October 2018 – In many East Asian countries, herbal medicines are still the main source of treatment for illness and pain relief in lieu of pharmaceuticals. According to Mark Lamore, Chinese Medicine Practitioner at Canyon Ranch Lenox, MS, LAc, LMT, Dipl Ac & CH (NCCAOM), “In our western culture, a great many medicines are made from the chemicals isolated in plants, fungi, insects, and animals. Going straight to the source by using herbs found in your pantry can be cost effective, and provide instant relief.” Here are six common herbal medicines you may have in your home, or want to stock up on.



- **Licorice root (Gan Cao)**- Licorice root is a vital ingredient in many herbal formulas. It has potent healing compounds and is a great detoxifier, and tonifier, which is useful in treating asthma, coughs with phlegm, cold / flu, hepatitis, depression, heartburn, ulcers and other digestive issues, insomnia, muscle spasms and more.



- **Ginger root (Sheng Jiang)** - Like licorice, ginger root contains powerful antioxidants and is commonly used to harmonize other herbs that may be hard on the digestive system. It is warming and soothing to the GI tract for nausea due to the stomach flu and useful to take when you feel a cold starting, or to help boost the immune system, relieve pain, and balance blood sugar.



- **Turmeric root (Yu Jin)** - Turmeric is getting a lot of press as the magic cure all. Unlike its cousin - ginger, turmeric's properties are cooler and stronger which helps circulate blood and ease pain and inflammations. It also has a calming effect as well as cholesterol lowering and liver protective functions. Preliminary studies found that turmeric might reduce the risk of heart attacks in bypass patients, control knee pain from osteoarthritis, and reduce skin irritation after radiation treatments for breast cancer. Other studies have looked at turmeric for different cancers, colitis, diabetes, surgical pain, and as an ingredient in mouthwash for reducing plaque.



- **Cinnamon (Gui Zhi)** - Warming and moving in its actions, cinnamon is used for pain conditions, colds / flu dispersal, heart issues with dizziness, palpitations, pain, and edema, and for those who crave sweets. Cinnamon is loaded with potent polyphenol antioxidants, and ranks as the most popular spice in the world in terms of its protective antioxidant levels. Cinnamon also has antifungal and antibacterial properties, reduces insulin

resistance and lowers blood sugar levels in diabetic or prediabetes patients and is currently being studied for use in the treatments of Alzheimer's and Parkinson's disease.



- **Peppermint (Bo He)** - The cooling, calming, and tummy soothing actions make this herb a great remedy for all ages. It is useful for digestive issues from nervous stomach, colic, indigestion and gas to inflammatory conditions like IBS. Mint also helps to vent hot itchy rashes, clears fevers, coughs and headaches with red, sore eyes, and sore throat. It relieves pressure in the chest and flanks due to emotional upset, and is part of many formulas for muscle spasms and gynecological cramping and pain.
- **Green Tea (Lu Cha)** - Green tea contains antioxidant plant compounds called catechins, which continue to be researched for their positive effects on cancer, cardiovascular and weight loss benefits. Lu Cha can stimulate the digestive fire and reduce sugar and carbohydrate cravings. Green tea contains about 1/3 the caffeine as a cup of coffee, but still has a mild calming effect, believed to be from L-theanine contained within, an amino acid. It is used in Eastern medicine herbal formulas for headaches, colds / flu, digestive upsets and restlessness.



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