



# FV

## Traditional Herbal Formula for Flu and Digestive Upset

FV is a traditional herbal formula designed to help a person recover from flu or digestive upset that causes nausea and vomiting. The blend contains herbs that settle the stomach, reduce intestinal inflammation, and stimulate circulation and immune responses. FV can ease digestive upset, nausea, minor aches and pains and other flu symptoms. It can also be used to help fight infections in the digestive tract or lungs, and may also be beneficial for easing cold symptoms.

The ingredients in this formula are as follows.

### Ginger Root

The rhizomes of the ginger plant have been used for over 2,000 years as a remedy for digestive disorders, nausea, and fever. A strong aromatic herb, this herb stimulates circulation, especially in the digestive organs. It also acts as a carminative to expel intestinal gas and relieve bloating and digestive upset. Studies have been done which demonstrate that ginger has the ability to settle the stomach and relieve nausea associated with motion sickness. It is also helpful for nausea associated with morning sickness and flu. The essential oils in ginger stimulate the production of digestive enzymes to improve digestion and appetite as well.

### Capsicum Fruit

Also known as cayenne or red pepper, the fruit of the capsicum plant is one of the best stimulants in the plant kingdom. It improves blood flow throughout the body, which helps promote general healing. It also stimulates digestion, which improves the body's ability to break down and absorb nutrients.

The herb also contains the stinging phenol capsaicin, which is responsible for the capsicum's anti-inflammatory and analgesic (pain-relieving) properties. By itself, capsicum can help to relieve colds by dispelling irritants from the system and promoting mucus flow to flush microbes and toxins from mucus membranes. Taken in combination with herbs such as licorice and golden seal, capsicum can

reduce intestinal inflammation, help ulcers to heal, and help the body fight viral infections.

### Golden Seal Root

Golden seal's most recognized constituents are a group of isoquinoline alkaloids which help to normalize liver and spleen functions by increasing the production of digestive fluids, enzymes and bile. Two of the alkaloids, hydrastine and berberine, have been found effective in combatting a wide variety of infectious agents, including staph, strep, E. coli bacteria, and giardia (a parasite which causes diarrhea). Golden seal has a reputation for easing infectious diarrhea, reducing inflammation in respiratory and digestive membranes, and fighting respiratory and digestive infections. As an immune stimulator, berberine increases blood supply to the spleen and activates macrophages, as well as having a mild direct action against infectious organisms.

### Licorice Root

Licorice root is often prescribed for food poisoning. It contains bitter compounds that reduce inflammation and irritation in both digestive and respiratory membranes. Specially prepared (deglycyrrhizinated) licorice has also demonstrated considerable effectiveness in treating duodenal ulcers. Licorice also improves the quality and production of mucous, helping to relieve dry, irritated cough. It has an antiviral action, too.

### Usage

At the first sign of cold or flu symptoms take 2-3 capsules every two hours with plenty of water, until symptoms improve. For other purposes, take 3 capsules with meals twice daily.

### Selected References

- The Comprehensive Guide to Nature's Sunshine Products* by Tree of Light Publishing (St. George, UT: Tree of Light Publishing, 2004)
- Nutritional Herbology* by Mark Pedersen (Warsaw, IN: Wendell W. Whitman Co., 1994).
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- The Little Herb Encyclopedia* by Jack Ritchason N.D. (Pleasant Grove, UT: Woodland Health Books, 1995).
- The Wild Rose Scientific Herbal* by Terry Willard, Ph.D (Calgary, Alberta, Canada: Wild Rose College of Natural Healing Ltd., 1991).

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