



Kudzu/St. John's Wort

Herbal Formula for Alcoholism and Intestinal Inflammation

Kudzu/St. John's wort is a formula with a variety of benefits. It is a mild antidepressant remedy and benefits the nervous system in helping to overcome addictions, especially to alcohol. The formula also benefits the gastrointestinal tract, helping to restore bowel tone, improve digestion and reduce gut inflammation. Irritated, inflamed digestive tract membranes lose some of their ability to filter toxins in the intestines and prevent them from entering the blood stream and lymphatics—a condition known as leaky gut syndrome. Kudzu/St. John's wort is an excellent formula for helping repair gut "leakiness." Since the majority of serotonin (a neurotransmitter that elevates mood) is produced in the intestines, this helps explain the formula's ability to alleviate mild depression.

Some of the potential uses for Kudzu/St. John's Wort include: treating alcoholism and hangovers; easing intestinal inflammation and repairing leaky gut (preferably used in combination with Intestinal Soothe and Build and/or Irritable Bowel Fiber); relaxing muscle stiffness, especially in the neck; relieving mild depression, anxiety or headaches; and reducing fevers.

There are three ingredients in this formula, St. John's wort, Kudzu and alfalfa. Here is what each of these herbs does:

St. John's wort

This herb is an abundant weed in the United States and Europe. In recent years it was widely promoted as a remedy for mild to moderate depression, but this is only one benefit of this powerful medicinal plant. It is a very valuable remedy for the nervous system, helping to promote rapid healing of damaged nerves. It has been used for helping spinal and head injuries to heal, as well as nervous conditions such as sciatica, neuralgias, and Bell's palsy. It is used both topically and internally for these problems. Besides easing depression, St. John's wort also helps ease anxiety.

St. John's wort is a mild astringent, and has been used to treat diarrhea. It increases blood flow to damaged tissues, helping tone and heal them. It has been applied topically to speed the healing of wounds, burns, and sunburn. Another valuable property of St. John's wort is its antiviral action. It has been used for herpes, mononucleosis, and flu.

A little known benefit of St. John's wort is its ability to harmonize digestive function. It appears to act by regulating the solar plexus, a bundle of nerves that controls digestive organs. It decongests the liver and soothes and heals the stomach and

intestines. It works well for people who suffer from digestive upset associated with fear, worry or nervous exhaustion.

Alfalfa

A highly nutritious herb, alfalfa is rich in trace minerals, vitamins, and amino acids. It has been called the father of all foods. It has a nourishing effect on body tissues and promotes tissue growth and repair. It has a mild anti-inflammatory and blood thinning action, which makes it useful for arthritis and gout. It has also been used as a digestive tonic, to improve appetite and digestive function.

Kudzu

Kudzu, a member of the legume family, is a native of the Orient and was introduced into the Southern United States where it has become a very aggressive weed. It grows over bushes and trees, choking them. The root, however, has some wonderful medicinal qualities. It is demulcent and cooling, helping to reduce fever and inflammation. In traditional Chinese medicine it was used to clear heat from the body, easing fever, headache, stiffness in the upper back and neck, and general muscle pain. It has also been used in Chinese medicine for diarrhea.

Western herbalists have discovered kudzu is very valuable for irritable bowel syndrome, colitis and leaky gut. It reduces intestinal inflammation, especially when combined with herbs like yarrow, wild yam or chamomile.

In laboratory studies, alcoholic hamsters voluntarily reduced their consumption of alcohol when given a water extract of kudzu. It has also clinically helped some people to reduce (not stop) their alcohol consumption. It also helps with recovery from hangover.

Suggested Use

Suggested dosage is 1 capsule three times daily. For alcoholism, add Milk Thistle Combination. For digestive problems and leaky gut, take with Intestinal Soothe and Build or Irritable Bowel Fiber.

Selected References

- Legendary Chinese Healing Herbs* by Henry C. Lu.
- "Oriental Alcohol Antidote," *HerbalGram No 23*, Summer 1990, page 17.
- Herbal Therapy and Supplements: A Scientific and Traditional Approach* by Merrily A. Kuhn and David Winston.
- The Book of Herbal Wisdom* by Matthew Wood
- A Handbook of Native American Plants* by Alma R. Hutchens
- Chinese Herbal Medicine* by Daniel P. Reid.

For Educational Purposes Only

Seek appropriate professional assistance for all serious health problems. Handout prepared by Tree of Light Publishing
P.O. Box 911239, St. George, UT 84791 (www.treelite.com)
©2003 May be reproduced provided it is not altered in any way.

Distributed by: