

Product Profile

BUTCHER'S BROOM

Ruscus aculeatus

Liquid extract of dried rhizome.

Actions: Anti-inflammatory tonic for the veins. Reduces capillary fragility and permeability and tones sluggish venous system.

Uses: Extremities & skin: varicose veins, varicose ulcers and phlebitis, painful veins, leg edema and cramps (esp. during pregnancy); frostbite, chilblains, purpura, Raynaud's disease. Anorectum: reduces swelling, pain, heat and itching of hemorrhoids and anal fissures. Retina: diabetic retinopathy and retinal bleeding. Gynecological: vein disorders related to oral contraceptives, premenstrual syndrome (PMS), certain menstrual disorders. Post-operative: taken before and after surgery to prevent or minimize postoperative thrombosis (esp. where anticoagulant therapy is contraindicated).

Dose: Take 30 to 40 drops, 3 to 5 times per day. For compress, wet cloth with mixture of 1 teaspoonful of extract in half-cup water. Renew compress every 1 or 2 hours. Topical use is enhanced if extract is also taken internally.

Cautions: None known.



Excerpted from the Therapeutic Herb Manual by Ed Smith. The Therapeutic Herb Manual is available for purchase by calling Herb Pharm at: 1-800-348-4372.

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