

## Product Profile

# GOLDENSEAL

*Hydrastis canadensis*

Liquid extract of dried rhizome with rootlets.

**Actions:** Stimulating astringent; tonifies mucous membranes. Alterative. Stomach tonic and digestive bitters; improves appetite and digestion; promotes peristaltic action and muscular tone of stomach and intestines; promotes bile production. Antibacterial and antifungal. Uterine tonic.

**Uses:** Sub-acute and chronic inflammation of mucous membranes and glandular system with altered secretions; chronic inflammation and ulcerations of mouth and throat, nasal sinuses and pharynx, gastrointestinal system (e.g., gastric and duodenal ulcers, colitis), genito-urinary system (e.g., prolapsed uterus) and respiratory system (e.g., bronchial phlegm). Also indicated in passive bleeding from these tissues. Adjunct, long-range therapy for chronic constipation due to enfeebled relaxed tissues. Chronic atonic dyspepsia and poor digestion with torpid liver. Convalescence from protracted fevers and inflammation. Recovery from alcoholism and associated atonic gastrointestinal tract. Topically for infected wounds, ulcerations and bedsores, conjunctivitis ("pink eye"), etc.

**Dose:** Take 30 to 40 drops, 2 to 5 times per day. To enhance appetite and digestion take 15 minutes before meals. As a topical dressing or wash use full-strength (if well tolerated), or dilute with 2 or 3 parts water. For eye wash mix 3 to 10 drops in an eyecup filled with distilled water or saline solution and stir well with the glass dropper. Wash effected eye(s) for 1 minute, 1 to 3 times daily. If mixture stings uncomfortably, reduce number of extract drops to tolerance.

**Cautions:** Consult a qualified midwife or physician before taking during pregnancy.



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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