



# EDUCATION GUIDE

## ~ *Burdock* ~

**Uses: Metabolism, Hormones, Kidney Function,  
Swollen Joints, Prolapsed Uterus**

Historically, Burdock has been considered a source of nutrients to help nourish the entire body.

- The Cherokee considered it a valuable herb for many ailments.
- The Chinese have used Burdock for coughs, colds, throat issues and tonsillitis as well as measles, sores and abscesses.
- It has been used in Europe to assist a prolapsed and/or displaced uterus.

### **Benefits:**

#### **-Liver & Blood**

- Functions as a strong liver purifier
- Serves as an excellent blood purifier and cleanser; works to remove long term impurities
- Assists in **clearing** the blood of harmful acids due to **calcification (calcium) deposits**

#### **-Hormonal & Glandular**

- Provides valuable support to skin and glandular issues
- Assists in restoring and maintaining hormonal balance
- Works with the pituitary gland and assists in processing protein in optimal amounts
- Pregnancy: Used as a mineral-rich hormone support to assist in balancing all systems

#### **-Toxins**

- An antidote for poisons in the blood
- Can relieve the burden on both the kidneys and lymphatic system during the process of neutralizing poisons

#### **-Kidneys**

- Supports kidney function
- May increase urine flow

### **-Arthritic Conditions**

- May reduce swelling around the joints

### **-Healing**

- Assists in the healing of sores and bug bites when used in poultice form

### **-Inulin for Metabolism & Blood Sugar**

- Provides 27% to 45% of natural inulin, a fiber-starch which assists the metabolism in carbohydrate processing
- Inulin is a type of fructo-oligosaccharide or FOS. Because it feeds the “good” bacteria (probiotics) in the digestive system, it is referred to as a “prebiotic”. Food sources include asparagus, soybeans, leeks, onions and chicory root.
- Inulin helps control blood-sugar levels as well as lower high triglycerides without raising insulin levels (as other starches do). It can also be beneficial in treating high cholesterol, irritable bowel syndrome, eczema and diarrhea.
- Inulin also assists with absorption of magnesium and calcium

### **Nutrient Source**

- Excellent source of iron

Parts of the plant used include for therapeutic purposes: the roots, leaves and seeds

### **Information sources:**

“The Little Herb Encyclopedia, the Handbook of Natures Remedies for a Healthier Life” by Jack Ritchason N.D.

“Medical Herbalism – the Science and Practice of Herbal Medicine” by David Hoffmann, FNIMH, AHG

“Prescription for Herbal Healing” by Phyllis A. Balch

<http://www.livestrong.com/article/41835-inulin/>

<http://www.livestrong.com/article/303982-what-is-the-difference-between-psyllium-inulin-fiber/>



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