



# EDUCATION GUIDE

## ***Fenugreek ~ Blood Sugar & Mucus Manager***

Fenugreek is one of the oldest known herbs used for medicinal purposes. It was reportedly used by Hypocrites in many healing protocols. Since that time, it has been used in both Eastern medicine traditions and Western herbal treatments. By 1875, it was referred to as “the greatest medical discovery since the dawn of history”.

### **Benefits:**

#### **Blood Sugar / Diabetes**

- Has been used to lower blood sugar levels
- May regulate insulin production

#### **Mucus Issues**

- Has been effective in dissolving stagnate mucus
- Tests have shown it to be at least 30% mucilage (mucus-reducing)
- Specifically helpful in reducing mucus build-up due to dairy consumption
- May loosen and/or expel mucus and phlegm accumulation in bronchial tubes

#### **Lymphatic Support**

- Supports lymphatic drainage
- Improves circulation by helping to remove accumulated toxins within the lymphatic system

#### **Infections**

- Has been used to treat lung infections
- May soothe mucus membranes in the lungs
- Poultices have been used to treat abscesses, boils, inflamed wounds and skin issues
- Has a “drawing” effect when used as a poultice
- Used as a gargle for throat infections
- Often used after infectious diseases to assist in clearing and recovery
- May be used with lemon juice and honey to help reduce fevers

## **Digestive System Support**

- Helps rebuild mucus membranes in gastrointestinal track
- Reduces inflammation specific to the digestive system
- Considered a stomach tonic

## **Cholesterol Management**

- Its lecithin content has been used to help dissolve cholesterol and fatty substances

## **Nursing Mothers**

- May assist in improving milk production

Parts of the plant used include for therapeutic purposes: 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/>



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