



# EDUCATION GUIDE

## ***Yucca – Nature’s Beneficial “Steroid”***

Yucca is a high desert plant originally found in California and Chile. Historically, it has been used in native cultures for multiple purposes including medical applications, soap substitute and fiber for clothing.

### **Benefits:**

#### **-Naturally-occurring source of saponins**

- Saponins are phytosterols, steroid-like compounds similar to cholesterol, found in plants
- Saponin molecules are non-systemic, working only within the intestinal track, and not absorbed by the body

#### **-Cholesterol Support/Blood Purification**

- Saponins work as “bile acid sequestrants” which bind with cholesterol and pathogens and are then removed through elimination
- Reduces the amount of cholesterol absorbed in the blood and increases the amount excreted

#### **-Toxins**

- Helps decrease toxins that would otherwise be absorbed
- Alkalinity is increased while minimizing systemic acid build-up
- Prevents accumulation of undigested toxic waste
- Elimination of toxins within the digestive track preventing blood contamination

#### **-Digestive Track**

- Encourages the growth of friendly bacteria while decreasing harmful bacteria
- Improves the efficiency of the digestive process

### **-Elimination System**

- **Has been shown to break up inorganic mineral obstructions and deposits**
- Minimizes the work load on the elimination organs (kidneys, liver, lymph, etc.)
- Works as a specific anti-inflammatory for conditions such as urethritis and prostatitis

### **-Arthritic Conditions**

- Reduces build-up of toxins that concentrate in the joints
- Has been routinely used to minimize arthritis symptoms
- Works as a “natural” (non-synthetic) cortisone-like steroid to reduce inflammation

Parts of the plant used include for therapeutic purposes: Root

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/471577-what-are-the-health-benefits-of-saponins/>

[saponins.com/what\\_are\\_saponins.cfm](http://saponins.com/what_are_saponins.cfm)



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