

## Amazing Properties of this Healing Herb



**H**orehound herb is a natural remedy that has been used for centuries to treat various health conditions. This herb, which belongs to the mint family, is native to Europe and Asia but can also be found in North America. In this article, we will explore some amazing facts about horehound herb and its healing properties.

Horehound herb (*Marrubium vulgare*) is known for its distinctive, bitter taste and pungent smell. The leaves and stems of the plant are often used to make medicinal preparations such as teas or tinctures. It is considered to promote a “gentle outward flow of the blood.” Traditionally, horehound was used to treat digestive issues like indigestion, bloating and gas. It was also believed to have anti-septic properties and was used to clean wounds and prevent infections. Many have used it for the lungs.

It’s worth noting that horehound was traditionally used to treat diabetes in Algeria, and it may have anti-proliferative properties against cancer cells. Additionally, horehound has antimicrobial activity against certain types of bacteria and fungi.

### TRADITIONAL USES

One of the most common traditional uses of horehound herb is to soothe sore throats and coughs. The herb contains compounds called marrubiin and menthol, which help to reduce inflammation and relieve pain. Horehound tea is often recommended for colds, flu, bronchitis, and other respiratory infections, because it will decrease the thickness and increase the fluidity of mucus in the bronchial tubes and lungs. Additionally, horehound may help to improve liver function by stimulating bile production and promoting detoxification. Some people use it to support weight-loss efforts by suppressing



**CRYSTAL MACEIRA** is a Certified Bowenwork Practitioner, practicing in Helena. She has been a massage therapist for 23+ years. She is also a Master Herbalist and certified IIPA Iridologist. She prepares her own single and formula-blend herbal tinctures. Find out more on her website at: [PositiveLifeChange.info](http://PositiveLifeChange.info).

Call Crystal at 406-616-2599  
Email: [crystalclearhealth@gmail.com](mailto:crystalclearhealth@gmail.com)

appetite and boosting metabolism. Other uses include:

- To normalize the effect of an irregular heartbeat
- To reduce fever
- To help lessen the symptoms of malaria
- To regulate and promote the menstrual flow
- The herb can induce sweating, which can help eliminate toxins from the body.
- As an antispasmodic, horehound can soothe the nervous system and prevent the onset of spasms, making it a calming herb.
- This herb has been linked to a reduction in blood sugar levels, which could be beneficial for diabetics.
- It may help manage cholesterol levels, reducing the risk of heart attacks and strokes.
- The herb's ability to improve saliva and gastric juice output can help increase appetite, especially in those with metabolic problems or liver disease.
- Its bitter taste stimulates digestion and can help manage indigestion or upset stomach.

### DRUG INTERACTIONS

While horehound herb is generally considered safe for most people, there are some potential drug interactions to be aware of. For example, horehound may interfere with the effectiveness of certain medications, including blood thinners, diabetes drugs, and high-blood-pressure medicines. If you take any prescription medications, consult your doctor before using horehound.

### CONTRAINDICATIONS

There are several contraindications for using this herb. Pregnant women should avoid taking



horehound because it can cause uterine contractions and potentially lead to a miscarriage. People with bleeding disorders or those who are taking blood-thinning medications should not use horehound, either, as it may increase the risk of bleeding. Finally, individuals with allergies to plants in the *Lamiaceae* family (such as basil, lavender, or sage) may experience an allergic reaction when consuming horehound.

### FINAL THOUGHTS ON HOREHOUND'S PROPERTIES

Overall, horehound herb has many potential benefits for both physical and mental well-being. From treating cold symptoms to supporting digestion and liver function, this versatile herb deserves a spot in every home medicine cabinet. However, it's essential to use caution and consult a medical professional if you have any underlying health conditions or take prescription medications. Horehound is one

of the ingredients in our *Asthma Breathe Free Herbal Formula Tincture*. I personally had great results when I experienced severe lung and bronchial issues several years ago and took horehound. I am healthy today, back doing light jogging and fast walk-ing. Stock up on Horehound or Asthma Breathe Free today! ■

*Good Health to You!*



**POSITIVE LIFE CHANGES!**  
**Crystal Maceira, CBP, LMT, MH**  
IIPA Certified Iridologist, Master Herbalist & Licensed Massage Therapist, Trained in many modalities including: Bowenwork, Pregnancy Massage and Sports Massage. *Quiet home studio.*

**POSITIVE LIFE CHANGES, LLC ~ [PositiveLifeChange.info](http://PositiveLifeChange.info)**  
**406-616-2599 ~ [crystalclearhealth@gmail.com](mailto:crystalclearhealth@gmail.com)**  
**1st Massage only \$55.**

