

## Cleavers

*Galium aparine*

Other Names: Bedstraw, Clivers, Goosegrass  
Description: A spindly clambering plant with whorls of narrow leaves arranged around the main stem covered with small hooked hairs that make the plant stick onto clothing and animals.

Part Used: Leaf  
Action: Diuretic, Alterative  
Category: Specific  
Systems: Urinary, Lymphatic  
Taste: Bitter, Acrid  
Energy: Cool  
Primary Uses: Cystitis, Edema with Venous Stasis, Infected Tonsils, Psoriasis, Gravel, Swollen Glands (acute)  
Caution: None noted  
Preparation: Infusion; Tincture  
Dose: 1 cup 2-3 x daily; 2-4 droppersful 2-3 x daily  
Products: Tincture, Capsules, Bulk Herb, Powder



Health Benefits: Cleavers is a mild diuretic and blood and lymphatic cleanser that is indicated for psoriasis and other skin conditions. It has a particular affinity for the lymphatic system and may be used for swollen glands, tonsillitis, and as a lymph tonic. In Chinese medicine cleavers are used to disperse stagnancy and inflammation and for urinary problems. Cleavers make a useful addition to formulas to lower blood pressure. Cleavers are best used fresh, as they lose their effectiveness quickly after drying.

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# Goldenrod

## *Solidago virgaurea*

Other Names: European goldenrod, Virgaurea

Description: A tall perennial plant that grows in large colonies in fields and open places with long arching sprays of small yellow flowering heads.

Part Used: Leaf, Flowers

Action: Antiinflammatory, Diuretic

Category: Stimulating Tonic, Specific

Systems: Urinary, Digestive, Reproductive

Taste: Acrid, Bitter

Energy: Warm

Primary Uses: Atonic Bladder, Dysuria, Bladder Infection, Prostate Imbalances, Weak Bladder

Caution: Contraindicated in chronic liver disorders

Preparation: Tincture: Decoction

Dose: 2 droppersful 2-3 x daily; 1/2 cup 2-3 x daily

Products: Tincture, Capsule, Bulk Herb

Health Benefits: Goldenrod is pleasantly warm and aromatic, has antiinflammatory and diuretic properties, and is a resinous antiseptic. It is used to treat irritated or atonic bladder and amenorrhea. Goldenrod is one of the only bladder tonics in the western materia medica, and herbalists consider it useful for strengthening the male and female sexual organs and reducing irritation in the prostate gland in men. Thus, it can be helpful for people who wake up in the night to urinate with little output volume. Goldenrod is useful as a diaphoretic remedy in colds and flu, especially with digestive symptoms such as diarrhea. It has a high bioflavanoid content and is healing for varicose veins. Goldenrod tincture or tea has a pleasant taste and is sometimes used to disguise the bitter or harsh flavor of other herbal preparations.

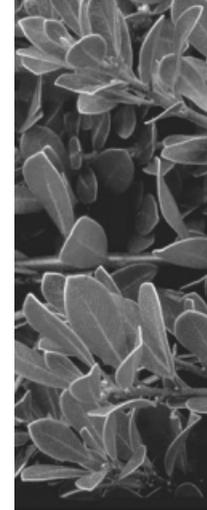


Note: *Soledago virgaurea* is the species traditionally used in western herbalism; however, *S. canadensis*, which has similar properties, is often substituted in the U.S.

## Uva-Ursi

### *Arctostaphylos uva-ursi*

Other Names:	Bearberry, Kinnicknick
Description:	A low-growing or creeping woody shrub with red branches, pink urn-shaped flowers in clusters, and bright red berries.
Part Used:	Rhizome
Action:	Expectorant, Anodyne
Category:	Heroic
Systems:	Urinary
Taste:	Acrid, Spicy
Energy:	Warm
Primary Uses:	Bladder Infection, Leukorrhea, Nephritis (chronic)
Caution:	Do not use this herb if you are pregnant, have kidney disorders, irritated digestive conditions, or acidic urine. Not for long-term use.
Preparation:	Tincture; Infusion
Dose:	1/2 teaspoon 3 x daily; 1 cup tea 3 x daily
Products:	Tincture, Capsule, Bulk Herb



**Health Benefits:** Uva ursi is used for bladder infection, gravel, prostatitis, and nephritis. The herb is an effective herbal diuretic. Arbutin, its main active principle, is a urinary antiseptic. The tannins in uva ursi make it useful for diarrhea.

## Benign Prostatic Hyperplasia (BPH)

### Recommended Herbs:

Saw Palmetto	Supercritical extract	2 capsules 2 x daily
Nettle rhizome	Standardized extract	2 capsules 2 x daily
Pumpkin seed	Oil	2 capsules 2 x daily
Goldenrod	Tincture	2-3 capsules 2-3 x daily

### **Medical Description:**

The prostate is a small gland in men surrounding the urethra as it exits the urinary bladder. The function of the prostate is to secrete substances that make up part of the semen during ejaculation of the sperm. Prostatic hyperplasia is a benign overgrowth of the gland, which often pushes against the urethra, leading to unpleasant urinary tract symptoms.

A lessening of the force of the stream of urine is the usual first symptom ascribed to BPH. By the age of 55, 25% of men notice this change. By the age of 75, 50% of men notice a diminution of the force of their urine stream and greater than 90% of men in their 80s are said to have some symptoms. The stream may also become interrupted and hesitant and there may be a delay or difficulty in starting or restarting urination. Many men develop a sense of urgency, which is the pressing need to urinate with the sensation of being unable to wait.

### **Holistic Program:**

An effective program for BPH might include herbs that are known to act directly on the gland to block conversion or activity of sexual hormones like testosterone. These include saw palmetto, nettle rhizome, pumpkin seed oil, and pygeum bark. Antiinflammatories for the genitourinary tract can also help relieve inflammation that sometimes accompanies BPH. These include turmeric and goldenrod flowering tops. Goldenrod also helps stimulate blood flow and regulates local immune action to the area, which might help relieve symptoms and increase health and nutrition of the tissues. Local immune regulators like castor oil applied as a poultice might also be of benefit.

Other natural remedies to help prevent BPH or slow its progression include foods high in phytosterols like soy products, all beans, flax seed meal, and red clover. Also vitamin D, which helped slow benign hyperplastic growth in two studies. Animal fat intake showed a weak association with BPH, so you might want to focus on fish and keep red meat to a minimum. The carotene called lycopene, high in tomatoes, and of course tomato sauce, has been in the news for helping to prevent prostate cancer. Garlic and tomato sauce is a good addition to any diet, unless you are allergic.

## **Bladder infection**

### **Recommended Herbs:**

Buchu	Tincture	40-50 drops 2-3 x daily
Goldenrod	Tincture	1-2 droppersful 2-3 x daily
Marshmallow	Infusion: 2-4 grams	1 cup 3-4 x daily
Corn Silk	Infusion: 9-12 grams	1-2 cups 2-3 x daily

Cranberry	Standardized Extract	2-4 capsules 2 x daily
Parsley	Infusion: 2-4 grams	1 cup 2-3 x daily
Uva Ursi	Infusion: 6-9 grams	1 cup 2-3 x daily
Pipsissewa	Infusion: 1-4 grams	1 cup 2-3 x daily
Usnea	Tincture	1-2 droppersful in water 2-3 x daily

**Medical Description:**

Cystitis, or an infection of the bladder, is more common in women than men. In women, the urethra is shorter and offers a more direct path for bacteria to reach the bladder. *E. coli* is the most common associated pathogen, which is easily introduced from the intestinal tract. Proper hygiene is important, and when wiping after a bowel movement, wipe away from the genital area.

**Holistic Program:**

An herbal program includes demulcents and antiinflammatories (marshmallow root, mallow herb, licorice root, plantain, corn silk), urinary tract antiseptics (usnea, pipsissewa, uva-ursi, buchu, juniper berry), aquaretics (dandelion leaf, cleavers, horsetail, parsley root), urinary tract tonics (nettles, saw palmetto, goldenrod, horsetail), and urinary tract sedatives (kava).

Avoid spicy foods, cold drinks, caffeinated beverages, sexual intercourse. Alternate hot and cold sitz baths can help bring blood to the area and dissipate the infection. Two or three cups of unsweetened cranberry juice or 4 or 5 capsules of a freeze-dried powder can help deodorize the urine and reduce irritation and infection.