



BP-X

Traditional blood purifier for clearing up skin problems and toxicity

In traditional medicine, outbreaks on the skin (rashes, pox, etc.) and morbid conditions were thought to be the result of impure blood. So, herbs that were effective in clearing up these types of conditions were known as blood purifiers. Later, they became known as alteratives, remedies that removed stagnation and morbidity (toxicity) from the system.

Today we know that these herbs work by improving liver detoxification, aiding lymphatic drainage and otherwise improving the body's ability to break down toxins and metabolic by-products. Some of these herbs also help to improve the health of the gastrointestinal tract, which can improve overall health.

BP-X is a traditional blood purifier formula created by the famous herbalist Dr. John Christopher. This formula contains many blood purifying herbs, as well as some laxatives and diuretics. It has been used as a remedy for skin eruptive diseases and problems with the liver and gallbladder. It stimulates the flow of bile to cleanse the liver and it improves lymphatic flow.

BP-X has been used for problems like abscesses, acne, blood poisoning, boils, chicken pox, dermatitis, eczema, impetigo, itching, poison ivy or oak, psoriasis, rashes and hives. It has also been used as part of a general cleansing program and to help maintain healthy bowel function.

The herbal ingredients in this blend are:

Burdock root

Burdock has been used for centuries as a blood cleanser and has anti-bacterial and anti-fungal properties. It has been used for simple conditions like acne and serious conditions like cancer. It aids metabolism of fats in the liver and skin and helps lymphatic flow. It is also a traditional remedy for cancer.

Pau D'Arco

This bark of a South American tree is used as an anti-microbial and anti-cancer treatment. It is an antifungal remedy, and also has blood purifying qualities.

Red Clover

One of the gentlest alteratives, red clover is wonderful for improving lymphatic drainage and helping the body clear toxins from the system. It gently nourishes the liver and the gall bladder to assist detoxification.

Sarsaparilla

This root contains saponins which have a hormone-balancing effect which can be useful for hormone-related acne. Traditionally used to treat conditions like abscesses, ulcers, syphilis, rheumatism, digestive

weakness and skin disorders, sarsaparilla is also the major flavoring in old fashioned root beer.

Yellow Dock

High in iron compounds, yellow dock also improves iron assimilation and utilization. It has alterative, astringent, tonic and mild laxative properties and has helped treat anemia, skin diseases, intestinal inflammation and constipation.

Dandelion root

The roots of this common garden weed are another mild alterative and blood purifier. Dandelion promotes the flow of bile and urine, which helps to clear toxins from the system.

Buckthorn and Cascara bark

These two herbs are closely related botanically. Both are stimulant laxatives that also increase the flow of bile.

Peach Bark

Has a cooling, sedative, diuretic and expectorant action. It reduces inflammation, flushes toxins through the kidneys and reduces irritation in the liver.

Yarrow

Traditionally used to treat fevers and infections, yarrow cleanses waste from the blood, equalizes circulation and tones the liver.

Oregon Grape

One of the plants that contains berberine (an alkaloid with antibacterial properties), Oregon grape has been used to treat bacterial infections. It has been shown to increase the secretion of bile which aids in liver detoxification. It also stimulates lymphatic flow.

Prickly Ash

A gentler circulatory stimulant than capsicum, prickly ash is especially good at aiding peripheral circulation and lymphatic drainage. It has been used to treat stomach ulcers, fevers, rheumatism and cancer.

Suggested Use

Take 2 capsules with a meal two to three times daily. Drink plenty of water while taking BP-X.

Selected References

The Comprehensive Guide to Nature's Sunshine Products, 6th edition, by Steven Horne and Kimberly Balas
Herbal Therapy and Supplements by Merrily A. Kuhn and David Winston
Nutritional Herbology by Mark Pederson
The Little Herb Encyclopedia by Jack Ritchason, N.D.
The Wild Rose Scientific Herbal by Terry Willard, Ph.D.

For Educational Purposes Only

Handout prepared by Tree of Light, P.O. Box 911239, St. George, UT 84791 (treelite.com). Seek appropriate professional assistance for all serious health problems.

©2014 May be reproduced provided it is not altered in any way.

Distributed by: