


**The Sunshine
Sharing Hour**
With Steven Horne, RH(AHG)
Tuesday, April 24, 2018



Astringents

- **Characteristics**
 - Slightly bitter, with drying, slightly puckering sensation
- **Constituents:**
 - Tannins
- **Energetics**
 - Drying and Constricting

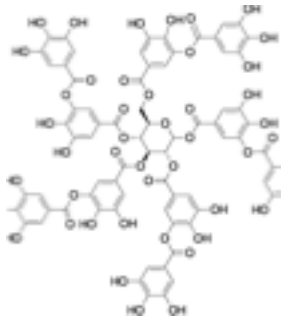


Some Major Astringent Herbs

- White oak bark
- Bayberry
- Uva ursi
- Yarrow
- Red Raspberry
- Willow bark
- Blackberry
- Witch hazel



Tannins



- Tannins are compounds widely found in the plant world. They are used to protect plants from insects, pesticides and help to regulate plant growth.
- The astringency from the tannins is what causes the dry and puckery feeling in the mouth following the consumption of unripened fruit.
- Tannins are polyphenols that are mildly acidic.
- They precipitate proteins, amino acids and alkaloids into insoluble compounds.
- Tannin compounds include:
 - Tannic acid - left
 - Gallotannic acid or gallic acid (oak bark, leaves, galls)
 - Ruosin D (Meadowsweet)
 - Hamamelitannin (Witch Hazel)

Properties of Tannins

- Very Drying: Arrest excessive secretion
- Tonic: tighten loose tissue and reduce swelling
- Syptic: help blood coagulate to stop bleeding
- Slow intestinal peristalsis, tone up leaky gut
- Antivenomous: help to neutralize animal venom when applied topically
- Inhibit enzymes and absorption of proteins
- Mildly antibacterial, antiviral and anti-parasitic



Contraindications for Astringents

- Reduce digestive function, interfere with mineral absorption, so best taken in between meals
- Large doses taken internally can cause constipation
- Long term topical use can be irritating to skin, mucous membranes and liver
- Don't use stronger astringents internally for more than 2-4 weeks

Oligomeric procyanidins (OPCs)

- Condensed tannins with powerful antioxidant capabilities
- Found in pine bark, grape seed and green tea
- Safer for long term consumption



Using Astringents

- Can be taken internally in capsules
- Often more valuable when used as a decoction
- Infusions (teas) made from astringent herbs contain less tannin making them more suitable for long term use
- Astringents can also be used in poultices



Making a Decoction

- Bring water to a boil
- Add 1 teaspoon or the contents of 3-4 capsules per cup of water
- Reduce to a simmer for 20-30 minute
- Strain
- Tannins are water soluble, they are often bound up in barks or roots and a decoction helps to extract them



Using Decoctions

- Take internally (1/4 to 1 cup 1-3 times per day)
- Apply topically as a compress or fomentation
 - Soak a cloth, cotton ball or gauze pad in the decoction
 - Apply it over the affected area
 - Leave in place for at least 20-30 minutes
 - Reapply if necessary



Poultices with Astringent Herbs

- Mix the astringent herb powders with any of the following
 - Slippery elm (equal parts) and a little water
 - Aloe vera gel
 - Silver gel
- Make a thick paste
- Apply the paste topically
- Cover with a bandage
- Change every 4-8 hours



Oak

- **Family:** Fagaceae
- **Genus and Species:** *Quercus alba* and other *Quercus sp.*
- **Common Names:** White oak
- **Part(s) Used:** Bark, leaves, nuts (acorns)



Constituents

- Bark contains the minerals calcium, iron, magnesium, manganese, phosphorus, potassium, selenium and zinc as well as vitamins B-1, B-2, B-3, B-12 and C
- A rich source of phytochemicals, including tannins, quercetin, gallic acid, beta carotene and pectin
- The primary active ingredients are believed to be the phytochemicals quercetin and tannin

Oak Flower Essence

- Helpful for strong people who have been broken down by life (the mighty oak has fallen)-
Wisdom
- People who tend to take on more than they can handle (iron-willed)
- Knowing when to quit, accepting one's limits



Historical Uses

- Wood was used to make lumber, fine furniture, timber, framed buildings, wire & whiskey barrels, shims, etc.
- The bark was used to tan leather, while oak wood chips were used to smoke fish.
- European herbalists valued oak for its astringent bark, leaves and acorns.
- Used medicinally as a diuretic and to help treat bronchitis, colds, fevers and ulcers.
- Acorns are edible, but usually need to be leached in cold running water or boiled in water to remove astringency.



Historical Uses

- Alcoholism
- Anal fistula or fissure
- Bed wetting
- Bites and stings (topical)
- Bleeding (topical)
- Blood in stool
- Cuts
- Dysentery
- Gingivitis (bleeding gums)
- Hemorrhoids
- Injuries (swelling)
- Itching (rectal)
- Oral Surgery
- Phlebitis
- Sore throat (gargle)
- Sores (oozing)
- Spleen (swollen or painful)
- Sprains (soak)
- Teeth (loose)
- Tooth decay (prevention)
- Uterine bleeding (douche)
- Varicose veins
- Wounds

White Oak Best Uses

- Topically and internally to strengthen capillary walls and veins
- Used to treat swollen, enlarged or painful spleen
- Helpful for bleeding of all kinds, nose bleeds, bleeding gums and wounds
- Helpful for arresting watery diarrhea
- Topical for reducing swelling, insect bites and stings and poison ivy or oak

Preparations and Doses

- Prepared as a decoction and used as a gargle to treat sore throats and tonsillitis. May be applied as a wash, lotion or ointment to treat hemorrhoids, anal fissures, small burns, and other skin problems
- Powdered oak bark may be sniffed to treat nasal polyps, or sprinkled on eczema to dry the affected area
- Oak bark powder is used in tooth and gum powders (a good recipe is equal parts oak bark and black walnut powders)
- Oak bark should not be taken internally for more than 4 weeks at a time

Bayberry

- Latin Name: Myrica cerifera
- Other Common Names: Southern wax myrtle and candle berry bark
- Part Used: Root bark



Forest & Kim Starr [CC BY 3.0] (<http://creativecommons.org/licenses/by/3.0/>), via Wikimedia Commons

Bayberry Constituents

- Triterpene saponins (taraxerol, taraxerone, myricadiol, urochadiol)
- Flavonoids
- Tannic acid and gallic acid
- Phenols
- Resins
- Gums
- Volatile Oil (0.2-0.4%)
- Saturated fatty acids (palmitic, stearic, myristic, lauric)
- Minerals: selenium, calcium, chromium, iron, manganese



Body Systems

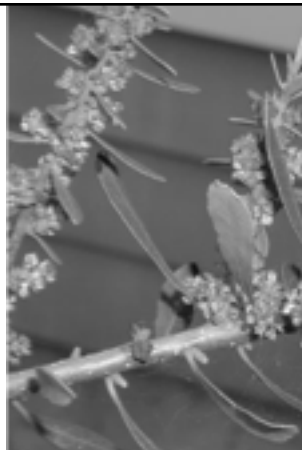
- Mouth and gums
- Mucous membranes
- Skin
- Sinuses
- Throat
- Uterus

Historical Uses

- Bleeding (internal or external)
- Blood in the stool
- Blood in the urine
- Bowel inflammation
- Colds
- Congestion (sinus)
- Coughs (damp)
- Cuts
- Diarrhea/dysentery
- Excessive menstrual bleeding (menorrhagia)
- Flu
- Gingivitis
- Insect bites and stings
- Nose bleeds
- Polyps
- Prolapsed colon
- Sinus infection
- Sneezing
- Sore throat
- Ulcerations (topical)
- Ulcers
- Uterine prolapse
- Vaginal discharge
- Varicose veins
- Wounds

Bayberry Best Uses


- Helpful for getting rid of heavy mucus drainage without drying out mucus membranes
- Loosens phlegm from lungs and throat
- Great for gargle or mouthwash for sore throat or bleeding gums (combines well with goldenseal and echinacea)
- Soak for sinus polyps (mix with goldenseal)
- Helpful for bleeding either topically or internally, especially when combined with capsicum
- Topical for insect bites and stings



Uva Ursi


- Family: Ericaceae
- Genus and Species: *Arctostaphylos uva ursi*
- Other names: Bearberry, Kinnikinnick, Pinemat, Beargrape
- Part(s) Used: Leaf

Photo from Wikipedia




Manzanita

- Family: Ericaceae
- Genus and Species: *Arctostaphylos sp.*
- Part(s) Used: Leaf



Constituents

- Phenolic glycosides:
 - Arbutin (hydrolyzed to hydroquinone, which is anti-inflammatory, mildly astringent and antimicrobial, only works in alkaline urine)
 - Methylarbutin
- Gallotannins (6-40%)
- Terpenes
 - Ursolic acid, uvaole
- Monoterpenes (iridoids)
- Flavone glycosides
 - Hyperin, myricitrin, isoperitrin, quercetin
- Volatile oils
- Malic and gallic acids.



Historical Uses

- Bed wetting
- **Bladder infections**
- **Bladder (irritable)**
- **Bladder (ulcerated)**
- **Blood in the urine**
- Cuts
- **Cystitis (interstitial)**
- Diabetes
- Dysentery
- **Edema**
- Frequent urination
- Gonorrhoea
- Hemorrhoids
- Incontinence
- **Kidney infections**
- Kidney stones
- Pancreatitis
- **Poison ivy or oak (topical)**
- Prolapsed colon
- Prolapsed uterus
- Prostatitis
- Urethritis
- **Urinary tract infections (UTIs)**
- Vaginal discharge

Uva Ursi Best Uses

- Uva Ursi constituent arbutin passes through the gut and into the bladder where it is broken down, one of the resulting components, hydroquinone, kills bacteria stopping infections in an alkaline environment.
- The astringent properties impart tone to relaxed urinary organs and slow the excretion of excess mucus.
- It is used to treat infections in the bladder and urinary tract, given in cases of painful and mucous laden urination.
- The leaves can be used topically as an astringent to tone and stimulate repair of injured tissues.
- A tea of the leaves of all *Arctostaphylos* species has been used to treat poison ivy and poison oak.
- May also be helpful for vaginal discharge and prolapsed uterus.

Yarrow

- **Family: Asteracea (Compositae)**
- **Species: *Achillea millefolium***
- **Other names: Wound wort, soldiers herb**



Photo: Stephen Foster

Constituents

- Volatile oil
 - Monoterpenes (linalool, camphor, borneol, eucalyptol) - antimicrobial and antioxidant
 - Sesquiterpenes (chamazulene) - anti-inflammatory
- Sesquiterpenoid lactones (achillidin, achillin, achillifolin and others) - anti-inflammatory
- Alkaloids (stachydrine, achilleine) - hemostatic
- Tannins (3-4%)
- Coumarins
- Flavonoids (apigenin, artemetin, casticin, luteolin, rutin) - antispasmodic
- Proline betaines
- Polyacetylenes
- Phenolic acids



- Latin name comes from Achilles, the Greek warrior who conquered Troy
- Lacy, finely divided "sawtooth" of leaves actually ribs and veins of a single leaf that has been cut back
- White head of blossoms form a protective "umbrella"

Yarrow Signatures



Yarrow Personality Profile

- Wounded Warrior/Wounded Healer
- People who put out fires and get emotionally wounded
- People who take on other people's problems and feel responsible for them
- Lymphatic tophi (Immunology)
- Sensitive, easily hurt
- Red skin with blue veins



Styptic for Bleeding

- Wounds
 - Lacerations and cuts
 - Arterial bleeding
 - Cuts with bruises
- Nosebleeds
- Heavy menstrual bleeding
- Helpful for internal bleeding
 - Lungs, bowels or kidneys
 - Bleeding hemorrhoids or anal fistulae
 - Cerebral thrombosis
 - Stroke and head injuries

Yarrow Historical Uses

- | | |
|---|--|
| <ul style="list-style-type: none"> • Bleeding • Bruises • Chicken pox • Colds (with fever) • Cuts • Diarrhea • Female problems • Fever • Fibroids (uterine) • Flu • Fungal infection • Heavy menstrual bleeding • Hemorrhage | <ul style="list-style-type: none"> • Kidney diseases • Measles • Menstrual disorders • Nosebleed • Perspiration (lack of) • Pleurisy • Pneumonia • Sweating (to promote) • Toothache (chew young fresh leaves for) • Urinary problems • Viral infection • Wounds |
|---|--|

Yarrow Best Uses

- | |
|---|
| <ul style="list-style-type: none"> • Diaphoretic for viral infections with fever: cold, flu, measles, chicken pox, etc. • Part of my "children's composition" formula: equal parts yarrow flowers, elderflowers and peppermint • Topical for cuts, deep wounds and arterial bleeding • Cold decoction for stomach and kidney problems • Helpful for heavy menstrual bleeding, uterine fibroids, vaginal discharge and other female issues • Young fresh leaves have a purple tip which contains a topical analgesic, traditionally chewed for toothache |
|---|

Dosage

- **Fresh:** Crush leaves and apply topically to wounds, insect bites, etc.
- **Oil:** Yarrow infused oil is a topical anti-inflammatory. It moves blood, reduces stagnation and is useful for sore muscles, scaly skin conditions and arthritis.
- **Tea:** 1-2 teaspoons of flowers to 8 oz of water. Steep covered 40 minutes (D Winston) or steep covered 13 minutes, steeping longer changes the properties (M Wood). Drink 2-3 cups per day for chronic conditions, or a cup every hour in fevers.
- Tea is better tasting when mixed with peppermint

Raspberry Leaf

- **Family:** Rosaceae
- **Genus and Species:** *Rubus idaeus*, *R. strigosus*
- **Other names:** Red Raspberry, Framboise, European Raspberry
- **Part(s) Used:** Leaves



Constituents

- Tannins
- Gallic
- Elagic acids
- Alkaloids: fragrine, flavone, farfarin
- Vitamin C and A
- Minerals: Calcium, phosphorus, iron and trace minerals



Raspberry Leaf Historical Uses

- Acid indigestion
- Afterbirth pain
- Birth defects (prevention)
- Blood in stool
- Canker sores
- **Childbirth (preparation)**
- Diarrhea (mild)
- **Eye inflammation (topical)**
- Gastritis
- Hemorrhage
- Hemorrhoids
- **Hernia**
- Influenza
- Interstitial cystitis
- **Labor and delivery**
- **Menstrual flow (decrease in)**
- **Miscarriage (to prevent)**
- Morning sickness
- Myasthenia gravis
- **Nausea and vomiting**
- Poultices
- **Pregnancy**
- **Prolapsed colon**
- **Prolapsed uterus**
- Puberty (hormone balancing)
- Rosacea (topical)
- Vaginitis

Raspberry Leaf for Women

- Traditionally it has been used during pregnancy to nourish to-be mothers and tone the uterus
- Pregnancy tea: Equal parts alfalfa, nettle and red raspberry (optional: peppermint).
- Raspberry leaf's astringency supports a uterus that is over-relaxed, bringing tone to the reproductive system.
- Pregnant women find relief from Raspberry leaf during morning sickness, and while in labor to ease the delivery.
- During times of heavy periods and cramping, Raspberry leaf tea is an aid to women.

Other Raspberry Leaf Uses

- Has been known to quiet the pain of upset stomachs, especially in children.
- A gargle raspberry leaf tea has long been employed to treat sore and cankerous throats.
- It has been used to heal wounds and ulcers by being made into a wash
- Its astringency also works to tonify and strengthen the digestive tract and colon, aiding in ailments producing diarrhea.
- The herb nourishes the blood and is a naturally occurring form of iron, which helps the body regulate red blood cells

Upcoming Education

- **Upcoming Member Webinars**
 - The Holistic Perspective (Monday, July 9) – *Rise Above the Challenges of Life by Gaining a Higher Perspective*
 - Sunshine Sharing Hour (Tue, July 31) – *How Well Do You Methylate?*
- **Current Classes**
 - **Fundamentals of Natural Healing Class (Module 3: Healing Chronic Diseases)**
 - Starts June 21st, call 800-416-2887
 - **Emotional Healing Training Program (Module 3: Specific Emotional Healing Tools and Techniques)**
 - Starts July 16th,
<https://events.genndi.com/channel/EmotionalHealing3>

Comments, Questions and Answers

- Type your questions about tonight's topic into the chat box
- Product presentation to follow this Q&A