

Herbs for Detoxification

Herbal remedies are seeing a rise in popularity. This includes using herbs for detoxification. Many people like the idea of using herbs as natural products have minimal side effects. Herbs in fact have many therapeutic abilities. The following list explains some western herbs commonly used for detoxification and why they work.

Dandelion - This is an herb that is good for the whole body, specifically the immune system. It works to eliminate toxins from the cells in the body. It also increases bile and helps it move along. It is credited with boosting white blood cells thus strengthening the immune system.

Licorice Root - This herb has properties that work like an antioxidant, fight viruses and helps the body produce antibodies.

Cascara Sagrada - This herb works like a laxative. It helps the bowels move.

Black Walnut Hulls - This herb also works in the bowels. It works against parasites and removes them from the intestines. It also helps remove fatty material and toxins.

Garlic - Garlic is the classic kitchen-pharmacy remedy and has been used for centuries as an antiseptic. It detoxifies the gut and helps the bowels function properly. It works like a laxative in making the bowels move regularly.

Goldenseal - this herb is well known for its cleansing power. It can rid the body of toxins and help to remove obstructions.

Psyllium - This herb also works to help move the bowels.

Here are some Chinese herbs that are used for detoxification.

Lian Qiao - Lian Qiao is the forsythia flower. It has a cleansing action and helps to clear heat and toxins.

Ju Hua - Otherwise known as the Chrysanthemum. This is a pungent herb that should not be overcooked, or it will lose its potency. It has cleansing properties.

Pu Gong Ying - Pu Gong Ying is the dandelion plant. It is the parts of the plant above the root that is being used as a remedy. It is effective as a detoxification herb. It is important to know that the main point of detoxification is removing toxins from the body, usually through the bowels. Using herbs is gentler on your system than other methods and you get additional benefits from the nutrients that herbs supply.

About the Author

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