

Espinheira Santa and Alternative Health

Deep in the Amazon rainforest exist a multitude of herbs, roots and plants used by the natives as alternative remedies. As Americans become more fascinated by alternative methods of healing and health, these herbs are fast becoming popular. One such byproduct of the Amazon is espinheira santa. What is an Espinheira Santa? Part of the evergreen family, the Espinheira Santa (*Maytenus ilicifolia*) is a shrub-like tree that can grow as high as 16 feet. Indigenous to the Amazon Rainforest, the Espinheira Santa is considered to be quite small when compared to other trees! What's so great about Espinheira Santa? The Espinheira Santa, also known as "Holy Thorn" for its appearance, contains many medicinal qualities that the Amazonian natives have utilized for years. Extracts of the leaves are reported to offer the same relief of antacids and antiulcerogenics, beneficial for those suffering digestive ailments. Espinheira Santa byproducts may also act as analgesics, aiding in pain relief. Taken internally as a supplement or stewed in a tea, Espinheira Santa offers numerous other health benefits:

About the Author

Read magazines like Shape, Womens Fitness, Fitness, etc to get tips and to stay motivated. Good luck and stick at it. This plan has lost me 20 lbs in 12.

Source: <http://www.productsherbal.com>