



What Are The Functions Of The Herb Cat's Claw In The Body?

Traditionally, Cat's Claw has been used to treat arthritis, gastritis, tumors, dysentery, and female hormonal imbalances. Today, the plant has shown the ability to treat viral infections, minimize inflammation, and provide therapeutic action for stomach and bowel disorders including arthritis, Crohn's Disease, ulcers, gastritis, parasites, diverticulitis, hemorrhoids, several types of cancer, irritable bowel syndrome, herpes, allergies, lupus, diabetes, PMS, yeast infections, hypoglycemia, prostatitis, bursitis, and rheumatism. European studies are currently looking at Cat's Claw for its ability to treat AIDS and cancer. Additionally, the herb has been used for Athlete's Foot, Ear infections, back pain, TMJ syndrome, fibromyalgia, canker sores, sinus infections, and asthma.

Peruvians have trusted the anti-inflammatory abilities of Cat's Claw for many generations, as it was traditionally used for any type of rheumatism or arthritic joint condition. Many studies on the plant metabolites found in Cat's Claw have found that it does inhibit inflammatory response for a fact. The plant sterols that are found in Cat's Claw have the ability to reduce artificially induced swelling. After extensive research, scientists have found that the strong anti-inflammatory activity is due to the presence of all the compounds together. These same compounds have an intrinsic anti-inflammatory effect as well.

These findings confirm what herbalists have advocated for many generations: the fact that plants are designed to be used in their whole form in order to be biochemically effective. Pharmaceutical synthetic versions of herbal medication have so many bad side effects because they have been chemically extricated and isolated, which eliminates the very crucial role of other compounds that are vital to the function of the plant.

Natural botanical remedies, on the other hand, have been designed by nature to work together. Natural anti-inflammatories are extremely important for treating diseases such as allergies and arthritis because they have a lot less side effects than the prescription NSAIDs that are currently being used by thousands of individuals. Back pain, joint pain, inflammation caused by histamine release, and a whole lot of other maladies have resulted in millions of dollars worth of anti-inflammatory drugs such as ibuprofen to be purchased.

Diseases such as AIDS and flesh-eating viruses have received a good amount of press coverage over the last several years. Although a lot of us may not feel immediately threatened by these viruses, we may not be as strong as we could be immunologically. Most of us are battling a never-ending list of ailments such as colds, flu, sore throats, earaches, athlete's foot, yeast infections, chronic fatigue syndrome, herpes, and colitis.



With heart disease, cancer, and diabetes being responsible for thousands of deaths each year, our country as a whole is in poor health. Our immune systems, which are our build-in defense mechanisms, need to be kept in optimal working condition as infectious microorganisms and carcinogens constantly surround us. A healthy immune system has a great ability to fight off disease or at least minimize its stay in our body. By fortifying our defenses with certain herbs, vitamins, and antioxidants, we can greatly promote wellness in our bodies.