



## Cornsilk

Stock #235-3 (100 capsules)

Cornsilk is one of the best natural remedies for bladder, kidney and prostate problems. Cornsilk relaxes and soothes irritated mucus membranes lining the bladder and urinary tubules. Cornsilk is extremely soothing for burning or painful urination due to irritation of the bladder and urethral walls. Cornsilk also helps difficulty in beginning urination which is common in prostate disorders.

Cornsilk is believed to have a therapeutic effect on the kidneys by helping to decrease the formation of kidney and gallstones and alleviating some of the symptoms caused by stones already present. Cornsilk also provides diuretic properties to enhance the elimination of toxins and uric acid build-up in the joints. Such accumulation of toxins and irritating acids is known to cause pain and inflammation and can lead to gout.

Cornsilk provides mild analgesic (relieves pain) action and reduces nerve sensitivity.

Cornsilk is often recommended for chronic cystitis, edema, hepatitis, hypertension, incontinence, oliguria, pyelitis, and urinary tract dysfunction. Cornsilk is also a beneficial adjunct treatment for acute cystitis. Cornsilk has even been used to inhibit bedwetting in children.

Researchers in China have determined cornsilk reduces blood pressure and blood-clotting time. Cornsilk is rich in vitamin K, which is responsible for the herb's ability to stop hemorrhages in weakened blood vessels. This explains cornsilk's use for controlling bleeding during childbirth.

According to *The Encyclopedia of Medicinal Plants*, cornsilk stimulates bile production and improves bile flow from the liver through the bile ducts.

Cornsilk is a rich source of vitamin K, iron, and silica. Cornsilk also contains a high amount of potassium, which is partially responsible for the herb's diuretic properties. Cornsilk also supplies ascorbic acid (vitamin C) and vitamin B5 (pantothenic acid).