



## Fenugreek & Thyme

Stock #885-1 (100 capsules)

Fenugreek & Thyme is an herbal decongestant and expectorant formula which helps relieve respiratory congestion, inflammation, and infection. Fenugreek & Thyme helps thin mucosal fluids and stimulates expectoration, relaxes muscle spasms to reduce coughing, fights infection, and lowers fever. Fenugreek & Thyme also stimulates the production of digestive fluids to improve digestion. It should be noted that poor digestion is frequently the cause of respiratory congestion and constriction (i.e. undigested proteins can activate allergic responses which cause the release of histamines).

Fenugreek & Thyme is recommended for respiratory problems, including allergies, asthma, bronchitis, colds, coughs, excess mucus, fever, hayfever, respiratory tract infections, sinus/lung congestion, as well as digestive problems such as dyspepsia and gastritis.

**Fenugreek** increases the production of mucosal fluids to help remove allergens and toxins from the respiratory tract. Fenugreek acts as an expectorant and antispasmodic to loosen phlegm and help stop chronic coughs. Research has also found that fenugreek induces perspiration to help lower fever, a quality which has been compared by some authorities with that of quinine. Fenugreek is often included in lung-healing formulas for treating emphysema and lung congestion, as well as allergies, bronchitis, fever, hayfever and respiratory tract infection.

Fenugreek also stimulates the production of digestive fluids to enhance digestion and assimilation of nutrients. Fenugreek is even recommended during convalescence and in cases of anorexia to promote weight gain. Fenugreek provides anti-inflammatory properties which help soothe inflamed tissues, as confirmed by Belgian researchers. In fact, these soothing properties have been found to help stomach problems such as dyspepsia, gastric ulcers and gastritis. Fenugreek even acts as a mild laxative to relieve constipation. In general, fenugreek encourages an overall improvement in health, weight gain, more efficient protein utilization, reduced phosphorous secretion, and increased red blood cell counts.

French scientists have shown fenugreek stimulates general pancreatic secretion, of use for improving severe diabetes. A study in the *European Journal of Clinical Nutrition* showed fenugreek lowered blood glucose and serum lipid levels in type I diabetes. An earlier study published in this same journal showed similar results in non-insulin-dependent diabetics. Experiments have shown a reduction in urinary glucose by 54%, along with decreased blood glucose and cholesterol levels when defatted fenugreek seed powder was added to the diets of diabetic participants. Other studies have further confirmed fenugreek's hypoglycemic activity, as well as its hypocholesterolemic ability, due to the high amount of fiber, cellulose and lignin in the defatted portion of the seeds. Fenugreek's rich supply of steroidal saponins, including diosgenin, have also been implicated as responsible for lowering cholesterol.

Various animal experiments have shown fenugreek inhibits liver cancer cells. In China, fenugreek is employed as a pessary in the treatment of cervical cancer.

Fenugreek is high in iron and selenium and is a rich source of viscous fiber (about 27%) and protein (about 25%). Fenugreek contains generous amounts of choline and vitamin A, as well as biotin, inositol, lecithin, PABA and vitamins B1, C and D. Fenugreek also supplies a sizeable amount of the amino acids arginine, histidine, leucine and lysine.

Fenugreek has been shown to stimulate uterine contractions, as well as increase breast-milk production due to the lactation activity of fatty acids present. Thus, fenugreek seeds should not be taken during pregnancy.

**Thyme** contains a volatile oil which has strong antiseptic properties, primarily due to the presence of thymol in the oil. This antiseptic effect enables thyme to effectively treat respiratory infection and minor throat infection. Thyme's volatile oil has also been shown to promote expectoration of phlegm and destroy worms, while the constituent, thymol, has been shown to exhibit potent antifungal activity. The combination of flavonoids and volatile oil in thyme provide antispasmodic qualities which are particularly beneficial for treating chronic coughs such as whooping cough. Furthermore, studies have confirmed the herb's bronchodilator (dilates the bronchioles) effects. Thyme is commonly recommended for allergies, asthma, bronchitis, excess bronchial mucus, colds, fever, hay fever, headache, laryngitis, pleurisy, sinus congestion and sore throat.

Thyme also stimulates the production of digestive fluids, relieves abdominal pain, and acts as a mild sedative. Thyme's combined therapeutic benefits are thus useful for various digestive disorders such as colic, diarrhea,

flatulence, gastritis, indigestion and stomach ache.

Thyme can also be found in antifungal creams, mouthwashes, feminine hygiene products and external analgesics.

Thyme contains B-complex vitamins, vitamins C and D, as well as a rich source of chromium, iron and silicon. Thyme also contains fairly high amounts of cobalt, magnesium, manganese and selenium.