



Four

Stock #892-5 (100 capsules)

Four is an herbal expectorant formula consisting of herbs which dilate bronchioles and peripheral blood vessels, improve the fluidity of mucous in the respiratory system, and relieve muscle spasms, particularly those resulting in the urge to cough.

Four has been found helpful for many different conditions including arthritis, fevers, headaches, hysteria, insomnia, menstrual cramping and rheumatism.

Blessed thistle is commonly thought of as a feminine tonic to increase milk production in nursing mothers, and to treat painful menstruation. Blessed thistle also checks excessive bleeding. In vitro studies have shown an extract of blessed thistle demonstrates anti-yeast activity against *Candida albicans*, responsible for causing both thrush and vaginal yeast infections. Antibacterial activity against various microorganisms has also been documented. Blessed thistle stimulates digestive secretions and the production of mucosal fluids in the intestines which helps soothe irritated tissues. Thus, blessed thistle has been found to be a

valuable digestive tonic for diarrhea, dyspepsia, and flatulent colic. Blessed thistle also helps reduce fever and inflammation, and acts as an antibiotic, antiseptic and mild expectorant.

Catnip stimulates profuse sweating which helps reduce fever. Catnip also acts as a mild astringent in mucus membranes and has been shown to have some antibiotic properties. In fact, catnip is commonly used in children's formulas for bronchial infections, colds, fever, and flu. Catnip has also been found to stimulate appetite prior to meals and improve digestion following meals. Catnip's sedative properties help relieve excitability, insomnia, and palpitations, while the herb's mild antispasmodic effect helps to alleviate chronic coughs and menstrual cramping.

Pleurisy is particularly beneficial for relieving the pain and inflammation associated with pleurisy. However, this herb is also helpful for promoting the expectoration of phlegm, relieving dry and constricted chest conditions, relaxing muscle spasms to control coughs, and stimulating perspiration to reduce fever. These actions enable pleurisy to be used for treating a variety of ailment, including asthma, bronchitis, dry cough, feverish stages of colds and flu, pneumonia, respiratory congestion, rheumatic fever, and typhoid fever, as well as colic, chronic diarrhea, dysentery, gastritis, and even uterine disorders. Pleurisy is not recommended during pregnancy as it has been shown to exhibit an estrogenic effect on the body.

Yerba santa stimulates the production of mucosal fluids, shrinks inflamed tissues, and acts as an antiseptic. Yerba santa is also an effective expectorant, valued for its use in treating asthma, chronic bronchitis, colds, and other respiratory ailments, including allergies, coughs, excessive mucus, influenza, pleurisy, and sore throat. Recent research published in the *Journal of Natural Products* has identified a possible inhibitory effect against a potent carcinogenic.

The use of yerba santa easily dates back to early Native Americans who made a tea from the leaves to treat asthma, colds, rheumatism and tuberculosis. Yerba santa was also applied topically as an antiseptic to heal infected wounds and bruises (even on domesticated animals), reduce fever and relieve rheumatism. Yerba santa also helps relax and prevent muscle spasms and reduces inflammation.