



Marshmallow & Fenugreek

Stock #843-1 (100 capsules)

Marshmallow & Fenugreek is a dual-purpose herbal supplement for relieving both respiratory and digestive problems. 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). Marshmallow & Fenugreek increases the production of mucosal fluids to soothe inflamed tissues and stimulates expectoration of excess phlegm. Marshmallow & Fenugreek also provides a mild laxative effect to cleanse the body of toxins. This herbal duo helps relieve chronic coughs, lowers fever, and improves digestion.

Marshmallow & Fenugreek is a beneficial for allergies, bronchitis, coughs, fever, dyspepsia, gastritis, hayfever, respiratory congestion, and ulcers.

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.

Marshmallow increases the production of mucosal fluids which eases inflamed tissues and helps heal both internal and external inflammatory conditions. Marshmallow is especially beneficial for soothing and protecting mucous membranes, and has long been used to relieve allergies, coughs, hayfever, sore throat, and toothache. European herbalists in the 17th century expanded marshmallow's uses to include bronchial asthma, bronchial congestion, dry coughs, fevers, hoarseness, pleurisy, shortness of breath, tuberculosis, wheezing, and other sorts of respiratory complaints. By the mid-19th century, marshmallow had been included in the U.S. Pharmacopoeia for treating colds, diarrhea, dysentery, gastrointestinal problems, gonorrhea, hoarseness, and most any condition affecting the genito-urinary tract, including cystitis, frequent urination, incontinence, painful urination, and urinary tract infection.

Modern research has found marshmallow improves immune system function by enhancing the action of white blood cells against microorganisms.

Marshmallow is soothing to the mucous membranes of the gastrointestinal tract and is helpful for counteracting excess stomach acid, gastritis, hiatal hernias, and peptic ulcers. Marshmallow is also considered mildly laxative, and is often used for various intestinal problems, including colitis, diverticulitis, enteritis, irritable bowel syndrome, and regional ileitis.

Marshmallow is made up of about 37% starch, 11% mucilage, and 11% pectin. Marshmallow also contains flavonoids and phenolic acids, and is an ample source of trace minerals, particularly chromium, iron, magnesium and selenium.