



Marshmallow

Stock #440-0 (100 capsules)

Marshmallow has been used in healing for some 2,500 years. Ancient cultures considered marshmallow a food to be eaten during times of famine, as well as a natural healer for abscesses and boils, burns, digestive upset, inflammation, insect bites and stings, sore throat, toothache, urinary irritation, and wounds.

European herbalists in the 17th century expanded marshmallow's uses to include bronchial asthma, bronchial congestion, dry coughs, fevers, hoarseness, pleurisy, shortness of breath, sore throat, tuberculosis, wheezing, and other 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.

Marshmallow increases the production of mucosal fluids which soothes inflamed tissues and helps heal both internal and external inflammatory conditions. Marshmallow is especially beneficial for soothing and protecting mucous membranes and 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.

Modern research has found marshmallow improves immune system function by enhancing the action of white blood cells against microorganisms. Other research indicates a possible reduction in blood sugar levels using marshmallow, which could be of benefit to diabetics.

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.