



Red Raspberry

Stock #560-8 (100 capsules)

Red raspberry is perhaps most popular as a female tonic, with uses ranging from alleviating excessive menstrual bleeding and cramping to relieving "morning sickness" in pregnant women. Raspberry is also known to deter spotting, prevent false labor or hemorrhaging, help tone the uterus in readiness for childbirth, and decrease the pain of delivery.

Although researchers are still unclear as to how raspberry leaves promote easier labor, the theory is held that the leaves strengthen the longitudinal muscles of the uterus, enhancing the force of contractions, thus quickening childbirth. Raspberry also reduces postpartum bleeding and uterine swelling, promotes tissue repair, and increases lactation. Furthermore, a study appearing in *Lancet* documented the herb's ability to relax uterine muscles if taunt, as well as contract these same muscles when relaxed. This balancing effect on the body may explain raspberry's use for both relaxing muscle cramps and spasms and treating constipation, as well as improving prolapsus and extreme looseness

of the bowels, as in the case of diarrhea. Of course, red raspberry is also beneficial for the abdominal pain, cramping, heavy bleeding, and swelling associated with dysmenorrhea, endometriosis, and menorrhagia.

Studies show raspberry provides antifungal and antiviral activity against various pathogens, including *herpes simplex* virus II (genital herpes) and *vaccinia* virus (cowpox) in cell cultures, as well as *coxsackie* virus, *influenza* virus, *polio* virus I, and *reovirus* I.

According to information published in *Planta Medica*, some experimental studies have shown that raspberry possesses mild hypoglycemic activity, indicating a possible use for treating diabetes.

In France, raspberry leaves are considered a tonic for the prostate gland.

Children are commonly given red raspberry for colds, diarrhea, fever, flu and vomiting.

Raspberry leaf tea can be taken internally or used as an eyewash for conjunctivitis, as a mouthwash and gargle for mouth sores, sore throat, and tonsillitis. The tea is even used as a douche for excessive vaginal discharge.

Red raspberry is very high in the minerals iron, manganese, and pantothenic acid, as well as calcium, magnesium, selenium, and vitamins A, B and C. Raspberry leaves also contain flavonoids, polypeptides and tannins, which are especially beneficial for their astringent action. Raspberry tannins are believed to be responsible for the herb's ability to combat diarrhea, hemorrhoids, morning sickness, nausea, and vomiting, making the herb especially useful for dysentery and intestinal flu. Red raspberry is rich in silicon which helps strengthen bones, nails and teeth and promotes healthy skin.

Some herbalists recommended only small amounts of red raspberry during early stages of pregnancy as high doses of the herb can act as a uterine stimulant.