

QUICK REFERENCE SHEET

BUTCHER'S BROOM

Ruscus aculeatus



Part Utilized:
Root



PROPERTIES:

Stimulant (circulatory), Tonic, Antilithic, Diuretic, Diaphoretic

SYSTEMS AFFECTED:

Cardiovascular, Urinary

POSSIBLE USES:

varicose veins, gout, leg cramps, hemorrhoids, inflammation, kidney and bladder issues, edema, swelling of the legs, irregular heartbeat

GENERAL INFORMATION:

Butcher's Broom is a popular and effective treatment for varicose veins and the heavy, tired, achy feelings in the legs that accompany them. The veins of the legs are under a tremendous strain when a person is standing. This pressure can increase ten times over normal if the person stands for long periods of time. Butcher's Broom increases circulation, strengthens the veins themselves, and reduces inflammation.

One double-blind study was conducted with eighty patients suffering from chronic vein problems in their legs. They had the accompanying symptoms of edema (swelling), burning, tingling, heaviness, and leg cramps. The forty in the group given a Butcher's Broom preparation showed significant improvement. The improvements were attributed to increased strength and tone of the vein walls. No side effects whatsoever were noted. Butcher's Broom can also be used effectively in the treatment of hemorrhoids.

Butcher's Broom is also an herb for kidney and bladder health, and is effective in the prevention of gravel and stones in both the kidney and the gallbladder. Butcher's Broom is a remedy for jaundice and may be helpful with some types of irregular heartbeat.