

## QUICK REFERENCE SHEET

# CASCARA SAGRADA

*Rhamnus purshiana*



Part Utilized:  
Bark



### PROPERTIES:

Tonic (digestive and liver), Antilithic, Blood Purifying

### SYSTEMS AFFECTED:

Digestive, Endocrine (pancreas)

### POSSIBLE USES:

mild laxative and cathartic, nutrition, diabetes

### INGREDIENT IN:

BC, Cascara/Juniper, CD, LB, RC, RC-L

### GENERAL INFORMATION:

Cascara Sagrada was admitted to the U.S. Pharmacopoeia in 1877 and is still included as an official medicine. Cascara is one of those herbs that is known throughout the world, from culture to culture, and is used for exactly the same purposes in each country. The beauty of Cascara Sagrada is that it restores natural bowel function without cramping and horrible diarrhea. This herb is not habit-forming and does not, as do chemical laxatives, create a dependency on itself for the bowels to continue to function properly. If a person has a high stress lifestyle or an improper diet, they may mistake the requirement for the nutrients found in Cascara for a dependence on it. This is not so—the herb is acting to fulfill those nutrients needed for colon health.

While Cascara is strengthening the bowel, it is also acting to prevent the formation of gallstones and is a mild blood purifying herb. This herb is an essential piece of formulas for the control of diabetes.

Cascara contains significant amounts of calcium, B complex vitamins, potassium, phosphorus, selenium, vitamin A, sodium, chlorine (in the natural and usable state that the body requires a small amount of), magnesium, iron, niacin, and trace amounts of manganese, silicon, and vitamin C.