

QUICK REFERENCE SHEET

COMFREY ROOT

Symphytum officinale



Part Utilized:
Root



PROPERTIES:

Demulcent, Cell Proliferant, Astringent, Nutritive, Tonic, Expectorant, Alterative, Vulnerary, Styptic, Pectoral

SYSTEMS AFFECTED:

Comfrey is an herb for the whole body.

POSSIBLE USES:

diarrhea, inflamed kidneys, lung hemorrhage, coughs, tuberculosis, stomach ulcers, anemia, sprain, bruises, broken bones, wounds, varicose veins, boils, burns—to name just a few!

INGREDIENT IN:

APL, BHM Plus Salve, BHM Salve, BHM, CM Salve, IBL, LN, Miracle Salve, MP, PL, PPAC, PT

GENERAL INFORMATION:

The medicinal uses for Comfrey are so extensive that to do them real justice would take several pages. I will mention a few unusual ones.

Comfrey feeds the pituitary which in turn helps strengthen the skeletal system. Pituitary hormones help maintain the calcium-phosphorus balance which in turn produces strong bones and healthy skin. Dr. Christopher claimed that Comfrey would “cause broken bones to knit in half the usual time.”

Comfrey is a marvelous herb for the respiratory system, especially in situations that are extremely serious such as hemorrhage in the lungs. Comfrey soothes inflamed respiratory (and other) tissues.

Both the root and leaves can be made into a poultice to heal even the most obstinate or ulcerous wounds and to treat even the most severe burns (this we know about personally). This marvelous herb also acts as a blood purifier.