

## QUICK REFERENCE SHEET

# HIBISCUS

*Hibiscus sabdariffa*



Part Utilized:  
Flower



### PROPERTIES:

anti-oxidant, anti-microbial, anti-inflammatory, diuretic, hypotensive, astringent, demulcent, antilithic, carminative

### SYSTEMS AFFECTED:

Cardiovascular, Circulatory, Brain, Respiratory, Urinary, Liver, Immune System, Endocrine System (especially the pancreas), Urinary system, Digestive System

### POSSIBLE USES:

manage depression and mood, relieve anxiety, improve memory and mental function, stimulate hair growth, lower blood pressure, improve circulation, stabilize blood sugar levels, loss of appetite, as a gentle laxative, restoring and supporting damaged kidneys

### INGREDIENT IN:

BT

### GENERAL INFORMATION:

Hibiscus flowers contain some powerful anti-oxidants such as beta-carotene, vitamin C, and anthocyanin. Anti-oxidants protect against free radicals that so often cause connective tissue damage. How important is this protection? Connective tissue is found between the layers of tissues everywhere in the body, including the brain and spinal cord!

This flower is also high in Vitamin K, B Vitamins, Vitamin C, calcium, magnesium, potassium, copper, iron, and some amino acids, as well as some nice plant proteins. Herbs containing plant proteins are not common and are especially beneficial to those on vegetarian diets.

A tea made from hibiscus flowers has a slightly bitter taste, similar to cranberries, and is said to reduce food cravings. Hibiscus tea or tincture, sipped or taken after dinner often prevents that bloated, heavy feeling that prevents a good night's sleep.

Hibiscus, consumed daily, can reduce cholesterol (the bad for you kind—LDL) levels while increasing HDL (the good stuff made naturally by the body). This makes it useful in reducing high blood pressure and protecting the liver from developing Fatty Liver Disease, one of the real nasty diseases. Fat-burning properties in Hibiscus also aid in weight loss regimens when, of course, accompanied by sensible exercise programs and a diet of healthy, sensible foods. One of my favorite things about Hibiscus flowers is that studies have shown that they help to prevent calcium crystals in the kidneys from becoming kidney stones.

Amino acids found in Hibiscus flowers trigger keratin production in hair follicle cells. Sufficient keratin production stimulates hair growth and prevents hair from becoming brittle and easily damaged from brushing, etc.