

QUICK REFERENCE SHEET

HORSERADISH

Armoracia Rusticana



Part Utilized:
Root



PROPERTIES:

Diuretic, Sudorific, Expectorant, Antibiotic, Vermifuge

SYSTEMS AFFECTED:

Respiratory, Urinary, Digestive, Circulatory

POSSIBLE USES:

asthma, bronchitis, respiratory and urinary infections, stimulate digestion, cold, flu

INGREDIENT IN:

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GENERAL INFORMATION:

Horseradish appears to have an antibiotic action with a specific focus on respiratory and urinary infections. Even in small amounts as a well-prepared condiment, Horseradish strongly stimulates the digestion, increasing gastric secretions and appetite. It is an excellent diuretic, and promotes perspiration, making it a useful remedy for fevers, colds, and flu. Horseradish is an excellent expectorant. Horseradish is extremely strong, and may irritate the gastrointestinal tract if overused. One source mentioned that Horseradish should be avoided by those with thyroid issues, though no explanation was given. That is where good muscle-testing skills come in!

Horseradish is rich in vitamins C, B1, A, P, and B complex. It also contains sulphur, potassium, calcium, phosphorus, iron, and sodium.