

QUICK REFERENCE SHEET

MYRRH

Commiphora myrrha



Part Utilized:
Resin



PROPERTIES:

Alterative (blood purifier), Nervine, Rubefacient, Expectorant, Astringent, Carminative, Anti-inflammatory, Stimulant, Emmenagogue

SYSTEMS AFFECTED:

Nervous, Muscular, Lymphatic, Immune, Endocrine/Glandular, Cardiovascular

POSSIBLE USES:

stabilizing blood sugar levels, gum disease and infections in the mouth, cough, eczema, chronic diarrhea, indigestion, ulcerated skin, wounds

INGREDIENT IN:

BC, FN, NV, Raspberry/Myrrh

GENERAL INFORMATION:

Myrrh is a powerful antiseptic with a special affinity for the mucous membranes, and gives vitality and strength to the digestive system. Myrrh aids in the balance of acid and alkaline in the blood. I frequently add a little Myrrh to a formula because it contains a compound known as silymarin, which protects the liver from chemical toxins and aids in its repair.

Myrrh is a valuable cleansing and healing agent for the stomach and colon, just as it is for the liver. Myrrh soothes and strengthens the entire digestive system and has been shown to stimulate the thyroid.

Myrrh, being a resin, is not soluble in water so is best taken as a powder or as a tincture. The medicinal properties of Myrrh (and any other herb) are preserved longer as a tincture than as a powder. Powdered herbs are so easily depleted of nutrients by light and air.