

## QUICK REFERENCE SHEET

# PAU D'ARCO

*Tabebuia impetiginosa*



Part Utilized:  
Bark



### PROPERTIES:

Alterative, Adaptogenic, Tonic, Antibacterial, Antifungal, Anti-inflammatory, Vulnerary, Antibiotic

### SYSTEMS AFFECTED:

Immune, Digestive, Respiratory, Integumentary, Urinary

### POSSIBLE USES:

sore throat, ringworm, yeast infections, cystitis, inflammation of the digestive tract, strep and staph infections, chronic fatigue syndrome, fibromyalgia

### INGREDIENT IN:

AP, BAC, BRON, FN, SS

### GENERAL INFORMATION:

Pau D'Arco contains such a wide number of active constituents that it is not surprising that this beneficial herb is used so extensively by herbal practitioners throughout the world.

Pau D'Arco is an important natural antibiotic for bacterial, viral, and fungal infections, especially of the nose, mouth, and throat. Pau D'Arco is one of the best herbs for strep and staph infections. It is considered helpful for chronic conditions such as Chronic Fatigue Syndrome and fibromyalgia. This herb is also used to treat fungal conditions such as ringworm, and for yeast infections.

The anti-inflammatory properties of Pau D'Arco center around the stomach, intestines, and the urinary tract. It has been used effectively for cystitis, inflammation of the bowels, and for inflammation of the cervix and prostate.

Clinical experience in Brazil, Pau D'Arco's native country, as well as traditional use over many years, suggests that this plant should be looked at and researched more extensively as a possible treatment for cancer.