

**ELEUTHERO**

Name: Eleuthero, Siberian Ginseng, Eleutherococus senticosus

Plant Family: Araliaceae (lily family)

Parts Used: dried root

Uses: increased endurance and stamina, memory improvement, mental awareness, helps manage stress, strengthens immune system, chemoprotective, radiological protection, reduces blood pressure, reduces blood sugar, helps alleviate symptoms of herpes simplex virus, headaches, stomach ulcers, soothes adrenals, insomnia, improves overall wellbeing

Actions: adaptogenic, tonic, hypoglycemic, diuretic, stimulant, choleretic, hypocholesterolemic, antitoxic, radioprotective, antidiabetic, antioxidant, anti-inflammatory, immunogenic, anti-cancer

Constituents: eleutherosides A-GO, lignans, phenolics, sugars, volatile oils, phenylpropanoids,  b-sitosterol, chlorogenic acid, carophylline, isofraxidine, syringaresinole, cesamine, caffeic acid, coniferol aldehydein, starch, and minerals

Decoction: 1-2 tsp. dried powdered root to 12-16 oz. of water. Decoct slowly for 20-30 minutes -simple bring to a boil, then turn the heat to low and allow to simmer. Then turn off the heat and let steep for 1 hour. Take up to 3 cups x day.

Tincture: Combine equal parts alcohol (brandy, vodka) and dried root. Submerge root and stir well. Cover and store in a dark place for 4-6 weeks, shaking daily.

Dosage:

*Tinctures* (1:1 alcohol to herb ratio): 4-1o mL daily or 20-40 drops 3x day

*Capsules*/*Powder/tea*: 3-15mg per day in tea or capsule form

*Fluid* *extract*: ½-1 tsp three times per day

\*For increasing stamina, resistance to stress, and general wellbeing- one month on, one month off

\*For chronic conditions- three months on, two to three weeks off

Harvest:when dormant and stripped of it’s bark and lateral roots for higher potency

Taste: bitter, pungent, slightly sweet, warming, stimulating

**Psychology**

Combines: very effective alone however works well with:

*Hawthorne*- to recover from heart attack or surgery

*Licorice* and *Rosemary*- for low blood pressure

*Astragalus*- increase white blood cell count during chemotherapy

Constitution: low energy, fatigue, weakness, “warriors and seers” who have hyperactive psychological swings

Contradictions: not good for people with diabetes or high blood pressure

References:

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