



EDUCATION GUIDE

White Willow Bark ~ Nature's Pain Manager

White Willow Bark has a long history of being used therapeutically. As early as the first century A.D., preparations made from the bark were used for pain. In the twentieth century, European scientists began working with glucoside salicin, a critical ingredient found in Willow, to create a pain-management compound. Salicylic acid was the result. White Willow Bark was the first aspirin-like substance produced commercially for pain management.

Benefits include:

Pain Management

- Has a strong analgesic affect
- May provide pain relief for fevers, headaches, sciatic issues, arthritis, neuralgia
- Beneficial for minor aches and injuries

Astringent

- Astringent properties assist in healing damaged tissue
- Has an antiseptic quality which can be beneficial for infected wounds

Inflammation Fighter

- Has a long track record of helping heal inflamed tissue
- Helps minimize and heal the “feverish” aspect of inflammation

Stomach Discomfort

- In its natural form, Willow can serve as a stomach tonic for sour stomach or heartburn
- In its synthetic form, acetylsalicylic acid (Aspirin), the opposite result may occur - loss of blood through the stomach walls

Nerve Support

- Has been used as a valuable nerve sedative

Tea

- May calm irritated interior lining of kidneys, urethra and bladder

Nutrient Source

- White Willow Bark is an excellent source of magnesium

Parts of the plant used include for therapeutic purposes: Bark

Information sources:

“The Little Herb Encyclopedia, the Handbook of Natures Remedies for a Healthier Life” by Jack Ritchason N.D.

“Medical Herbalism – the Science and Practice of Herbal Medicine” by David Hoffmann, FNIMH, AHG

“Prescription for Herbal Healing” by Phyllis A. Balch

<http://www.livestrong.com/>



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