

# Root Tonic

## Ginger / Spearmint

*\*The information below is a quick overview of possible health benefits attributed to each ingredient. For more information, precautions and possible side effects, please click on the links provided.*

### Marshmallow Root (*Althaea Officinalis*)

Marshmallow is a plant native to Africa and parts of Europe that's used to make an herbal treatment that's been utilized for centuries. Marshmallow root has a very long history in folk medicine that goes back to ancient Greek and Egyptian times. Over 2,800 years ago, references to marshmallow root were made in Homer's "Iliad," since at the time this "slippery" herb was a popular way to treat coughs, sore throats and congestion.

One of the reasons marshmallow candies got their name is because of the "fluffy" qualities of marshmallow root. Fibrous extracts from marshmallow swell up in the body and form a soft, gel-like substance. Today, marshmallow is still used by holistic practitioners in many of the same ways it was thousands of years ago, since within the plant lay powerful active ingredients that help break up mucus, reduce inflammation and kill bacteria naturally.

For anyone suffering from a sore throat, cough or cold, marshmallow root can be taken orally to reduce pain, swelling and congestion. Its antitussive properties and mucilage abilities allow it to decrease irritation of the throat, reduce swelling in the lymph nodes, speed up healing time and reduce aggravating dry coughing.

It also seems to help stop the urge to cough and facilitates with the process of producing more saliva, allowing it help reduce symptoms of dry mouth.

<https://draxe.com/marshmallow-root>

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### Licorice Root (*Glycyrrhiza Glabra*)

While there are species that grow in the U.S., *Glycyrrhiza glabra* is primarily native to Europe and Asia. In Chinese medicine, anti-inflammatory licorice root has been used for centuries for many of the same uses that science has confirmed now — coughs and colds, gastrointestinal issues, and female reproductive issues.

Europeans didn't ignore the benefits of licorice as supplement, either. Licorice root has documented uses from antiquity, from ancient Greece and Rome to the Middle Ages and beyond. By the 20<sup>th</sup> century, manufacturing allowed the root to be stripped for pharmaceutical uses and then extracted for candy sweetener.

Licorice root benefits a sore throat or cough immensely as an effective expectorant, helping to loosen and expel mucus that the cough is trying to eliminate. Its soothing demulcent, anti-inflammatory properties can bring fast relief for sore throat. Demulcents need to make contact with the part of the body that needs to be soothed, so extracts in cough drops and syrups, as well as tea, are most effective.

<https://draxe.com/licorice-root>

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### Slippery Elm Bark (*Ulmus Rubra*)

The tree slippery elm, medically known as *Ulmus fulva*, has been around since the 19<sup>th</sup> century and was used by Native Americans in healing salves for various types of wounds as well as taken orally for the relief of flu and cold-like symptoms. Some tribes used the inner bark as a slippery elm tea and in a poultice to heal sores on the body. It was believed to make

childbirth easier when consuming as a tea and was used to treat sore throats.

What makes it so great? It contains mucilage, a substance that becomes a slick gel when mixed with water. This mucilage coats and soothes the mouth, throat, stomach and intestines, making it ideal for sore throat, cough, gastroesophageal reflux disease (GERD), Crohn's disease, ulcerative colitis, irritable bowel syndrome (IBS) and diarrhea.

<https://draxe.com/slippery-elm>

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## **Ginger Root** (*Zingiber Officinale*)

The Chinese and Indians have used ginger tonics to treat ailments for over 4,700 years, and it was a priceless commodity during the Roman Empire trade around the coming of Christ because of its medicinal properties.

Of the 115 different chemical components found in ginger root, the therapeutic benefits come from gingerols, the oily resin from the root that acts as a highly potent antioxidant and anti-inflammatory agent. Ayurvedic medicine has praised ginger's ability to boost the immune system before recorded history. It believes that, because ginger is so effective at warming the body, it can help break down the accumulation of toxins in your organs. It's also known to cleanse the lymphatic system, our body's sewage system.

Dr. Oz says, "By opening up these lymphatic channels and keeping things clean, ginger prevents the accumulation of the toxins that make you susceptible to infections, especially in the respiratory system." Combining ginger oil and eucalyptus oil is also an effective remedy to boost immunity and improve breathing.

<https://draxe.com/10-medicinal-ginger-health-benefits>

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## Spearmint (*Mentha Spicata*)

This type of mint is actually native to Europe and Asia, but has spread throughout the rest of the world in recent centuries and has now been naturalized on five continents. Spearmint is a herbaceous perennial plant with a square-shaped stem, broad leaves, and white/pink flowers. The leaves are where the value lies in spearmint, at least in terms of use, as they contain many of the active ingredients and a high concentration of the scent and flavor.

The natural antibacterial and antimicrobial nature of menthol and other organic compounds in spearmint can help to protect your mouth and throat from infections, including those that can damage dental and gum health.

Staying in the same region of the body, spearmint tea has a significant impact on the health of your respiratory system due to its naturally soothing and anti-inflammatory qualities. It can help to relieve sore throats and tightness in the chest, alleviating congestion and irritation. Spearmint's powerful aroma can also help to clear up sinuses and even increase mental clarity.

<https://www.organicfacts.net/health-benefits/herbs-and-spices/spearmint.html>