

Root Tonic

Wild Cherry Bark

**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>

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 20th 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>

Slippery Elm Bark (*Ulmus Rubra*)

The tree slippery elm, medically known as *Ulmus fulva*, has been around since the 19th 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>

Wild Cherry Bark (*Prunus Serotina*)

The wild cherry tree has long been used for food and drink and used for medicinal purposes. The early colonists to the United States used wild cherry bark as an ingredient in cough preparations. They may well have learned about its medicinal properties from Native Americans who used the bark not only to treat coughs but also for diarrhea and for lung complaints. The Cherokees utilized the bark for pain relief during labor while the Mohegans saw it as a remedy for various illnesses including dysentery.

Wild cherry bark has traditionally been used to treat coughs and other respiratory complaints. It has excellent natural expectorant qualities meaning that the bark can help to loosen up phlegm or mucus from the respiratory system. Wild cherry bark tea or syrups can help you expel this phlegm or mucus and clear out the bronchial tubes allowing you to breathe far more comfortably.

As well as expectorant properties, wild cherry bark has antitussive qualities and the ability to suppress coughing very effectively and quickly. People with chronic coughs and nervous coughs may well benefit from its use.

Cinnamon Bark (*Cinnamomum Cassia*)

Cinnamon has been harvested from the inner bark of trees called *Cinnamomum* trees for thousands of years. The use of cinnamon dates back as far as 4,000 years ago to Ancient Egypt. Cinnamon was considered a very valuable and rare spice at this time, frequently being sold at very high costs and given to royalty as gifts or signs of devotion. Cinnamon was also mentioned in the Bible numerous times and was noted for its ability to fight illnesses.

Today, cinnamon is made by cutting the stems of the *cinnamomum* tree and removing the inner bark, which curls up into cinnamon sticks. These sticks are then ground to make powdery cinnamon spice that is sold and used across the world. According to researchers, out of twenty-six of the most popular herbs and medicinal spices in the world, cinnamon actually ranks #1 in terms of its protective antioxidant levels.

There are many benefits of cinnamon when it comes to defending the body from illnesses. Cinnamon is a natural anti-microbial, anti-biotic, anti-fungal, and anti-viral agent. The immune-boosting abilities of cinnamon are found in cinnamon's essential oils. Cinnamon is used in many cultures to naturally help fight harmful infections and viruses. Cinnamon oils have protective abilities against various bacteria that can cause negative symptoms in the digestive tract, on the surface of the skin, and can lead to colds or the flu.

Studies have concluded that those with allergies can find relief thanks to the benefits of cinnamon's compounds. Cinnamon has been shown to be helpful in fighting common allergy symptoms because it reduces inflammation and fights histamine reactions in the body. For the same reason it can also help to reduce symptoms of asthma attacks.

<https://draxe.com/health-benefits-cinnamon>