

## **Lupus**

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Chronic inflammatory disease that can affect multiple areas of the body, as well as being an autoimmune disease.

**Alfalfa- Internal** Purposes: Minerals are essential to the well-being of the body. Alfalfa is a good source to obtain our daily needs and can be used in the healing process.

**Goldenseal- External** Purposes: Goldenseal can either be used to heal mouth sores and to reduce inflammation. Dosage: Put a few drops on a small piece of gauze or cloth and place on the mouth sore before you go to bed.

**Feverfew, Pau D'arco, & Red Clover- Internal** Purposes: These three herbs have beneficial properties for treating lupus. Cautions: Do not use feverfew if you are pregnant.

**Licorice- Internal** Purposes: Use in tea to ease the troublesome symptoms of lupus. Do you already take immunosuppressant such as steroids? It may be beneficial to use licorice root and get pretty much the same results. Cautions: Only use for seven days. Don't use licorice root if your physician told you that you have high blood pressure.

**Milk thistle- Internal** Purposes: Besides milk thistle being advantageous as a cleanser, it can also ensure that the liver is protected.

**Yucca- Internal** Purposes: It has been suggested that yucca may relieve arthritis-similar evidences.