

Lappa (Herbal Extract)



Recommended Use:

- Blood purifier
- Diuretic
- Lymph stimulator
- Elimination of metabolic wastes

Lappa is a blood purifier and a lymph stimulator. It contains herbs known as blood cleansers, specifically *Arctium lappa* (Burdock). This combination of herbs in Lappa makes this an effective and powerful blood purifier and broad-spectrum detoxifying remedy. It increases the elimination of metabolic wastes via the kidneys, intestines and skin.

Burdock is used in traditional herbal medicine as an alternative to help remove accumulated waste products via the kidneys, skin and mucous membranes, and acts as a natural diuretic. Birch is used in traditional herbal medicine as a natural diuretic.

The term blood purification is ancient and comes from the historic view that many diseases were explained as the cause of blood impurities. This medical theory, which continued throughout folk medicine until today, was recently scientifically reviewed. According to scientific standards of today, the so-called blood purification is based on the results of increasing the elimination process of metabolic waste.

Ingredients:

Birch
Burdock
Fennel

Uses:

Diuretic for urinary tract infections.
Used as a water pill and to purify blood; diuretic; rheumatic pain.
Antimicrobial constituent, dyspepsia.

Ingredients:

Licorice
Mexican sarsaparilla
Heartsease
Thyme

Uses:

Dry cough and other lung disorders, sore throat, laryngitis, urinary and intestinal inflammation, rheumatism and joint pain.
Blood purifier, disorders of the liver, stomach and kidneys.
Inflammation of the skin, laxative.
Sedative, antiseptic, antipyretic, expectorant or for treating symptoms of bronchitis, catarrhs of the upper respiratory tract.

Clinical Pearls

For effective blood cleansing therapy with Lappa, six weeks to three months duration is recommended.

To purify the blood and increase metabolic waste excretion, Lappa can be added to many detoxification protocols including:

Lymphatic drainage – take 20 to 30 drops of Lappa three times daily and 10 drops of Lymf-a-Drop four times daily.

Allergies – take 20 to 30 drops of Lappa and 10 drops of Allernest three times daily.

Liver detoxification – take 20 to 30 drops of Lappa two to three times daily and 20 drops of A-Hepatica in warm water 20 minutes before meals three times daily.

Refer to lymph drainage, cardiac risk prevention, immune support, allergy, female conditions, and liver and gallbladder drainage protocols for more details.



Medicinal ingredients: 1 teaspoon (5 ml) contains:

Birch (<i>Betula pendula</i>)	2.1 ml (1:7 QCE: 0.3 g)
Burdock (<i>Arctium lappa</i>)	0.6 ml (1:1 QCE: 0.6 g)
Thyme (<i>Thymus vulgaris</i> , leaf)	0.56 ml (1:7 QCE: 0.08 g)
Heartsease (<i>Viola tricolor</i> , flower and leaf)	0.56 ml (1:7 QCE: 0.08 g)
Licorice (<i>Glycyrrhiza glabra</i> , root)	0.28 ml (1:7 QCE: 0.04 g)
Fennel (<i>Foeniculum vulgare</i> , fruit)	0.21 ml (1:7 QCE: 0.03 g)
Sarsaparilla (<i>Smilax officinalis</i> , root)	0.07 ml (1:7 QCE: 0.1 g)

Recommended Use: Burdock is used in traditional herbal medicine as an alternative to help remove accumulated waste products via the a) kidneys, b) skin and c) mucus membrane, and as a diuretic. Birch is used in Herbal Medicine as a diuretic.

Non-medicinal Ingredients: Purified water, ethanol/Eau purifiée, alcool éthylique.

Recommended Dose (adults): Take 1 teaspoon (5 ml) 2 times daily with water or as directed by a health care practitioner.

Recommended Duration of Use: For occasional use only. Consult a health care practitioner for use beyond 2 weeks.

Caution/Warnings: Consult a health care practitioner if symptoms persist or worsen. Do not use if pregnant or breastfeeding. Stop use and seek medical attention immediately if you experience dizziness, confusion, muscle weakness or pain, abnormal heart beat and/or difficulty breathing.

Contraindications: Do not use if you have heart disease, a liver disorder, diabetes or edema (swelling of hands, face and feet) or are taking products containing diuretics. Do not use if you have hypokalemia, high blood pressure, or a kidney or cardiovascular disorder. Do not use if you are taking thiazide diuretics, cardiac glycosides, corticosteroids, stimulant laxatives or other medications which may aggravate electrolyte imbalance. Do not use if you are allergic to plants of the Asteraceae/Compositae/Daisy family. Hypersensitivity has been known to occur, in which case, discontinue use.

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