

Hibiscus

Botanical name: *Hibiscus sabdariffa*

Energetics/Actions: Sour, sweet, cooling, astringent, anti hypertensive, circulatory tonic, diuretic, digestive, sedative

Description

Native to North Africa and Southeast Asia, Hibiscus grows in tropical and subtropical climates. It has been used medicinally by many cultures. Ancient Egyptians used it for fevers, as a diuretic and to treat heart and nerve diseases. In Africa the tea was used to treat constipation, cancer, liver disease, cold symptoms and topically to heal wounds. In Iran it is a common treatment for high blood pressure. Rich in iron, vitamin C and vitamin A, it is a nutritious and delicious cooling drink.



Uses

High blood pressure: Studies support the antihypertensive effect of Hibiscus.

Blood lipid regulation (cholesterol): May decrease cholesterol levels.

Metabolism: May assist in weight loss and reduce the risk of fatty buildup in the liver.

Dose

Tea: 1 teaspoon (½ teaspoon ground herb) steeped for 10-30 minutes 2 times a day.

Dried herb: 1 gm 3 times a day.

Dried powdered extract: 250 mg anthocyanins per day.

Safety Information

Not for use in pregnancy. Talk to your healthcare provider if you are taking medications or are diabetic.