

Barberry (Japanese)

Botanical name: *Berberis thunbergii*

Energetics/Actions: Bitter, cold, astringent, antimicrobial, anti inflammatory, cholagogue

Description

Barberry is one of a group of herbs that contain Berberine, a powerful anti inflammatory and anti diabetic (hypoglycemic) alkaloid. Barberry is also a rich source of vitamin C and other vitamins.

There are many species of Barberry that grow native in the US. The Indigenous Peoples of North America used Barberry as medicine and taught European settlers to use it. The ancient Egyptians, Indians, and Europeans all used Barberry for different conditions as it is a multi-purpose herb. Other commonly used Berberine containing herbs are: Goldenseal (*Hydrastis canadensis*), Oregon Grape Root (*Berberis aquifolium*), and Coptis (*Coptis chinensis*). Japanese barberry can harbor ticks, so be careful if harvesting yourself.

*Goldenseal is an endangered herb due to overharvesting. Please choose one of the other Berberine containing herbs for use (there are plenty of them!).



Uses

Blood sugar balance: The most recent meta analysis shows that Berberine's effect on blood sugar is comparable to Metformin! Used for both metabolic syndrome and diabetes.

Gallbladder and liver function: Improves bile secretion.

Infection: Especially good for infections of the respiratory, GI and urinary tracts. May also help with fungal (yeast) infections.

Diarrhea: Used traditionally to treat diarrhea.

GI tract health: Barberry is healing to the mucous membranes of the gut.

Dose

Standard extract: Total-900-2000 mg a day, divided into 3-4 doses. Take with meals and divide the total dose. Too much berberine at once can cause nausea, cramping and diarrhea.

Safety Information

Not for use in pregnancy or breastfeeding. Not for use in children. Talk to your health care provider if you are diabetic or are taking any medications.