

# Bayberry

*Latin Name: Myrica cerifera*

STIMULANT; TONES; Cleanses MUCUOUS SECRETIONS (Female; Glands; Respiratory; Digestive)

Use ROOT BARK; LEAVES; Fruit WAX

Found in dry woods or open fields, from CANADA to FLORIDA

## HISTORY

- 1) INDIA: used together with Ginger for CHOLERA
- 2) 1722 Alexandre introduced use of WAX for DYSENTERY and internal ULCERS

## QUALITIES

- 1) NUTRIENTS: Vitamin C
- 2) INVIGORATES the body; STIMULANT; Circulation; TONES Tissues; Strengthens DISEASE RESISTANCE
- 3) Tones and Promotes GLANDULAR Activity; LIVER Cleanse; Jaundice; Goiter
- 4) WOMEN: Menstrual disorders; Excessive Bleeding; Cramps; Tones Female Organs; Strengthens UTERUS during Pregnancy; Hemorrhage
- 5) CLEANSSES and RESTORES MUCOUS SECRETIONS
  - DIGESTIVE TRACT; Indigestion; Colic; Cramps; Diarrhea
  - RESPIRATORY; Snuff for SINUS CONGESTION (may cause SNEEZING); NASAL POLYPS; Cankers; Thrush; Bleeding Gums; Tonsillitis; Sore Throats
- 6) SKIN ULCERS; Cleanser; Healer; Cuts; Bruises; Insect Bites; Dandruff; Hair Loss
- 7) Inhibits BACTERIA; Fights INFECTION; Colds; Flu; Fever

---

## Bayberry References

### *Herb History and General Information*

Felter, Harvey Wickes, M.D., and John Uri Lloyd, Phr. M., Ph.D., *King's American Dispensatory*; 1898. See excerpts at <http://www.henriettes-herb.com> accessed August 4, 2014

Grieve, M., *A Modern Herbal, Vol I & II*. New York and London: Hafner Publishing Co.; 1967. See excerpts at [www.botanical.com](http://www.botanical.com) accessed August 4, 2014

Keith, Velma J. and Monteen Gordon, *The How To Herb Book*. Pleasant Grove, Utah: Mayfield Publications; 1996

Ritchason, Jack, N.D., *The Little Herb Encyclopedia*. Pleasant Grove, Utah: Woodland Health Books; 1995

*Studies*      None found as of August 4, 2014