

HAWTHORN BERRY

What are Hawthorn Berries?

Hawthorn berries (*Crataegus laevigata* or *Crataegus mongyna*) are brownish, wrinkled false fruit of the hawthorn tree. Many people use the leaves and flowers which are also beneficial.

The Benefits of Hawthorn Berries

The hawthorn is used to strengthen and treat heartbeats that are irregular, high blood pressure, chest pain, heart failure, hardening of the arteries, circulatory disease, it reduces inflammation, protects the stomach in times of stress, and has mild anti-bacterial properties.

Even though heart disease is a leading cause of disease and death, Hawthorn has been virtually ignored as a treatment in Australia, while in Europe it is widely used as a treatment for heart disease with great success. In Europe, thousands of doctors prescribe hawthorn to prevent cardiovascular disease or to help alleviate symptoms of mild to moderate problems. It is considered so safe that it is sometimes prescribed concurrently with heart medications such as digitalis. Hawthorn is also considered a mildly calming herb for the nervous system

Hawthorn is classed as a cardiac tonic, antispasmodic and sedative. Its activity prevents cholesterol deposits in arterial walls, reduces serum cholesterol, dilates coronary vessels, increases the force of contraction of the heart muscle and regulates some cardiac rhythm disturbances. Its active ingredients are tannin and saponin. It is also a remedy for circulatory trouble, congestion of the medulla oblongata, insomnia, anxiety, irritability and fatty degeneration. **It is probably the finest heart tonic ever discovered.** It is extremely rich in vitamin C, and has had great value in case of angina. It is not poisonous like digitalis, and is perfectly safe without any side effects. It regulates blood pressure and reduces it if it is too high by dilating peripheral blood vessels. It slows heart action without having any depressant effect. It increases oxygen utilization by the heart. Can combine with cayenne for added benefit.

Hawthorn binds to your heart cells and make you require less oxygen and blood. If it is given after a heart attack, hawthorn has been shown to repair the heart cells much quicker and they are less damaged when it is found in your blood stream.

Take 1 teaspoons of powder 1 to 3 times daily or more in an emergency. It is one of the safest herbs known.

This will drastically improve heart function