


Side Effects and Contraindications

Avoid large doses during pregnancy.

Alternatives to Ginger

Alpinia (little ginger, *Alpinia galanga*), garlic, onions, horseradish, mustard.


GOLDENSEAL (*Hydrastis canadensis*)

Family: Ranunculaceae.

Part used: Roots and leaves.

Collection: The roots should be harvested in the fall after the seeds have ripened. Only plants 3 years old or older should be taken (see box: Help Protect Endangered Goldenseal on page 41). The above-ground plant can be harvested at any time.

Actions: Antiseptic, antibacterial, antihemorrhagic, antifungal, antiamebic, astringent, expectorant, diaphoretic, mucosal anti-inflammatory, mucosal stimulant, mucosal tonic, antitumor (cytotoxic).

Active against: *Staphylococcus aureus* (whole herb). A primary constituent of goldenseal, berberine, has been found active *in vitro* against *Vibrio cholerae*, *Streptococcus pyogenes*, *Shigella* spp., *Candida albicans*, *Escherichia coli*, *Klebsiella pneumoniae*, *Salmonella typhimurium* and *S. paratyphi*, *Corynebacterium diphtheriae*, tuberculosis, *Giardia lamblia*, and *Trichomonas vaginalis*, among many others.

About Goldenseal

With this herb, more than any other, it is possible to find completely conflicting perspectives from clinicians of equal stature and length of practice. Some clinicians consider it to be a reliable immune stimulant, antibiotic, and antiviral. Many others do not. All can cite impressive clinical experience. In fact, very little research has been done on goldenseal, and almost no human clinical trials have been conducted. The science has generally focused on one constituent of goldenseal: berberine. Here, too, the controversy continues. Goldenseal has another major constituent: hydrastine. Some researchers consider this constituent to be