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Motherwort for Heart Health

Motherwort is primarily an herb of the heart in both physical and emotional senses.

- It strengthens and protects the heart.
- It controls irregular heartbeat, treats heart palpitations and slows rapid heartbeat.
- It relaxes heart muscle cells, inhibits the formation of blood clots and treats inflammation of the heart muscle.
- It decreases blood viscosity which improves blood circulation in the vessels.
- It also uplifts the spirits and promotes a sense of well-being, a feeling that all is well and everything will work out

Motherwort is a well-known sedative and nervine that is extremely beneficial to the circulatory system, as evinced by its Latin name, *Leonurus cardiaca*. As a heart tonic, motherwort is used for palpitations, mild heart irregularity, hypertension, and to strengthen the heart. Dr. Rudolf Weiss from Germany states in *Herbal Medicine*, 'My own investigations have shown that there is indeed a medicinal action mainly for functional heart complaints.' For optimum results the herb should be taken for several months. Motherwort may be taken as an infusion, using 2 teaspoons to 1 cup water and drinking 1 cup morning and evening.

As the leading cause of mortality in many developed countries of the world, heart disease is still a major problem. Why not add healthy heart supplements to your daily regime?

It's the best kind of health insurance.

***These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease.**