

From our friends at "Back to Herbs"



## Horseradish Root

The spicy root of horseradish can be used as a natural treatment against rheumatic disorders and respiratory disorders, especially the superior respiratory ways. It is very beneficial with a high amount of vitamin C and B complex, nutritive minerals (potassium, calcium, iron), natural antibiotics, enzymes etc.



As a medicine horseradish root has many health benefits: strong antibiotic, expectorant, bronchodilator, antibacterial, coronary vasodilator, it increases the blood pressure, it heats up the body, stimulates the body's immune system, anti-inflammatory, antiparasitic, antianemic, antiscorbutic, diuretic. It can stimulate the appetite. It has a cardiotonic effect and is recommended to the people that suffer from high blood pressure. Also it is known that horseradish has aphrodisiacal properties.

The glucosinolates in the root are thought to increase human resistance to cancer. Glucosinolates are plant compounds that occur only in the plants from the mustard family (horseradish, mustard, broccoli, cauliflower etc.) They have powerful antioxidant properties and can also be used to reduce thyroid function and to relieve aching joints. Glucosinolates also act as natural antibiotics against different types of infections because they increase blood flow in the infected area and remove the waste products from that region of the body.

Glucosinolates are responsible for the characteristic hot taste of horseradish, wasabi, and mustard, and two of the most abundant compounds in the horseradish root are sinigrin and gluconasturtiin. Once inside the body, glucosinolates are broken down into powerful derivatives called isothiocyanates and indoles, which are believed to be the main cancer-preventive contributors of horseradish and cruciferous vegetables.

A recent study from the University of Illinois indicates that the substantial quantities of glucosinolates in horseradish can increase human resistance to cancer. Mosbah Kushad, one of the study's coauthors says, "glucosinolates increase the liver's ability to detoxify carcinogens and they may actually suppress the growth of existing cancerous tumors. Our analysis of various horseradish varieties shows they are a rich source of these compounds." Kushad's study also reveals that horseradish is one of the few medicinal vegetables whereby processing actually improves its anticancer benefits, making it easier for us to benefit from its therapeutic powers. He says, "horseradish contains an enzyme that breaks down glucosinolates into the compounds that produce the anticancer benefits. So processing horseradish actually helps. It releases this

enzyme and, when it comes into contact with the glucosinolates, they break down into the compounds that are nutritionally beneficial."

According to Cornell University's Department of Animal Science, vegetables containing glucosinolates and their derivatives appear to help protect against rectal and colon cancer, while also enhancing the activity of several liver enzymes used in detoxification processes.

Due to its antibiotic properties, horseradish can also be used to treat urinary tract infections (UTI) and destroy bacteria in the throat that can cause bronchitis, coughs and related problems. The German Commission E (the German equivalent of the FDA) has approved horseradish as an adjunct treatment to prescription drugs for UTIs. It is believed that chemicals in horseradish concentrate in the urine, and therefore deliver antibiotic effects to the bladder. They may also activate specific enzymes that help to keep toxins from accumulating in the bladder. Additionally, horseradish stimulates the body to eliminate urine, so bacteria or other inflammatory agents in the bladder may be flushed out sooner than they normally would be eliminated.

Although broccoli, Brussels sprouts, and other cruciferous vegetables also contain these compounds, horseradish has up to 10 times more glucosinolates than broccoli. One of the most powerful glycosides found in horseradish, sinigrin has been found to relieve the symptoms of water retention, due to its stimulating effect on the blood capillaries.

In addition to their potential uses as an anti-cancer drug, the glucosinolate compounds derived from horseradish may have another very interesting health benefit. In botanical physiology, the glucosinolates protect the plant from toxic or harsh environments. Recent studies have indicated that they may have the same potential to protect humans from the effects of exposure to toxic chemicals in our environment. A Russian study set out to test the anti-mutagenic properties of a plant extract derived from horseradish. The studied plant extracts and their mixture demonstrate the ability to decrease the genotoxicity of environmental mutagens.

Glucosinolates also act as natural antibiotics against different types of infections because of their known toxicity to specific bacteria and fungi, as well as their ability to increase blood flow to the infected area and more rapidly remove the waste products from that region of the body.

Also, a scientific study performed in 2005 showed that glucosinolates increase the liver's ability to detoxify and eliminate carcinogens that may cause the appearance of malignant tumors in this area. But not only do they help prevent tumors, but they proved also to help blocking the growth of already existing tumors.

Traditionally, horseradish root was used for treating respiratory problems. The plant is ideal because it works to clear breathing passages and because it is an expectorant that helps the body to remove extra mucous. Conditions the root treats include:

- Bronchitis
- Sinus infections
- Colds
- Congestion
- Coughing
- Asthma

The pungent root naturally clears breathing passageways but it also has strong antibacterial properties as well. This makes the natural remedy ideal for treating some mild infections. Horseradish root may keep some illnesses at bay because of its natural

antibacterial properties. People who are prone to getting sinus infections and people who have asthma or other respiratory problems can benefit from horseradish.

Other benefits of horseradish root include but are not limited to:

- Arthritis treatment
- Anti-inflammatory
- Gum and tooth disease treatment
- Urinary tract infection treatment
- Liver support
- Dissolve kidney stones
- Improve immune function

Horseradish root is a naturally occurring substance. Children under 4 years of age, women who are pregnant or nursing, and people with underlying health problems (especially in the digestive system) should not take horseradish without approval from their doctors.



Be sure to try NSP's ALJ® (100 caps) , Potassium, Combination (180 caps) or LIV-J (100 caps).

## References:

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**Yours in Good Health!**

Sincerely,

Chris Ritchason  
Dr. Jack & Verlyn Ritchason, Founders  
The Back to Herbs Team

This information was provided by

***Chuck & Judy Erkfitz***

***Natures Better Way***

PO Box 261 - 880 W Dryden Rd., Metamora, MI 48455

[www.naturesbetterway.com](http://www.naturesbetterway.com)

[www.naturesbetterway.my4life.com](http://www.naturesbetterway.my4life.com)

[www.mynsp.com/naturesbetterway](http://www.mynsp.com/naturesbetterway)

1-810-678-3131 [erkfitz@erkfitz.com](mailto:erkfitz@erkfitz.com)