

## Three African Herbs

Healing Spirits is so fortunate to be able to get *Alchornea*, *Cryptolepis*, and *Sida Acuta* directly from one village in Ghana. We are honored to be supporting local farmers. As of now, some are still wildcrafted, but the village has begun working towards organically growing all of the herbs instead of wildcrafting and depleting the wild supply.

*Alchornea cordifolia* leaves are used for their antibacterial, antifungal and antiprotozoal properties (parasitic diseases), as well as an anti-inflammatory action. *Alchornea* can address a variety of conditions including malaria, systemic staph infections and other types of infections.

*Cryptolepis* root is used to treat many diseases, including malaria and tick-borne infections such as Babesiosis. Compounds isolated from this plant have been shown to have systemic antibacterial and antiprotozoal properties along with antimicrobial activity. This plant is very bitter and has a bright yellow color.

*Sida Acuta* has been used for antibacterial purposes. *Sida* can also be helpful in protecting red blood cells from microbial infection. Used by those suffering from Lyme and its various co-infections such as Babesiosis, Bartonella and Mycoplasma. Safety considerations: *Sida acuta* is used in traditional medicine to prevent pregnancy. It should also be used with caution in Hypertension, Hyperthyroid and Hypoglycemia. Avoid use during pregnancy.