

Acorus(A corusgramineus)

Common Names: Chang pu, shi chang pu, sweet flag rhizome and gramineus.

Location: North America and Northern Canada.

Description: The leaves of the Acorus herb are similar to grass and the entire herb resembles an iris plant.

Properties: Acorus is an antioxidant and can be used to relieve the stomach, induce vomiting and alleviate

diarrhea, dysentery and abdominal pain. It can also be used as a phlegm eliminator and as a tranquilizer.

Uses: This herb can be used to help patients going through drug withdrawal in that it has a calming effect and

works on the body to ensure that the toxic inflammatory chemical histamines released during drug cravings are

controlled. Also acorus is used to protect the brain from free radicals.

Doses: You can obtain this herb by meeting with a Traditional Chinese Medicine Practitioner (TCM).

Also, this

herb can be found in North America in the form of teas and powders.

Warnings: Acorus should never be used without the assistance of medical professionals.