

Andiroba (*Carapa guianensis*)

Location: This herb is found in the tropical rainforests of Brazil, Guyana and Columbia.

Description: Andiroba is a tree that can reach up to 300 feet in height. The trees produce fragrant flowers and

nuts. The oils of the nuts, seed oil, tree bark and leaves are all used in medicinal ways.

Properties: It has been discovered that the oil can be used as an anti-inflammant serum and also to alleviate pain

and swelling. The fruit from the tree can be taken for common coughs. According to Prescriptions For Herbal

Healing (2002), "The bark has been found to be anti-bacterial, the flowers anti-tumor and the heartwood anti-fungal."

Uses: This herb can be used for skin damage, arthritis, rheumatism, fractures, gonorrhea, insect bites and

psoriasis.

Doses: The herb is sold in oil and capsule form. You can also find it as a base to popular creams like Oil of Olay.