

Balsam of Tolu (Myroxylon balsamum)

Common Names: Myroxylon, Peruvian balsam, Tolu balsam and balsam of Peru.

Location: This herb is found in Columbia, Peru and Venezuela.

Description: This herb is used medicinally in the form of a resin taken from the tree.

Properties: Balsam of Tolu is an antiseptic and has the ability to kill parasites.

Uses: You can use this herb to help release phlegm, heal wounds, and cure bronchitis, laryngitis, and diarrhea. This herb is used as a fragrance for soaps, lotions and perfumes. Also, it can be used to treat injuries and ringworm.

Doses: It can be taken internally or externally. It can be applied externally as a cream.

Warnings: High amounts of this herb can damage the kidneys. Frequently, skin irritations will occur, as well as allergic reactions. Always test small portions of the skin with Balsam of Tolu before applying liberally.