

Bromelain(*Ananas comosus*)

Description: This herb is a digestive enzyme, taken from the pineapple plant's stem and fruit. It can also be removed from pineapple juice.

Properties: This herb is used to help in the process of digestion, and is known to get rid of inflammation. Bromelain can be used to stop blood clotting and clear veins.

Uses: Bromelain can be used to treat bronchitis, sinusitis, cuts and scrapes, bruises, bursitis, carpal tunnel syndrome, gout, HIV/AIDS, crohn's disease, diabetes, gastric ulcers, parasitic infections, premenstrual syndrome (PMS), rheumatoid arthritis, and warts.

Doses: You can find bromelain in tablets.

Warnings: Don't take this herb for more than ten days at a time. This herb may cause side effects like nausea, diarrhea, vomiting, and excessive menstrual bleeding. Consult a doctor before using bromelain if you are pregnant, experience hypertension, or have a history of liver or kidney disease.