

Cajueiro (*Anacardium occidentale*)

Common Names: Jambu and cashew nut shells.

Location: This herb can be found in Brazil and other tropical locations around the world.

Description: The nuts, bark, root and resin of the tree are all used medicinally.

Properties: This herb contains analogs of the drug used to cure diabetes, which is called pioglitazone and roslitazone.

Uses: Cajueiro can be used to treat diabetes and fight off parasitic infections.

Doses: This herb can be found in tincture form.

Warnings: Do not eat Cajueiro nuts raw, they must be cooked first.