

Espinheira Santa (Maytenus chuchuhuasa)

Common Names: Limaosinho, cancerosa and maytenus.

Description: The bark and the leaf of the plant are used medicinally.

Properties: This herb is known as a pain reliever and a muscle relaxant. There is evidence that this herb can improve digestion, energy levels and the immune system.

Uses: Espinheira santa can be used to help treat cancer and gastritis.

Doses: This herb can be found in tincture form and raw leaf form for use in teas.