

Mistletoe, a Jolly Christmas Tradition and So Much More!

Emily Walton, M.H.

Christmastime is a delightful time of year! The trimming of the tree, hanging the stockings, the hustle and bustle of Christmas gift shopping, it's all magical!

Another fun tradition during the Christmas holiday season is to hang mistletoe on the ceiling to stand under and kiss. People of all ages love standing under the mistletoe to give or get a kiss from someone they love or want to kiss.

Mistletoe is so much more than a fun Christmas holiday tradition for kissing! It can be used year-round to heal our nerves. The Latin name for European mistletoe is *Viscum album*. Mistletoe is actually a parasitic plant that sets up roots on the wood of a host tree from which to grow and receive its nutrition. It commonly attaches itself to apple, oak, or poplar trees.¹

Mistletoe is highly regarded for its nerve and antispasmodic properties. Mistletoe heals the nerves and is excellent to use for nervous system weakness and disorders. It will also stimulate uterine contractions. Mistletoe tones the heart, and is preferable to prescription medications, such as digitalis.²

Mistletoe helps people that suffer from epilepsy, when given in moderate doses. If given in large doses, it can aggravate the symptoms.³

Mistletoe is good for any nerve problem, hysteria, or an over-excited heart. Mistletoe also dries up the flow of the lochia after birth, and is anti-hemorrhagic for postpartum hemorrhages.⁴

Mistletoe has also been said to cure a persistent headache, even a migraine. It's good to relieve dizzy spells caused from headaches. It also relieves vertigo when there's a tendency to fall backwards. Mistletoe is an excellent treatment for neuritis, which is an inflammatory condition of the nerves or nerve sheath that results in shooting pains or other pains throughout the body. Mistletoe can also be used to treat asthma.⁵

Mistletoe promotes hair growth and is good for scalp diseases. The mistletoe plant that grows on pine and fir trees is considered to be antimalarial, antiseptic, diuretic, and can induce sleep. Mistletoe reduces enlargements of the spleen and liver.⁶

Dr. Christopher's formula *RelaxEze*, contains mistletoe for its healing effects on the nerves. This is an excellent formula to rebuild, nourish, and heal the nerves. It will purge the nerves and body of negative feelings and emotions, create more calm within yourself, and help you to have a more restful night's sleep.

Warning - Mistletoe contains a constituent called tyramine and should not be taken at the same time with any prescription medication containing monoamine oxidase inhibitor. A serious drop in blood pressure will result, if combined.⁷

References: 1 - 7 Herb Syllabus by Dr. John R. Christopher

Emily Walton is a Master Herbalist graduate from The School of Natural Healing. She lives with her dog, Henry. She enjoys seeing clients and helping them on their path to achieve whole self-health. She is accepting and happy to meet new clients and happy to see her clients via video chat, too.