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AKA: *Lomatium dissectum*, *Leptotaenia dissecta*, Desert Parsley, Biscuit Root
WHAT IT IS: A root

WHAT IT DOES BEST: Helps relieve chronic "slow" viral infections and relieves respiratory tract infections.

THE BACKGROUND: For hundreds of years, Native Americans used lomatium for lung infections and high fevers. Their use of lomatium during the influenza pandemic of 1920–22 significantly reduced the morbidity rate compared to that of the general population, according to physician reports from that era.

RECENT FINDINGS: Lomatium has not been well researched. However, one 1995 study reported in the *Journal of Ethnopharmacology* found significant antiviral activity against rotavirus, which causes diarrhea. And in a 1994 report published in *Bioorganic & Medicinal Chemistry*, a substance in a related species known as *Lomatium suksdorfii* was found to inhibit HIV replication and to suppress infections of the blood and immune cells.

WHAT'S THE ACTIVE INGREDIENT?
This hasn't been fully explained.

WHICH TYPE AND HOW MUCH?
Start with 2–3 drops daily for 3 days to check for sensitivity. If using a tincture and a rash appears, discontinue use or speak to a health care professional knowledgeable in botanical medicine.

- Lomatium isolate: 1–3 ml daily
- Fresh plant tincture (1:2 concentration): 10–30 drops three times daily
- Dry plant tincture (1:5 concentration of recently dried root): 10–30 drops three times daily

POSSIBLE SIDE EFFECTS: Full body rashes have been reported and are attributed to the resins present in the root. Preparations known as isolates don't contain these resins, which may be responsible for some of the upper respiratory benefits.

WHO SHOULDN'T TAKE IT:
People who are on blood thinners or scheduled for surgery because lomatium contains coumarins, which are natural blood thinners.

IS IT SAFE TO TAKE WHILE PREGNANT?
It isn't recommended since safety hasn't been established for pregnant or nursing women. □

—Amber D. Ackerson, ND

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