

# ANAMU

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HERBAL PROPERTIES AND ACTIONS	
Main Actions	Other Actions
• reduces pain	• reduces spasms
• kills bacteria	• reduces anxiety
• kills cancer cells	• reduces fever
• kills fungi	• lowers blood sugar
• reduces inflammation	• kills insects
• kills leukemia cells	• expels worms
• reduces free radicals	
• prevents tumors	
• kills viruses	
• kills <i>Candida</i>	
• increases urination	
• enhances immunity	



Anamu has a long history in herbal medicine in all of the tropical countries where it grows. In Brazilian herbal medicine, it is considered an antispasmodic, diuretic, menstrual promoter, stimulant, and sweat promoter. Herbalists and natural health practitioners there use anamu for edema, arthritis, malaria, rheumatism, and poor memory, and as a topical analgesic and anti-inflammatory for skin afflictions. Throughout Central America, women use anamu to relieve birthing pains and facilitate easy childbirth as well as to induce abortions. In Guatemalan herbal medicine, the plant is called *apacín* and a leaf

decoction is taken internally for digestive ailments and sluggish digestion, flatulence, and fever. A leaf decoction is also used externally as an analgesic for muscular pain and for skin diseases. Anamu is commonly used in big cities and towns in South and Central America as a natural remedy to treat colds, coughs, influenza, respiratory and pulmonary infections, and cancer, and to support the immune system. In Cuba, herbalists decoct the whole plant and use it to treat cancer and diabetes, and as an anti-inflammatory and abortive. Anamu is also a blood thinner.