



agent. There is a theory that some forms of arthritis, as well as allergic reactions, migraines and other stressful ailments, are caused by harmful bacteria and toxins in the colon. This made yucca a natural choice for relief from these ailments. In fact, veterinarians were using it to successfully treat digestive and arthritic problems in dogs and horses before it came into use by human subjects.

There has been substantial evidence that saponin not only improves digestion and decreases the tendency to develop toxic waste in the colon, it also can reduce stress and swelling. Further testing has shown the absence of any evidence of absorption through the intestinal wall or of harmful side effects.

A number of commercial uses for yucca extract have been found, including adding it to root beer and other beverages as a foaming agent. The bittersweet dark brown extract is also used as an additive in ice cream and other foods.

Traditional Usages

- Anti-inflammatory (swelling, stress)
- Baldness, Dandruff
- Bone and Joint Conditions (fractures, sprains, arthritis)
- Cellular Regeneration
- Cleansing (internally and externally)
- Detoxifying
- Gastrointestinal Disorders
- Headache
- High Cholesterol reduction
- Hyperglycemia
- Skin Conditions, Wounds (externally)



Yucca Contains

Yucca contains Vitamin A, B-complex, and Vitamin C, calcium, copper, manganese, potassium and phosphorus. The primary chemical constituents of yucca are the saponins which have natural steroid properties. Yucca also contains antibacterial and anti-fungal properties that contribute to cleansing of the colon, purifying of the blood, and helping to keep the kidneys & liver free of toxins.



Where to find Yucca

Check at your local nursery for a plant of your own or take a road trip out west with a shovel and several five gallon buckets. Yucca grows everywhere in the desert, and can survive without any care at all. The root grows very deep in the dry desert soil, and digging up a yucca plant can be a long, hard process. Did I mention that yucca also teaches patience?



Yucca Root Shampoo

Dig up (or buy at the grocery store) a fresh yucca root and peel the brown outside off of the root until you have exposed the white root inside. Once clean, take a hammer and smash the yucca root until it breaks in pieces. Wet the yucca root while holding it over a basin of warm water, rub the root pieces like a bar of soap to get mounds of lather from it. Wash your dampened hair with the lather for a few minutes, gently massaging the scalp. Rinse well in luke-warm water. Sun dry, and gently comb out any remaining particles with a wide-tooth comb. Repeat as often as desired.

WARNING: Yucca has rarely been studied in a scientific setting, so be careful in experimenting with this herb. There have been minor reported cases of nausea and diarrhea with the consumption of large amounts of yucca extract. Also, make sure to get your yucca some distance from any public road where it may have been sprayed with commercial herbicides.

Simple Yucca Extract

Chop a fresh yucca root up in pieces and stuff into a quart jar until the jar is 2/3 full of root. Cover with vodka and screw on a lid. Set jar in a cool dark place and shake every day or so for 3 weeks. Strain out the root, and use remaining extract as desired to treat gastrointestinal problems.

Yucca Tea

Boil chopped root for 5 minutes, turn off heat and let steep until cool. Strain out the root and use remaining tea as an external wash for skin conditions, or drink for internal healing.

Yucca Quiz:

What are some other names for yucca? 1) _____ 2) _____
3) _____ 4) _____

Yucca is a member of the _____ family.

Where is yucca most commonly found? _____

Name five different ways that yucca was used by Native Americans: 1) _____ 2) _____
3) _____ 4) _____ 5) _____

What is the primary and most used property of the yucca? _____

What do saponins do to toxins? _____

Name some other ways yucca or saponins are used? _____

Write a short story about the ways you are going to use yucca:

Resources and recommended reading:

<http://WellTellMe.com> (Rebekah's health and wellness forum)

<http://www.mothenature.com/ency/herb/yucca.asp>.

<http://www.nutriteam.com/yucca.htm>.

http://www.findarticles.com/p/articles/mi_g2603/is_0007/ai_2603000747/pg_3

<http://www.simplyboss.com/sbproducts/introsection/yucca.htm>

<http://www.viable-herbal.com/singles/herbs/s610.htm>

<http://www.florahealth.com/flora/home/usa/healthinformation/encyclopedias/Yucca.asp>