

## **Kudzu To Help Stop Smoking**

*By chinese tea and herbs*

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*Traditional Chinese medicine has used kudzu roots for centuries to treat stiff neck, headache, muscle tension and neurological conditions, also have relied on it to treat the alcohol abuse, relieve respiratory problems and counteract poisons.*

Kudzu was first mentioned in traditional Chinese medicine in the Shen Nong Canon of Herbs, begun during the Han dynasty (206 B.C.- A.D.23), as a treatment for headache, stiff neck with pain due to high blood pressure and alcohol abuse. Its use in modern Chinese medicine includes the treatment of angina pectoris. Kudzu has many uses in Japan, including medicine, food and commercial products. Kudzu starch is used for thickening soups and noodle making, and the stems yield an important fiber called kokemp that is important in the manufacture of cloth and paper. Chemical constituents in Kudzu include p-coumeric acid, quercetin, calcium, iron, magnesium, phosphorus, potassium, starch, vitamin B-2, puerarin, genistein, daidzin and daidzein.

Kudzu has long been a treatment for alcohol abuse in the Orient. The tea that is made from Kudzu is called xing-jiu-ling, which is literally translated as "sober up." Researchers in Indiana University discovered two compounds in Kudzu that alter the enzymes that break down alcohol in the liver, and as a result, an alcohol byproduct, acetaldehyde, builds up, producing nausea, facial redness and general discomfort in the subject. The chemicals daidzin and daidzein in the roots and flowers appear to suppress the appetite for alcohol. In a paper published in Alcoholism: Clinical and Experimental Research, a team of researchers from Harvard Medical School affiliate, McLean Hospital, reported that moderately heavy drinkers given the herb extract in capsule form for a week before taking part in a drinking experiment consumed significantly less alcohol than those who got a placebo, saying,

"All of the subjects, except one, reduced their alcoholic intake."

Traditional Chinese medicine has used kudzu roots for centuries to treat stiff neck, headache, muscle tension and neurological conditions. Chinese physicians also have relied on it to treat the alcohol abuse, relieve respiratory problems and counteract poisons. Its use in modern Chinese medicine includes the treatment of angina pectoris. For some years now scientist from the Harvard University in Boston recommend Kudzu to stop smoking.

How does Kudzu help you to stop smoking?

Nicotine works on the so called "brain receptors". When a person stops smoking these receptors are unoccupied what makes you nervous and irritated so the desire to smoke gets stronger. One of Kudzu's main ingredients is Isoflavones. These Isoflavones are going to replace the nicotine on the "brain receptors".

If you fancy finding more information about organic natural medicine, please visit <http://www.chineseteaandherbs.com>. Of course there are also many products you can buy online, if you wish.

Category	Kudzu, Health, Consumer
Tags	treat stiff neck, headache, muscle tension and neurological conditions, stop smoking
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