

Full Spectrum™ Lomatium



Respiratory and Immune Support

- **Used traditionally by Native Americans for centuries**
- **Stimulates white blood cell activity**
- **Potent respiratory support**

Planetary Herbals introduces FULL SPECTRUM LOMATIUM, a botanical long revered by Native Americans for enhanced immune and respiratory support. The resinous roots of *Lomatium dissectum* were extensively used by traditional Native peoples of the Pacific Northwest and Northern Nevada where the plant is indigenous. Indigenous peoples valued lomatium for its supportive respiratory properties. Lomatium was often called “biscuit-root”, since the pulp was pounded into cakes, or “Indian carrot,” due to its resemblance and kinship with carrots. The Washoe people used lomatium regularly, calling it “Toh-sa” or “Do-sa.” And the Blackfeet used lomatium as a food staple, but its primary benefit is its support of the respiratory system



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Expert Formulations – Exceptional Results

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

Nature's Bounty

Lomatium is a perennial plant that sprouts and flowers in early spring. It can grow up to 40 inches tall, with feathery leaves that branch into carrot-like leaflets. It usually grows in dry, sandy soil under or between tall sagebrush and greasewood. The plant grows from two to four feet high and has a blossom similar to wild parsnip. The older roots, which were highly prized by natives, frequently weigh from two to six pounds. The oil from *Lomatium dissectum* is very potent and must be used properly. It has a variety of uses, such as on the skin. Long distance runners among the Blackfeet chewed the seeds to support the respiratory system and to avoid getting side cramps. The root of several lomatium species was used as food by some tribes. A few tribes believed that, when consumed, the lomatium plant created an irresistible aura of attractiveness that could win someone the most desirable mate.

Support for a Healthy Respiratory System

Native Americans gather the *Lomatium dissectum* plant in the late fall, when seasonal health challenges may occur. The root is usually cut up in the fresh or dry state, and then boiled in water. After boiling, the top of the broth is skimmed off. The broth is then consumed to provide respiratory and immune support. The compounds in *Lomatium dissectum* have been shown to stimulate white blood cell activity (phagocytosis). Phagocytosis is involved in the acquisition of nutrients for cells. In addition, phagocytosis is a major mechanism the body uses to remove cell debris that may affect immune function.

Various inventive methods were used by indigenous peoples to best use the popular plant. Many tribes made lomatium teas and then inhaled the steam for respiratory relief. Other tribes burned the root in a bed of live

coals and leaned above the mixture with cloths over their heads to trap fumes for the same purpose. Another common use was to chew a piece of raw root to soothe the throat. In addition, the oily sap from sliced fresh roots was often used on skin. Many natives still depend largely upon their ancient sources of supply of native plants for traditional uses and respiratory support.

Planetary Herbs FULL SPECTRUM LOMATIUM is available in a standard extract or an alcohol-free form sweetened with glycerite. It can be taken in water and made into a tea, and either sipped or the steam inhaled. This ancient and renowned herb will provide respiratory and immune support year round.

Planetary Herbs integrates the best of worldwide herbal traditions with modern clinical and pharmacological research. The result is an herbal product line that is unequalled for efficacy, safety, and dependability. For more information or purchase locations, please visit <http://www.planetaryherbs.com>.

References

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