



# Health Benefits of Cat's Claw

uncaria tomentosa



- powerful antioxidant
- anti-inflammatory
- supports immunity
- fight cancer
- relieves arthritis discomfort
- protects cellular DNA
- supports the repair of damaged DNA
- promotes healthy cell division
- displays activity against leukemia cells
- fight infections
- inhibits the production of tumor necrosis factor-alpha
- anti-viral
- ability to cleanse the entire intestinal tract
- improves circulation



- promotes the healing of wounds
- useful for gastric ulcers
- fight fungal infections
- helps with colitis & Crohn's disease
- anti-parasitic
- helps with urinary tract inflammation
- kidney cleanser
- helps with gout
- strengthens respiratory system



**Cat's Claw Tea**

Pour purified boiling water into a cup and add a few drops of lemon juice. The acid from the lemon juice will release the tannins in the tea.

Add the cat's claw to the cup. If your cat's claw is ground, use 1 to 2 tsp. in a typical tea strainer. If you are using cat's claw bark, add one to two average-sized pieces.

Let the cat's claw steep for five to 10 minutes. Remove the strainer from the cup. If you are using bark, remove the bark with a spoon.

Sweeten the tea to taste using a healthy sweetener. Cat's claw tea does not have a very good natural flavor. Consider adding raw honey or spices to improve the taste.

**WARNING:**  
Avoid cat's claw if pregnant or nursing. If taking meds, talk to your practitioner before using cat's claw.

