

# Solomon's Seal Tea

Health Benefits & Preparation



**C. Forrest McDowell, PhD**

We all know the soulful comfort of an herbal tea, especially when temperatures quickly drop. The esteemed gentle herb [Solomon's Seal](#) makes a wonderful tea that can benefit respiratory health, muscular-skeletal fitness, and feminine support, among other benefits. In this article, learn about the unique qualities of Solomon's Seal, the specific benefits as a tea, and preparation tips.

## How to Prepare Solomon's Seal Tea

The mild, slightly nutty and sweet taste of Solomon's Seal tea is a pleasant delight with therapeutic benefits to boost, as discussed later in this article. Cultures worldwide have sipped this herbal tea, or infused it into water tonics, for thousands of years.

Two ways to prepare your tea are to use the dried root, or to infuse a prepared tincture into your favorite herbal tea.



### Preparation using ground organic dried root kernels

**HOT TEA:** Place ½ teaspoon into 8-12 ounces of pre-boiled water. Let set while the kernels puff up and sink. Sip slowly and thoughtfully as a hot tea. You can even chew on the soft nuggets.

**COLD TEA:** Simply let sit in refrigerator overnight. Taste: mild, slightly nutty and sweet. Solomon's Seal tea made from ground dried root is especially beneficial for respiratory health because of its demulcent/mucilaginous qualities.

## Preparation using Solomon's Seal tincture

Place 7-15 Solomon's Seal tincture drops into your favorite cup of tea. Sip and enjoy (either hot or cold).

Taste: Your tea will retain its herbal flavor and still provide the excellent benefits of the tincture.

### Consumer Tips:

Another nifty idea is to place the tincture drops into your favorite herbal tonic and mix well. Try a few drops with a few drops oil of oregano, oil of clove, and tea tree oil in a quart bottle. Sip and swish a small amount in your mouth to freshen breath, reduce bacteria, and support gum health.



- **Availability & Cost:** Organic [Solomon's Seal root](#) is expensive if one is to consider grinding it for tea. The problem is finding a trustworthy organic source on the Internet (we should know!). For this reason, using a concentrated tincture is probably most cost-effective and more diverse.
- **Therapeutic Benefits:** for best mucilaginous qualities use ground root; the tincture provides broader benefits as discussed in this article.
- **Frequency of Use:** up to 3 cups per day (you may pee a little bit more, however!)
- **Special Note:** Do not use a Solomon's Seal tincture made with a glycerin base, not alcohol. Reason? The medicinal benefits can only be extracted with alcohol. Additionally, use extreme caution if using Solomon's Seal root or teas derived in Asia, including Korea, even if claimed organic. Unfortunately, there is corruption in certifications of organically grown herbs in China, and teas are known to have extensive powdered fillers added to the blend.

## Health Benefits of Solomon's Seal Tea



Let's now look at why Solomon's Seal makes an effective tea. After all, the rhizome/root (the *polygonatum biflorum*, *multiflorum*, *odoratum*, or *siberian* varieties) has been used globally for thousands of years. It can be created into a tincture, salve, or tea, each with restorative qualities. If you want to learn all about this esteemed herb, please visit our website: [www.cortesiaherbalproducts.com](http://www.cortesiaherbalproducts.com).

Solomon's Seal is excellent for **muscular-skeletal support** (joint, bone, bursa, cartilage and tissue health). However, it has further health benefits that make it worth taking as a tea. It supports respiratory health and skin health. It is calming to the nerves. And women worldwide have found it quite beneficial for feminine issues and reproductive health. Following are common medical-herbal characterizations of remedies and medications that Solomon's Seal fits into, including known historical uses of the plant's rhizome.

**Demulcent** — Solomon's Seal tea, in particular, makes the best use of the plant's excellent demulcent qualities (also referred to as mucilaginous or muco-protective). Mucilage is a polysaccharide substance obtained from the roots or seeds of a plant. A mucilaginous or demulcent herb is viscous and gelatinous, and thus protective and soothing to the mucus membranes and other irritated or inflamed internal tissues of the body.

As a tea (demulcent), Solomon's Seal may help to soothe irritation in the digestive tract, lungs, throat, and reproductive system. Its expectorant qualities also aid in loosening up coughs. Joint health may be supported by regulating fluidity within buffering membranes and cartilage.

## *Solomon's Seal Tea: Benefits & Preparation*

**Mild Sedative** — Solomon's Seal tea may help soothe and ease nervousness, distress, pain and discomfort. This is because of a key phytonutrient in the plant, allantoin, which is calming.

**Tonic** — Solomon's Seal tea may aid in stimulating, invigorating, strengthening, and toning organs such as liver, GI tract, reproductive system. These are common benefits of herbal tonics.

**Adaptogenic** - Solomon's Seal tea may act as a catalyst for supporting immune system health.

**Diuretic** - Solomon's Seal tea, like many herbal teas, may mildly increase the secretion, flow, and expulsion of urine as a detoxifier.

**Expectorant** - Solomon's Seal tea may promote the discharge of mucus and phlegm from the lungs and throat by means of spitting or coughing.

In summary, [Solomon's Seal](#) has a rich worldwide history of use dating back thousands of years. It is a beautiful woodland plant that grows well in a garden. Because it is an excellent adaptogenic herb that stimulates and supports the immune system, Solomon's Seal is a diverse, gentle and invaluable herb to have in the medicine cabinet.

2022 by C. Forrest McDowell, PhD

