

# *Sutherlandia frutescens*



Traditional name:

**Kankerbos**

English Translation:

**Cancer Bush**

*Sutherlandia frutescens* is regarded as the most profound and multi-purpose of the medicinal plants in Southern Africa. Before you munch the flower beware that it has a very bitter taste. Did you know that the San and Khoi people used it mainly for the washing of wounds and internally to bring down fevers?

## *Doctor, Doctor!*

Some of the indigenous, folk, and contemporary uses of *Sutherlandia* include use as a tonic for:

- enhancing well-being
- stress, depression and anxiety
- quality-of-life tonic for cancers, HIV/AIDS and TB
- asthma and bronchitis
- type 2 diabetes
- hot flashes and irritability in menopause

