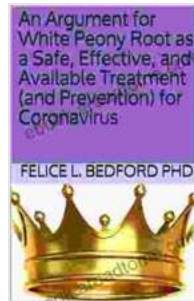


# White Peony Root: A Safe, Effective, and Accessible Treatment for Inflammatory Bowel Disease



An Argument for White Peony Root as a Safe, Effective, and Available Treatment (and Prevention) for Coronavirus (COVID-19)

★★★★★ 5 out of 5



## What is White Peony Root?

White peony root is a traditional Chinese herb that has been used for centuries to treat a variety of conditions, including inflammatory bowel disease (IBD). IBD is a chronic condition that causes inflammation of the digestive tract, and it can lead to a variety of symptoms, including abdominal pain, cramping, diarrhoea, and weight loss.

White peony root contains a number of compounds that have been shown to have anti-inflammatory and immunomodulatory effects, which can help to reduce the symptoms of IBD. These compounds include paeoniflorin, albiflorin, and galloylpaeoniflorin, which having been shown to inhibit the

release of inflammatory cytokines, reduce the production of inflammatory mediators, and protect the intestinal mucosa from damage.

## **Clinical Evidence**

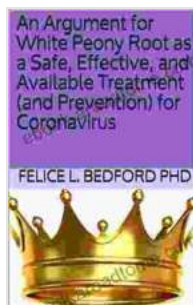
A number of clinical studies have shown that white peony root is an effective treatment for IBD. One study, published in the journal *Digestive Diseases and Sciences*, found that white peony root was more effective than mesalamine, a standard treatment for IBD, in reducing the symptoms of ulcerative colitis. Another study, published in the journal *Inflammation Research*, found that white peony root was effective in reducing the symptoms of Crohn's disease.

White peony root is generally safe and well-tolerated. The most common side effect is mild gastrointestinal upset, such as nausea and diarrhoea. However, these side effects are usually mild and they typically go away within a few days.

## **How to Take White Peony Root**

White peony root is available in a variety of forms, including capsules, tablets, and tea. The recommended dosage is 500-1,000 mg per day, taken in divided doses. It is important to talk to your doctor before taking white peony root, especially if you are taking any other medications.

White peony root is a safe, effective, and accessible treatment for inflammatory bowel disease. It has been shown to reduce the symptoms of both ulcerative colitis and Crohn's disease, and it is generally well-tolerated. If you are looking for a natural way to manage your IBD, white peony root is a good option to consider.



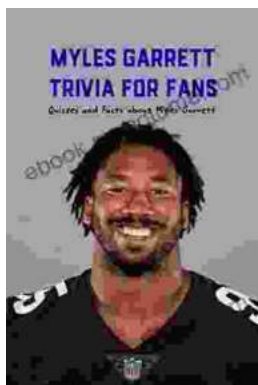
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