

Purslane (*Portulaca*) History

Researchers commonly refer to Purslane (also known as *Portulaca Oleracea*) as having been brought to North America from Europe by man; however, archaeological data indicates Purslane seeds dating back to the first



millennium B.C. having been discovered at an archaeological site at Salts Cave, Kentucky.

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Known since the time of Hippocrates, Purslane was used for its diuretic, anthelmintic, and cathartic qualities.

diuretic, anthelmintic (anti-parasitic), cathartic (promotes bowel evacuation properties). Ancient Egyptians used Purslane for heart failure and heart disease.

Among 13,000 known plants, fewer than twenty are currently providing most of our food needs yet many of the underutilized plants, such as Purslane offer better nourishment than the major crops.

References:

- 1. Wenzel et al 1979:** Studies concluded that pectin lowers LDL cholesterol.
- 2. Jones et al 1936 and Flagg et al 1948:** In their studies, found glutathione in Purslane. This antioxidant and detoxifier synthesized rapidly in the liver, kidneys, and other tissue, including the gastrointestinal tract.
- 3. Okwuasaba et al 1986:** Studies found Purslane effective as a muscle relaxant.
- 4. Hegnauer, R. 1969:** Studies showed that Purslane contains high amounts of noradrenaline, which is known to stimulate the adrenal glands, and dopa, which has been widely used to combat Parkinson's disease.
- 5. Simopoulos, A.P., Norman, H.A., Gillappy, J.B., and Duke, J.A. 1992:** Studies showed that it is a source of omega-3 fatty acids and antioxidants (*J. of the Am. College of Nutr.* 11(4):374).
- 6. Rifici, V.A. and Khachadurian, A.K.:** Dietary supplementation with vitamins C and E inhibits in vitro oxidation of lipoproteins (*J. of the Am. College of Nutr.* 1993)
- 7. Kubular, D.T. and Tashbekov, I., Katafel, I., Ovoschi, 1979:** Studies found Purslane rich in protein and carbohydrates
- 8. Miller, T.E., et al 1984:** Studies found Purslane has the best balance and highest concentration of essential amino acids compared to his other studies
- 9. Folkers, K., Vadhanavikit, S., Mortenson, S., 1985:** Biochemical rationale and myocardial tissue data on the effective therapy of cardiomyopathy with Co-enzyme Q-10.



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Purslane (*Portulaca Oleracea*)

The power food
of the future



Nutritional Facts

Purslane was studied at POS Pilot Plant Laboratory located on the campus of the University of Saskatchewan in Saskatoon (Dec. 2000 - Project #00-781A). The scientific results were that Purslane is high in fatty acids, including linoleic acid (omega 6), linolenic acid (omega 3), tocophenals (alpha, gamma, and delta), alpha-tocopherol (vitamin E), beta-carotene, vitamin C, and riboflavin.

Studies show Purslane rich in fatty acids, minerals, antioxidants, vitamins, and other nutrients

It is high in minerals, including phosphorous, zinc, silicon, maganese, copper, calcium, and magnesium. Other active ingredients found in other studies were:

Protein, and Carbohydrates - ref. [7]

Ascorbic Acid - recorded ten times higher than in any other weeds - ref. [2]

Essential Amino Acid - body needs these to make protein - ref. [8]

Pectin - known to lower cholesterol ref. [1]

Glutathione - antioxidant and detoxifying agent ref. [2]

Noradrenaline - supports adrenal glands - ref. [4]

Dopa and Dopamine - known for muscle relaxant properties - ref. [3]

Co-enzyme Q-10 - found in every cell of the body, known to supply our bodies with energy, discovered by Dr. Karl Folkers - ref. [9]. Analysis also confirmed by Enviro-Test Lab. #L57257-1 that Purslane contains Co-enzyme Q-10.

Purslane Usage

It is recommended that you work closely with your physician when initiating any significant change in diet, including food supplements.



Before starting to take Purslane, add a half-ounce of freshly-squeezed lemon juice to a liter of filtered water and drink this daily for at least three days. Optionally, you could take two 400mg capsules of parsley twice daily with meals for at least three days.

Continue taking the parsley capsules or the lemon/water mixture for at least three to six weeks. On the fourth day, take one 500mg capsule of Purslane with breakfast or if you have a sleep disorder, take with a snack before bedtime. Continue for four weeks then increase to two Purslane capsules a day for six months or as needed.

Potential Difficulties

Potential difficulties some people may experience when being introduced to a new super food such as Purslane and ways to counteract them are:

Upset stomach:

eat one stick of celery or take two capsules of acidophilus before a meal or take one capsule of bromelain after a meal.

Loose bowels: take two to four 500mg capsules of psyllium husks (hulls) with the evening meal.

Back discomfort: drink one liter of water with a half-ounce of freshly-squeezed lemon juice for two weeks or take four 400mg capsules of parsley twice a day with meals.

Bloating: open the capsule(s) of Purslane, add to one ounce or half-ounce of water and drink after meal.

Constipation: take two 400mg capsules of cascara sagrada once a day as needed.

(Most of the above conditions are usually short in duration.)

