

Traditional Uses of Mulungu



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IN BRIEF

Mulungu trees, also known as coral trees, are native to Peru and Brazil and have beautiful coral colored flowers. For centuries, indigenous people of the Amazon have used bark of the tree to relieve anxiety, help with sleep disorders, prevent seizures, and also for pain relief.



One of the key ingredients in Be Serene is mulungu bark, an all-natural supplement that we sustainably wildcraft from the tree of the same name in South America. This plant has been used for a long time for anxiety and as a sleep aid by indigenous people in the Amazon region. However, the way that we use it in our modern era is a bit different than the way it has been used in the past. Here's how people of that area used (and still use) mulungu to this day.

1. Tincture

A tincture is made when alcohol is infused with an herb, to enhance and preserve that plant's medicinal properties. In Amazonia, a tincture has been made from the bark of the tree to help with insomnia, panic, and heart palpitations. In Brazil, a traditional tincture is made from both the leaf of the plant and the bark.

2. Decoction

To make a decoction, you simply boil herbs with water to release their healing properties into the water. This is also sometimes known as a tea, but a decoction is a bit more serious than a cup of tea. Most of the time, the herbs are left to simmer for at least 20 minutes, to make sure the water is full of the medicinal properties of the plant.

In Argentina, this method is used to treat all sorts of things from urinary tract infections to digestive issues. In Peru, patients may put a decoction of mulungu seed on their eye to help with irritation.

3. Other Uses

While these two methods are the main modes of ingestion for this herbal supplement, there are other mulungu bark uses. Some people in Brazil will gargle with mulungu plus water to help a sore throat. In Argentina and Brazil, people use the plant as an antiseptic externally to treat cuts. Many cultures of the Amazon region also take it to help with problems of the liver, like hepatitis, and to deal with inflammation from arthritis.

However, it's main use in all these cultures is as an anti-anxiety medicine and sleep aid. That is what we use it for in Be Serene as well.

Luckily, with our supplement, you don't have to wonder how to use mulungu powder. We have formulated our supplement with the right amount to help you conquer your anxiety and feel better every single day.