

# Remedies from God's Book of Nature™

## THE MIDNIGHT BLUE PAPERS

### MEDICINAL PLANTS AND HERBAL AGENTS

### HEALTH NUGGET

### USEFUL TOOLS IN THE MEDICAL MISSIONARY WORK

#### INTRODUCTION

In the arena of Medical Missionary work, within the over-arching subject of medicinal plants and herbal agents, we'd like to bring to your attention the herb **Corn Silk** (CS). Our focus here will be on its uses as an internal medicine rather than a topical agent. As this is not a classroom setting, the information we intend to impart should be considered general in nature. We will field questions, comments, concerns, and/or suggestions after this gathering. *(Please note; from the point of view of Traditional Western Medicine (TWM) and for legal reasons, this information is provided solely for educational purposes and is not intended to diagnose, treat, or cure any disease or disorder.)*

The corn plant itself is a tall annual grass with a stout, erect, solid stem. While it can be considered a combination of a fruit, a grain, and a vegetable, we are here concerned with its reproductive part making the silk the issue of the flowering fruit. The peak season for *sweet* corn falls between late June and early September in the Northern Hemisphere, however some varieties of corn can be harvested year-round. The flexibility of harvesting times makes it a readily available medicine. The term "silk" refers to the thin, thread-like strands (or stigma) that grow along the length of an ear of corn, protruding from the top of the husk. Corn Silk can be found pigmented as light green, red, pale yellow, or light brown.

#### TALKING POINTS/BRIEFING

##### BENEFITS AND USES

Corn Silk has been used for the treatment of **edema, kidney stones, prostate disorders, cystitis** and other **urinary infections**. It soothes and relaxes the lining of the bladder and urinary tubules, hence reducing irritation and increasing urine secretion. When used in combination with other "kidney herbs", it opens the urinary tract and removes mucus from the urine. Constituents include vitamins **B, C, and K**, and minerals like **Potassium, Iron, and Zinc**.

##### METHODS OF USE

In *Natural-* or *Alternative Medicine* CS can be used in **fresh, dried, or powdered** forms or as an alcohol- or vegetable glycerin-based **tincture**.

In its **fresh** form, it may be added to broths or soups to contribute vitamins and minerals. In its **dried** form (cut and sifted), it may be made into a medicinal tea (infusion) and preferably served warm. CS tea has been claimed to have many benefits such as lowering blood pressure, and alleviating obesity due to water retention, and promoting relaxation. In its **powdered** form, it may be capsulized and ingested in increased amounts for convenience, preferably with food. When decanted into a **tincture**, the potent result can be taken in water or under the tongue to alleviate acute symptoms.

Corn Silk is a powerful tool in combatting inflammation and fluid retention. In our work, this herb is considered an essential tool as it affects an organ of elimination and should be standard in our kits.

As you review this topic, please consider [James 1:5](#) and [3 John 2](#). We thank you for your time and attention.

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#### THE USE OF NATURAL REMEDIES

Disease is an effort of nature to free the system from conditions that result from a violation of the laws of health. In case of sickness, the cause should be ascertained. Unhealthful conditions should be changed, wrong habits corrected. Then nature is to be assisted in her effort to expel impurities and to re-establish right conditions in the system. – {[MH 127.1](#), see also 127.2-4}

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Revised 7/8/2025, Printed 7/11/2025

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**FREEHAND NOTES**

# Remedies from God's Book of Nature™

## THE MIDNIGHT BLUE PAPERS MEDICINAL PLANTS AND HERBAL AGENTS

### CORN SILK

AKA STIGMA MAYDIS, MAIZE SILK, BARBAS DE ELOTE, YÙ Mǐ XIÙ

#### DISCUSSION

Corn Silk (CS) is an important herb used traditionally by the Chinese and Native Americans to treat many diseases. Its anti-oxidant and healthcare applications as a diuretic agent, in hyperglycemia reduction, as an anti-depressant and anti-fatigue medicine, and as a medicine used to treat urinary difficulties have been widely acclaimed. The use is very much related to its properties and the mechanism of action of the plant's bioactive constituents such as flavonoids and terpenoids. Herein, the focus of this discussion will be on its uses as an internal medicine rather than a topical agent.

In *Natural- or Alternative Medicine* the parts that are used are the long stigmas, which grow along the length of the corn, then protrude from the top end. These stigmas should be collected just before pollination occurs, depending on the climate. CS can be used in **fresh**, **dried**, or **powdered** form or as an alcohol- or vegetable glycerin-based **tincture**.

The flowers of maize are *monoecious*, in which the male and female flowers are located in different inflorescences on the same stalk. The *male* flowers (tassel) at the top of the plant produce yellow pollen. Meanwhile, the *female* flowers produce CS and are situated in the leaf axils. The silks are elongated stigmas which look like a tuft of hairs. The colors of the CS, at first are usually light green and later turn into red, yellow or light brown. The function of CS is to trap the pollen for pollination. Each silk may be pollinated to produce one kernel of corn. The silk can be 30 cm or longer with a faintly sweetish taste.



#### BOTANICAL CLASSIFICATION

Kingdom	Order	Family	Subfamily	Tribe	Genus	Species
Plantae	Poales	Poaceae (Gramineae)	Panicoideae	Andropogoneae	Zea	Zea Mays

#### MEDICINAL PHILOSOPHY

Corn Silk has been consumed for a long time as a therapeutic remedy for various illnesses and is important as a natural- or alternative treatment. It has been used for the treatment of **cystitis**, **edema**, **kidney stones**, **prostate disorders**, and **urinary infections** as well as **bedwetting** and **obesity**. It soothes and relaxes the lining of the bladder and urinary tubules, hence reducing irritation and increasing urine secretion. When used in combination with other "kidney herbs", it opens the urinary tract and removes mucus from the urine.

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#### THE USE OF NATURAL REMEDIES

A practice that is laying the foundation of a vast amount of disease and of even more serious evils is the free use of poisonous drugs. When attacked by disease, many will not take the trouble to search out the cause of their illness. Their chief anxiety is to rid themselves of pain and inconvenience. So they resort to patent nostrums, of whose real properties they know little, or they apply to a physician for some remedy to counteract the result of their misdoing, but with no thought of making a change in their unhealthful habits. If immediate benefit is not realized, another medicine is tried, and then another. Thus the evil continues. – {[MH 126.2](#)}

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Revised 7/8/2025, Printed 7/11/2025

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Other beneficial treatments of CS include **anti-fatigue** activity, **anti-depressant** activity and **kaliuretic**. In addition, it possesses excellent **antioxidant** capacity and demonstrated **protective** effects in radiation and nephrotoxicity.

However, a recent study showed that there is no antibacterial activity in CS when it was investigated against bacterial species such as *Pseudomonas Aeruginosa*, *Klebsiella Pneumonia*, *Staphylococcus Aureus*, *Streptococcus Pneumonia*, *Escherichia coli* and *Streptococcus Pyogenes*. In China, it is considered very important medicinal plant in the treatment of prostate problems. Meanwhile, the Native Americans used CS to treat urinary tract infections, malaria and heart problems. Although not *scientifically* proven, CS tea has been claimed to have many benefits to human health such as lowering blood pressure, decreasing prostate inflammation, assisting in the alleviation of diabetic and urinary tract infection, edema, obesity and promoting relaxation.

#### PROPERTIES, ACTIVE CONSTITUENTS, NUTRITIONAL INFORMATION

As CS is *diuretic*, additional water should be consumed to ensure the elimination of toxins when used as a treatment for urinary difficulties. As a *lithotriptic*, it dissolves and discharges urinary and gallbladder stones and gravel. As a *demulcent*, it soothes any irritation from acids or gravel. Combining with *nervine* tonics will relax the tube ends and further open the valves for an easier flow of fluids and tone the problematic areas. If necessary, combine with *stimulant* herbs to accelerate its effects.

Among the constituents found in CS are vitamins **B**, **C**, **K** (depending on the growing conditions and how it is stored), and minerals like **Potassium**, **Iron**, and **Zinc** can be found. Corn Silk tea is also high in many unique *flavonols* and *antioxidants* which are significant for detoxifying and helping the body to fight free radicals, which can considerably lower the risk of dangerous diseases like cancer. It contains many of the *phytochemicals* found in barley greens, the *thymol* found in thyme, and the *menthol* found in mint.

**Phytochemicals:** Benzaldehyde, Betaine, 1,8-Cineole, Alpha-Terpineol, Beta-Carotene, Beta-Sitosterol, Campesterol, Carvacrol, Caryophyllene, Dioxycinnamic Acid, Caffeic Acid, Glycolic Acid, Stigmasterol, Saponins, Geraniol, the alkaloid Hordenine, Limonene, Cryptoxanthin, Anthocyanins.

**Nutrients:** Chromium, Manganese, Phosphorus, Riboflavin, Selenium, Vitexin, Calcium, Magnesium, Niacin, and vitamins C, B<sub>1</sub>, B<sub>3</sub>.

#### CAUTIONS, CONTRAINDICATIONS, DOSAGES, ADVERSE REACTIONS

The appropriate dosage depends on several factors such as age, weight, health, and several other conditions. Do follow the relevant directions on product labels and seek advice from a Natural Medicine Consultant **before** supplementing a pharmaceutical regimen. This herb has been associated with skin rashes, itching, and allergies in some individuals. Use only as suggested.

For those who must remain on pharmaceutical drugs such as Anti-Diabetes drugs, Corticosteroids, Anti-Coagulant drugs, or Diuretics consult the apposite Medical Doctor **before** replacing any prescription drug with medicine. When combined with these types of drugs, the following **interactions** may occur and have been categorized as *moderate*.

Medications for diabetes (Anti-Diabetes drugs)

Corn Silk might decrease blood sugar. Diabetes medications are also used to lower blood sugar. Taking CS along with diabetes medications might cause blood sugar to go too low. Monitor blood sugar closely. The dose of Diabetes medication might need to be modified.

Some medications used for diabetes include Glimepiride ([Amaryl](#)), Glyburide ([DiaBeta](#), [Glynase PresTab](#), [Micronase](#)), Insulin, Pioglitazone ([Actos](#)), Rosiglitazone ([Avandia](#)), Chlorpropamide ([Diabinese](#)), Glipizide ([Glucotrol](#)), Tolbutamide (Orinase), and others.

### Medications for high blood pressure (Antihypertensive drugs)

Large amounts of CS seem to decrease blood pressure. Taking CS along with medications for high blood pressure might cause blood pressure to go too low.

Some medications for high blood pressure include Captopril ([Capoten](#)), Enalapril ([Vasotec](#)), Losartan ([Cozaar](#)), Valsartan ([Diovan](#)), Diltiazem ([Cardizem](#)), Amlodipine ([Norvasc](#)), Hydrochlorothiazide ([HydroDiuril](#)), Furosemide ([Lasix](#)), and many others.

### Medications for inflammation (Corticosteroids)

Some medications for inflammation can decrease Potassium in the body. Corn Silk might also decrease Potassium in the body. Taking CS along with some medications for inflammation might decrease Potassium in the body too much.

Some medications for inflammation include [Dexamethasone](#) ([Decadron](#)), [Hydrocortisone](#) ([Cortef](#)), Methylprednisolone ([Medrol](#)), Prednisone ([Deltasone](#)), and others.

### Anti-Coagulant Medications (Blood Thinners)

Corn Silk contains large amounts of vitamin **K**. Vitamin **K** is used by the body to help blood clot. [Warfarin](#) (Coumadin) is used to slow blood clotting. By helping the blood clot, CS might decrease the effectiveness of Warfarin (Coumadin). Be sure to have blood checked regularly. The dose of Warfarin (Coumadin) might need to be modified.

### Water pills (Diuretic drugs)

Corn Silk seems to work like "water pills." Corn Silk and "water pills" might cause the body to get rid of potassium along with water. Taking CS along with "water pills" might decrease potassium in the body too much.

Some "water pills" that can deplete Potassium include Chlorothiazide ([Diuril](#)), Chlorthalidone ([Thalitone](#)), Furosemide (Lasix), Hydrochlorothiazide (HCTZ, HydroDiuril, [Microzide](#)), and others.

## A NOTE FROM THE EDITOR

Please note; a *strict* comparison of pharmaceutical drugs to natural medicines is simply **not** possible. Drugs are characterized as chemical substances developed by extraction from natural products ([pharmacognosy](#)) or synthesized through chemical processes. The drug's active ingredient will be combined with a "vehicle" such as a capsule, cream, or liquid which will be administered through a particular route of administration. Natural medicines are processed using a philosophically dissimilar approach. Natural medicines have been designed ([phytotherapy](#)) to take advantage of all the plant's mechanisms. Where standard [pharmacology](#) isolates an active compound from a given plant, phytotherapy aims to preserve the complexity of substances from a given plant with relatively less processing.

## BIBLIOGRAPHICAL REFERENCES

The following are a few of the resources used to create and maintain this document.

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## OVER-ALL NOTES

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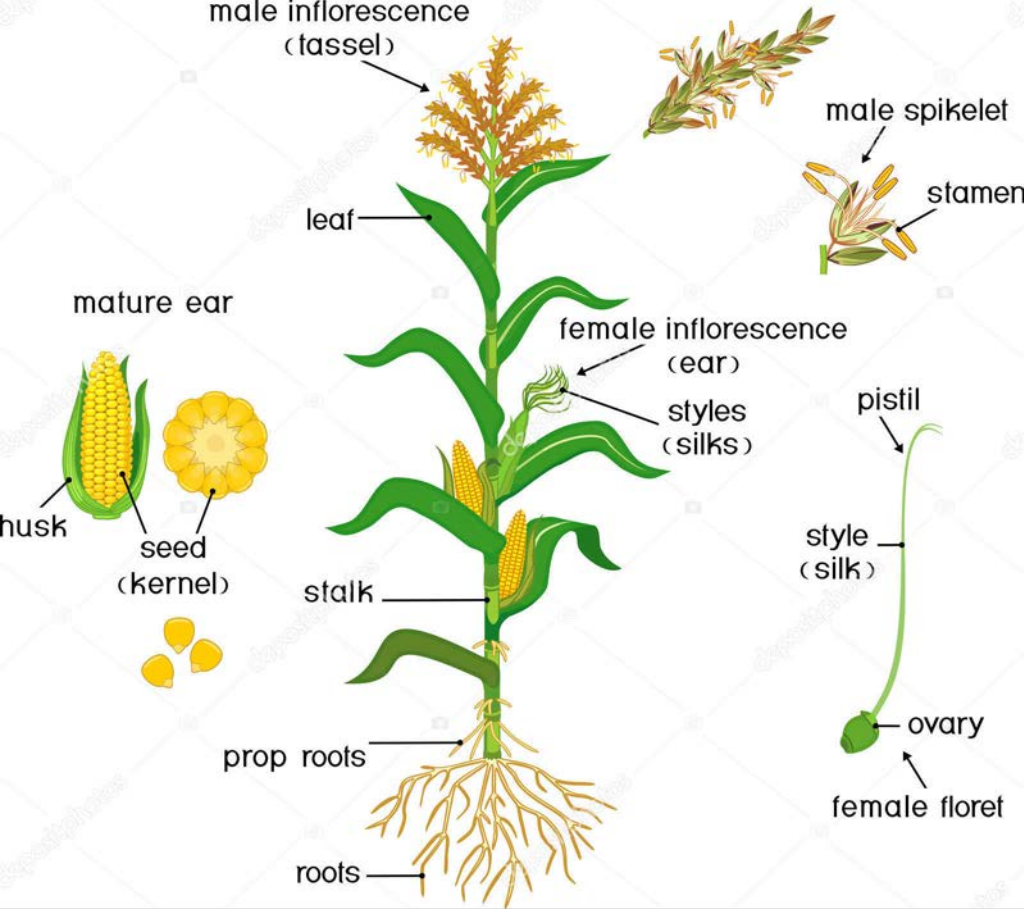
**FREEHAND NOTES**











Staminate  
flowers

Carpellate  
flowers



Stem  
and root

Corn  
kernels

Silk  
(stigma)

Ovary

