

## What is Cissus quadrangularis?

Cissus quadrangularis is an herb with an ancient history of use in refined and effective herbal medicine traditions, and has long been hailed as an especially powerful natural treatment for a variety of indications. In modern times, Cissus quadrangularis has become somewhat obscure but is gaining popularity among many medical practitioners and self-treating athletes for its restorative properties and other impressive uses. In traditional preparations, parts of the Cissus plants have been mashed, roasted, or made into a juice, pulp, or outright cooked concoction prior to application, but the majority of modern Cissus users are likely to experience the plant in the form of a capsule or powder. As the range of applications for this herb are quite variable, user experiences are diverse, yet the overwhelming consensus suggests that Cissus can be a remarkable alternative to Western medicines and a true blessing in terms of both potency and ability.

## What is Cissus quadrangularis used for?

### Cissus quadrangularis in Sports and Athletics

As the athletic community at large begins to discover and experiment with Cissus quadrangularis, a growing number of bodybuilders and other tissue-conscious people are exploring the possibilities of the herb. A particularly beneficial application for Cissus is its use prior to and after minor surgeries, especially those involving the bones and joints. Users report general analgesic properties as a result of taking supplements, including a reduction in tissue soreness and inflammation, and a greater range of mobility and use during the healing process. One of Cissus' intriguing abilities as a natural restorative and protective agent is the preservation of muscle tone and strength during times of trauma, and surgeries are no exception. Many users concerned about the potential for loss in muscle size and ability have found that a steady regimen of Cissus quadrangularis supplements before and after surgery has gone a long way towards helping them maintain tissue quality despite the disruption in training activity and on-site tissue damage.

### Cissus quadrangularis in Arthritis and Joint Health

Cissus users with concerns such as arthritic joints and tendonitis have discovered a great natural resource in the plant. General inflammation and localized pain are common complaints among those who engage in frequent or strenuous physical activity, and the consumption of synthesized medicines in large quantities can prove unbeneficial in the long term or conflict with other substances during the course of treatment. Cissus is being hailed as an excellent alternative, helping to soothe joint, tendon, and muscle pain both during rest and in the course of activity. Users note that they are able to perform well while taking Cissus for inflammatory ailments, and that residual soreness or pain is minimal. As the herb works to quickly and effectively restore critical tissue after exertion, the extra benefit is greatly appreciated by users.

### Cissus quadrangularis for Weight Loss and Control

The perks of [Cissus quadrangularis](http://www.my-healthy-choice.com) also include basic appetite suppression, which is helpful for many athletes in regimens of heavy or extended training. While there are many appetite suppressants on the modern market, both natural and created in the lab, Cissus offers this property in a moderate and unobtrusive fashion, helping the success of diets when needed yet remaining gentle enough for prolonged use. With such desirable properties for a full range of concerns experienced by athletes and general ailment-sufferers alike, Cissus quadrangularis is an herb capable of providing many users with great results.