

IMPORTANT NOTE

We offer you the highest quality at an affordable price. We at Green Leaf Herbs are people like you; people who take herbs and believe in them as a natural alternative to drugs for good health.

The information contained in this brochure is not intended to diagnose or prescribe in any way. It is not meant to be a substitute for medical advice. We do not recommend self-diagnosis or self-treatment for serious or long-term illnesses without the advice of a medical professional.

Green Leaf Herbs does not directly or indirectly dispense medical advice or prescribe the use of herbs as a form of treatment. The Food and Drug Administration classifies herbs as a food supplement, not as a drug.

INFORMATION ON ORDERING

(SEE ATTACHED ORDER FORM)

All orders are shipped as promptly as possible following receipt of order. We ship the fastest way possible: UPS, Parcel Post or Federal Express (Note: Both UPS and Parcel Post can take up to 10 business days for delivery). We accept checks, money orders and credit cards (Visa/Mastercard and American Express). Please make check or money order payable to Green Leaf Herbs.

The 800 number is for use in the U.S.A. only. For orders outside of the U.S., please use your local distributor. Thank you for your order.

CALL: 1-800-80-HERBS

(1-800-804-3727)

(ORDERS ONLY)

Fax: 1-323-295-0680

www.greenleafherbs.com

*Manufactured Exclusively for
Green Leaf Herbs
Los Angeles, California
Made in USA
(310) 202-6695*



ROSEMARY

**GREEN LEAF
HERBS
YOUR KEY TO
A HEALTHIER
AND BETTER
LIFE®**

BY

LEE GLADDEN Ph.D.

VIVIANNE CERVANTES GLADDEN Ph.D.

with

TERRANCE GUILLORY III

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ABOUT THE AUTHORS

Lee Gladden Ph.D. and Vivianne Cervantes Gladden Ph.D. are lifestyle counselors and researchers in the field of health science. They are co-authors of the book ***How To Win the Aging Game*** and are on the Advisory Board of the National Academy of Sports Medicine. Drs. Lee Gladden and Vivianne Cervantes Gladden are listed in Who's Who in Medicine and Healthcare. Dr. Lee Gladden is also adjunct professor of health science at San Bernardino Valley College.

Green Leaf Herbs are the end result of extensive research combining various herbs to find one perfect blend. These herbs are produced by All Natural Products, a company established to improve the quality of life for people everywhere. Its mission is to bring together the collective wisdom of natural healing traditions with more recent discoveries of ethnobotany and pharmacology. The herbs selected for Green Leaf products are harvested world-wide and blended by modern techniques that maintain the highest standards of purity and quality control.

Each product in the Green Leaf line has been carefully researched and tested to provide the optimal dose. To obtain the best results, it is important that you carefully follow the lifestyle tips suggested in this booklet. You should also realize you are unique and that the suggested daily usage is based on the average response of large numbers of people. You may have special conditions or problems which make your response different. Before making any major changes in your lifestyle you should consult with your physician, and if you are ill, seek his or her advice before using Green Leaf Herbs in relation to your condition.

Using Green Leaf Herbs and practicing the lifestyle tips recommended in this booklet will allow you to maintain a healthier and more productive life. We hope that you will make the commitment to build a better life by using Green Leaf Herbs' Products.

Terrance Guillory III
Founder and Director of
Green Leaf Herbs and
All Natural Products, Inc.

Helpful Hints for Best Results...

1. To obtain maximum benefit while taking herbs, don't forget the importance of:
 - a. drinking plenty of water
 - b. eating from the 7 food groups
 - c. visiting your physician on a regular basis
2. Green Leaf Herbs formulas are designed to work synergistically. For best results, take Herbal Blend #1 and Herbal Blend #2 regularly.
3. Whatever the preferred starting dosage, be certain to increase slowly.
4. Be patient. Allow Green Leaf Herbs sufficient time to work. Take an entire month's supply for noticeable results. Green Leaf Herbs are gently working to bring the body back to its natural state of balance and harmony.
5. Minimize foods that slow down the cleansing process such as dairy products, sugar, white flour, processed foods and fatty meats.
6. Eat foods that have life in them, i.e. raw fruits and vegetables, whole grains, sprouts, raw nuts and seeds, fresh juices.
7. Exercise. Participate in a regularly scheduled exercise program.
8. Please store Green Leaf Herbs in a cool, dry place.

About Green Leaf Herbs...

- Helps to balance your body chemistry for peak performance and energy. Rapid elimination of toxics is essential for maintaining health.
- Aids in restoring colon balance and promotion of healthy bowel functions.
- Helps to promote optimal digestion of food.
- Proper diet and natural herbs are our best insurance policy for preserving health.
- Helps to rid the body of environmental pollutants and internal toxic wastes.
- A key to optimal health is regulatory cleansing at both tissue and organ levels.



PAU D' ARCO

Sarsaparilla contains plant hormones herbalists credit with promoting muscle mass and sexual potency. Studies have shown it has constituents which aid testosterone activity in the body. It is an effective detoxifier because of its stimulating effect on urination and sweating.



SARSAPARILLA

Wild Yam Root is credited by herbalists with improving reproductive hormonal balance. It is also an anti-inflammatory which may protect against rheumatism. It is valuable as a detoxifier because it stimulates sweating.

Capsicum. (also known as Cayenne) is one of the world's finest multi-purpose herbs. Its reputation rests most firmly on its benefit in digestion. It stimulates secretion of gastric juices, improves metabolism and aids in relieving gas. It is highly nutritious being rich in calcium, phosphorus and B-complex vitamins. Dr. Irwin Ziment, of UCLA School of Medicine, believes it stimulates the release of brain endorphins – chemicals that relieve pain and cause feelings of well being.

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RECOMMENDATIONS: Take 2-3 tablets twice a day, morning and evening, approximately 30 minutes before meals. Always take tablets with a large glass of water. Rest one day a week.

FOREWARD

Today, more people are living longer than ever before. As a medical doctor I take pride in the role my profession has played in making this possible. Yet long life is not an unmixed blessing. Added years have brought an increase in age-related disease. In spite of our great medical advances, a million and a half Americans' lives are still cut short each year by cardiovascular disease and cancer. For others longer lives are a continuing struggle against diabetes, arthritis and, at the end, senility. If added life for more people is to mean all it should, their added years must be ones in which they remain productive and happy and as free of disease as possible.

As a boy, I grew up in the island culture of the Caribbean without many of the benefits of modern medicine. Yet most of the people I knew were healthy and happy. This was partly because they lived close to nature, free of the pollution, the vices and the stresses of modern civilization. It was also because there was a widely shared tradition of herbal lore in which people grew and used their own herbs.

Today, increasing numbers of people are rediscovering herbs and returning to a more natural style of life to increase health and reduce illness. I believe this is a wholesome trend. As laymen take more responsibility for staying healthy, it will free physicians to deal more effectively with those who really need their care.

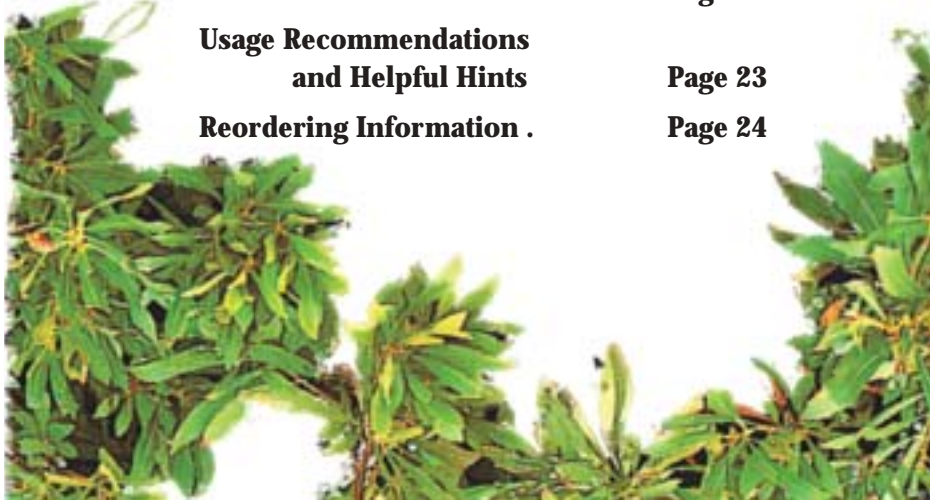
If we are to meet the challenge of an exploding older population, it will be through a new partnership, between patient and physician, which recognizes that illness is primarily the physician's responsibility, but health is a responsibility which must be shared by the patient.

Alwin Parchment, M.D.
Graduate, Loma Linda University
Medical School
Former Chief of Staff
Youngberg Memorial Hospital
Singapore



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HERBAL MALE BLEND

Green Leaf Herbal Blend #5



Green Leaf Herbal Blend #5 is a special combination of herbal ingredients designed to promote prostate health and improve sexual vitality and energy in men. It should be an essential part of every man's health program.

HERBAL INGREDIENTS:

Ginseng Root is an adaptogen which stimulates the immune system and increases energy and vitality. In the ancient Orient ginseng was believed to be an aphrodisiac. Studies in the former Soviet Union, where some of the best ginseng is produced, have shown it stimulates interferon production which scientists believe increases resistance to viral infections.

Saw Palmetto Berries have traditionally been credited with benefiting an enlarged prostate and reducing the frequent urination associated with that condition. Over the centuries they have also been regarded as having an aphrodisiac effect and acting as a sexual tonic.



SAW PALMETTO BERRIES

GREEN LEAF HERBS

INTRODUCTION

The use of herbs for promoting health is as old as the human race and is found in every culture. Herbs were used for healing by the ancient Sumerians five thousands years ago. Catalogues of herbs and the conditions they benefited were compiled by the ancient Chinese, East Indians, Greeks and Romans. Some of these mention five hundred, or more, herbs. Hippocrates, the father of medicine, whose oath is still sworn by graduating medical doctors, listed over 300 with the complaints for which he had found them helpful.

Over the centuries herbal medicine continued to flourish and was brought to the New World by European settlers. Here they, in turn, learned much from Native Americans who were very proficient in the use of herbs, many of which were not known in Europe.

With the rise of modern pharmacy compounded drugs began to replace many of the older natural herbal remedies. Now in recent years a shift is again occurring, and herbs are finding a new place in preventive, self-directed health care.

Skyrocketing costs have put adequate health care beyond the reach of many people. As our population lives longer degenerative diseases of aging are becoming more common. The last half of longer lives is too often a continuing struggle against heart disease, cancer, diabetes, arthritis and, finally, senility.

Many people are discovering today that there is an alternative. The alternative is to adopt a preventive lifestyle that preserves health and increases it now, rather than looking to others to restore it once it is lost.

Today hundreds of thousands of people are rediscovering, world- wide, that the wisdom built into our own immune systems, aided by a healthful lifestyle with proper diet and natural herbs, is our best insurance policy for living out a normal life span of vigorous health and enjoyment.

Green Leaf Herbs are the ideal cornerstone for such a program.

Raspberry has been one of the most widely used herbs for strengthening the uterus for childbirth and alleviating morning sickness. Herbalists also recommend it for menstrual cramps. It is rich in vitamins A, B-complex, C, D, E and F, as well as calcium, phosphorus and manganese.

Capsicum (also known as Cayenne) is one of the world's finest multi-purpose herbs. Its reputation rests most firmly on its benefit in digestion. It stimulates secretion of gastric juices, improves metabolism and aids in relieving gas. It is highly nutritious being rich in calcium, phosphorus and B-complex vitamins. Dr. Irwin Ziment, of UCLA School of Medicine, believes it stimulates the release of brain endorphins – chemicals that relieve pain and cause feelings of well being.

Cascara Sagrada means "sacred covering" which has given rise to its other names, "holy bark" and "sacred bark". It is undoubtedly the most effective natural laxative known. It is another herb which was passed from Native Americans to early Europeans settlers. Its effect comes from its anthraquinones which stimulate a nerve center in the lower bowel causing increased peristalsis. It is without a rival among other herbs or compounded drugs in dealing with chronic constipation.

Ginger Root is a time-proven aid in soothing stomach indigestion and cramps. The Chinese have used it for over two thousand years. It also has a long history as a folk remedy for colds and a way of producing perspiration and relieving headaches. As a gargle it is effective in relieving sore throats. One of its most valuable properties is in improving peripheral circulation to bring more oxygen and nutrients to the body's tissues. It is rich in vitamins A, B-complex, C, calcium, phosphorus, iron, sodium, potassium and magnesium.

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RECOMMENDATIONS: Take 1-2 tablets twice a day, morning and evening, approximately 30 minutes before meals. Always take tablets with a large glass of water. Rest one day a week.



CASCARA SAGRADA



SKULLCAP

They are harvested world-wide from the most select plants and blended under the highest conditions of quality control and purity. Their formulas combine the collective experience of herbalists world-wide with the latest scientific research by ethnobotanists and pharmacologists.

Herbs have been the health aid of choice since the beginning of our race. This is because plants' survival depends on manufacturing phytochemicals that ward off germs, parasites, and predators and help the plants detoxify and adapt to every stressful condition on earth.

Unlike animals they are rooted in one place. They cannot run away, and they have no arms or legs or tongues for washing or cleaning themselves. They cannot go to pools or streams to bathe; they must make do with whatever nutrients are in the soil where they happen to sprout and accept the climate that goes with it. Virtually their only defense and their only way of detoxifying or adapting to change is with antibiotic and regulatory chemicals they produce.

When we eat plants, as herbs, these chemicals enter into us. Since our life processes are similar to theirs, they work for us, as they do for the plants, to ward off germs and parasites, detoxify our organs and cells and regulate our hormones and enzymes for adapting to stresses and change.

Throughout the world millions of species of plants have developed chemicals to deal with every germ and parasite that threatens them. They have developed hormones and enzymes to regulate most of the life processes we share with them. Collectively they are nature's pharmacy.

Unlike the compounded drugs our laboratories make, they have developed in living systems and are compatible with them. They do not produce harmful side effects as so many compounded drugs do. They are in safe concentrations that living systems can handle. They are the ideal method for altering and improving our body's chemistry when we take charge of our own health.

With the help of Green Leaf Herbs you can begin a new lifestyle that will rid you of environmental pollutants and internal toxic wastes. They can help balance your body chemistry for peak performance and energy. At the same time you will be protecting your future health and preparing for a longer, more vigorous and enjoyable life. The choice is yours!

HERBAL FEMININE RELIEF

Green Leaf Herbal Blend #4



Green Leaf Herbal Blend #4 is a synergistic combination of herbs selected to perform a variety of functions relating to normalization of the female reproductive cycle. One of the most important of these is elimination of toxins and alleviation of symptoms associated with pre-menstrual discomfort. Another is stabilizing hormonal balance to provide relief and greater serenity in the menopause and post-menopause years.

HERBAL INGREDIENTS:

Dong Quai has been called "female ginseng" because of its broad spectrum benefits for a wide range of female complaints. Modern herbalists have used it to ease discomfort of pre-menstrual syndrome (PMS) and to help women resume normal menstruation after going off "the pill". It has had wide use in conditions of irregular menstruation, amenorrhea and dysmenorrhea. It is rich in vitamins A, B12 and E.

Blue Cohosh is another gift from Native Americans to the early settlers of this country. It was known by them as "Squaw Root" and was used to bring on delayed menstruation and, during pregnancy, to stop false labor and ease delivery after true labor had begun. Herbalists have also recommended it as an anti-spasmodic useful in colic, asthma and coughs. It also promotes urination and is helpful in detoxification.

Bayberry is a circulation stimulant and astringent. For centuries herbalists have used it as an aid in relieving leukorrhea as well as mucous colitis, diarrhea and dysentery.

Damiana is a regulator of the central nervous and hormonal systems. Herbalists recommend it for relief of depression influenced by sexual factors. It is recognized to be one of the safest and most widely used herbs for normalizing reproductive functions and has been used in many cultures as an aphrodisiac.

Squawvine is another gift from American Indians whose women drank Squaw tea to facilitate childbirth and promote after-birth recovery. Herbalists also recommend it for relief of painful periods.

EXTRA STRENGTH HERBAL ELIMINATOR

Green Leaf Herbal Blend #3



Green Leaf Herbal Blend #3 is designed to be used in conjunction with the Herbal Eliminator (Blend #2) to facilitate waste elimination from the body in more difficult cases where there is obstruction or stoppage. Its key herbs combine synergistically to provide extra stimulation to the bowel when the body is suffering from constipation.

HERBAL INGREDIENTS:

Catnip has a sedative action on the nervous system and an anti-spasmodic effect on spastic colons. It is useful in relieving upset stomach, gas and diarrhea. It promotes sweating and has a traditional use in lowering fevers and relieving symptoms in respiratory infections such as flu and bronchitis.

Cascara Sagrada means "sacred covering" which has given rise to its other names, "holy bark" and "sacred bark". It is undoubtedly the most effective natural laxative known. It is another herb which was passed from Native Americans to early Europeans settlers. Its effect comes from its anthraquinones which stimulate a nerve center in the lower bowel causing increased peristalsis. It is without a rival among other herbs or compounded drugs in dealing with chronic constipation.

Ginger Root is a time-proven aid in soothing stomach indigestion and cramps. The Chinese have used it for over two thousand years. It also has a long history as a folk remedy for colds and a way of producing perspiration and relieving headaches. As a gargle it is effective in relieving sore throats. One of its most valuable properties is in improving peripheral circulation to bring more oxygen and nutrients to the body's tissues. It is rich in vitamins A, B-complex, C, calcium, phosphorus, iron, sodium, potassium and magnesium.

Fennel Seed has been used for centuries as an appetite stimulant and for the relief of gas. Combined with honey and water it is an old-time cough remedy. It has been used externally as a folk remedy for relief of rheumatism and arthritis pains. Two thousand years ago Hippocrates advocated it to increase milk flow in nursing mothers. In centuries past it was recommended by herbalists for preventing colic in infants and digestive complaints in adults.

Senna Leaves have a specific cathartic action on the lower bowel stimulating peristalsis, the muscular action that moves wastes through the intestine. Herbalists have long recognized their value in dealing with chronic constipation.

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RECOMMENDATIONS: Take 1-2 tablets twice a day, morning and evening, approximately 30 minutes before meals. Always take tablets with a large glass of water. Rest one day a week.

GREEN LEAF HERBS

BODY CLEANSING FOR HEALTH

The most basic requirement for maintaining health and the first step in rebuilding health is to rid the body of toxins.

Unless the body rids itself of these toxic molecules as fast as they are created and absorbed, they accumulate in cells, tissues and organs, where they interfere with normal body functions on both physiological and biochemical levels. Over the years toxic build up in the cells and tissues weakens the immune system leading to a large variety of toxicity symptoms and eventually to deterioration and serious disease.

RAPID ELIMINATION OF TOXINS IS ESSENTIAL FOR MAINTAINING HEALTH

THE MOST COMMON INTERNAL TOXICITY SYMPTOMS:

Digestive Problems – indigestion, flatulence, bloated stomach

Poor Absorption of Nutrients – nutrient deficiencies, malnutrition

Constipation – hemorrhoids, bad breath, spastic colon

Yeast Overgrowth – repeated yeast infections

Skin Conditions – acne, skin rash, blackheads, eczema

Immune System Problems – allergies, sinus congestion, joint pain, repeated colds

Mental and Emotional Imbalance – depression, irritability, lack of concentration

Fatigue – Lack of energy, sleepiness, insomnia

Premature Aging of the Skin – wrinkles, puffy eyes, dehydration, loss of muscle tone

Toxic molecules come from different sources. Some toxins are *normal metabolic waste products* that our body should discard with ease through stool, urine, sweat and breath. Others are *toxic by-products of improper digestion of foods*.

Food which is not completely digested, which means “broken down” to simple nutrients, putrefies and ferments in the digestive tract, producing toxic by-products. These toxic molecules are then absorbed into the blood and transported to different tissues, organs and joints, triggering toxic response.

Large amounts of toxic molecules come from our environment. These enter our body with the food we eat, the water we drink and the air we breathe, including food additives, coloring, pesticides, preservatives, hormones, chlorine, heavy metals, synthetics, fumes from paints, cleaners, smog, etc.

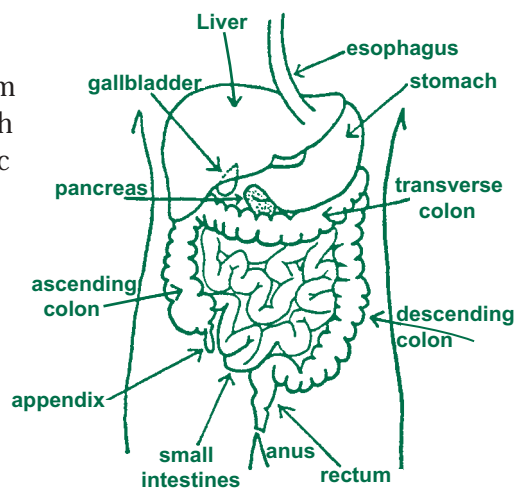
Tobacco, alcohol and some pharmaceutical drugs contain toxins which add to the problem. Poor lifestyle habits and lack of physical activity lead to poor circulation and muscle weakness.

High level of stress and emotional strain have negative effects on digestive and eliminative systems.

Antibiotics eliminate friendly bacteria in the colon, which are necessary for digestion, nutrition and for maintaining microbial balance in the bowel.

The first step in prevention and reversing some of the toxicity symptoms, is removing toxic build up in the colon and detoxification of the cells, tissues and organs. This will restore normal bowel function and takes the stress off all excretory organs – kidney, liver, skin, lungs and lymph glands.

As you can see from this diagram, our digestive system consists of many organs and each organ plays a unique and specific role in the digestion of foods. If any one of these organs does not function properly, our food cannot be properly digested. This means that proteins cannot be broken down to amino acids, starches to glucose, fats to fatty acids, and our body will not receive



HERBAL ELIMINATOR

Green Leaf Herbal Blend #2



Green Leaf Herbal Blend #2 is designed to remove wastes through the bowel. It is an all-natural combination of herbs selected for its gentle but effective laxative action.

HERBAL INGREDIENTS:

Senna Leaves have a specific cathartic action on the lower bowel stimulating peristalsis, the muscular action that moves wastes through the intestine. Herbalists have long recognized their value in dealing with chronic constipation.

Psyllium is ground-up seeds from the psyllium plant and is one of the highest sources of fiber to be found in any food. Herbalists have used this plant for centuries in dealing with colitis and constipation. Its lubricant properties aid in moving wastes effectively. Because of its high fiber content researchers now believe it may also be useful in preventing heart disease. Studies indicate it may raise HDL levels of good cholesterol in the blood which helps prevent the build-up of plaque in the blood vessels.

Cascara Sagrada means "sacred covering" which has given rise to its other names, "holy bark" and "sacred bark". It is undoubtedly the most effective natural laxative known. It is another herb which was passed from Native Americans to early Europeans settlers. Its effect comes from its anthraquinones which stimulate a nerve center in the lower bowel causing increased peristalsis. It is without a rival among other herbs or compounded drugs in dealing with chronic constipation.

Fennel Seed has been used for centuries as an appetite stimulant and for the relief of gas. Combined with honey and water it is an old-time cough remedy. It has been used externally as a folk remedy for relief of rheumatism and arthritis pains. Two thousand years ago Hippocrates advocated it to increase milk flow in nursing mothers. In centuries past it was recommended by herbalists for preventing colic in infants and digestive complaints in adults.

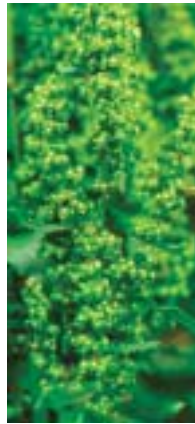


RECOMMENDATIONS: Take 1-2 tablets twice a day, morning and evening, approximately 30 minutes before meals. Always take tablets with a large glass of water. Rest one day a week.

shown it protects the immune system, reduces cholesterol and stimulates mineral absorption. It helps stabilize blood sugar and is a useful super food for maintaining a high energy level.

Yarrow is another herb with an ancient history, being mentioned in Homer's Iliad as a poultice to prevent infection in battle wounds. Michael Weiner, a University of California scientist and world authority on herbs, cites studies showing its anti-microbial effectiveness and its value in speeding healing of burns, wounds, cuts and bruises. It has also been used in relieving hemorrhoids and for bladder problems in children. Herbal traditions also claim other benefits such as lowering blood pressure, stimulating digestion, strengthening blood vessels and giving relief in urinary infections such as cystitis. It is also a valuable detoxifier, since it stimulates perspiration and urination.

Yellow Dock has been used by herbalists, worldwide, for the treatment of chronic skin problems such as eczema and psoriasis. It contains anthraquinones which act on the bowel as a cathartic, making it a valuable aid in constipation. It also promotes bile flow giving it a beneficial role in relieving jaundice due to gall bladder problems. Because it is high in iron content it is also helpful in preventing anemia.



YELLOW DOCK

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RECOMMENDATIONS: Take 4-7 tablets a day, morning and evening, approximately 30 minutes before meals. Always take tablets with a large glass of water. Rest one day a week.

Multi-Herbal Cleaner #1 was developed to be used in conjunction with Herbal Eliminator #2 for best results.

essential nutrients, vitamins and minerals for maintaining, rebuilding and repairing cells and tissues.

In summary, the key to prevention and optimal health is regulatory cleansing at both tissue and organ levels. The most critical organ, where toxic build up is most likely to occur, is the colon. When the colon is regularly evacuated, ideally after each meal – 3 times per day, its walls remain healthy and are able to extract all the nutrients our body needs.

Green Leaf Herbs provide the most effective program to accomplish both colon and bowel cleansing and whole body detoxification.

The **Multi-Herbal Cleanse #1** has 28 herbs, carefully selected to detoxify the liver, promote flow of bile and pancreatic juices, increase mucous lubrication of intestinal walls for easy passage, soften and break up impacted waste matter, improve bowel muscle tone and re-establish normal bowel functions.

The **Herbal Eliminator Blend #2** contains specific herbs selected for their stimulating effect on the sluggish colon and the **Extra Strength Herbal Eliminator #3** contains some of the most effective laxative herbs known for activating colons which have lapsed into stagnation and chronic constipation.

Taken together, these three blends combine the best insights of traditional herbal lore and current research science to give you a state of the art herbal program that can keep you fit for the rest of your life.

***Make a commitment to improve your health,
cleanse tissues and feel vibrant,
energetic and healthy.***

MULTI-HERBAL CLEANSE

Green Leaf Herbal Blend #1



Green Leaf Herbal Blend #1 is a synergistic combination of 28 herbs chosen for their ability to restore chemical balance and cleanse the eliminative organs of the body. These include the colon, the kidneys and bladder, the liver, the lungs and the skin. They also stimulate tissue cleansing at the cellular level by promoting elimination of toxic wastes and pollutants.

HERBAL INGREDIENTS:

Alfalfa was first used by Arabs who called it the "father of all foods". It aids in the digestion of proteins and fats and is a good laxative and urinary stimulant. It promotes detoxification of body tissues and eliminative organs. It is also a rich source of phytoestrogens and is helpful in estrogen balance problems in women. It is rich in trace minerals, carotene and vitamins E and K.

Aloe Vera was regarded by Cleopatra as a fountain of youth which she used to protect her skin against the strong Egyptian sun. The Greek physician, Dioscorides, used it two thousand years ago for a range of ailments from burns to constipation and kidney disorders. A university team has found it speeds healing for radiation burns which occur in cancer treatment. Combined with fennel it is a very effective laxative. It is rich in iron, lecithin, calcium, potassium, sodium and zinc.



ALOE VERA

Bee Pollen is one of the most whole herbal foods having almost every mineral, vitamin and enzyme needed by our bodies. It falls in the class of superfoods which energize and strengthen the body and is especially helpful during fasting and cleansing. In the Bible it is referred to as "locust" and mentioned as a principal food of John the Baptist. Soviet scientists have found it stimulates phagocytosis, the process by which our white cells destroy bacteria. Other studies have shown it speeds the healing of ulcers, lowers blood fats which lead to cardiovascular disease and may have preventive value against some types of cancer.

used for coughs and bronchitis. Herbal folklore has long preferred it for children for both skin disorders and respiratory problems including whooping cough. It is a good dietary supplement rich in vitamins A, B-complex, C, F, P and iron.

Rose Hips are the fruit and seeds of the dog rose. They are one of the best natural sources of vitamin C as well as containing tannin, pectin, carotene, fruit acids and fatty oils. Studies have shown they strengthen the body's defenses against infections including the common cold. Traditionally they have been used as a Spring tonic to detoxify the body and increase energy. They are very rich in vitamins A, B-complex, C, E, F and rutin. They also contain sodium, potassium, and silica. Because of this they improve collagen metabolism and are helpful in promoting healthy skin and preventing wrinkling.

Safflower is a detoxifier with laxative and urination stimulating effects. Traditionally herbalists have used it in inflammatory eruptions of the skin such as measles and scarlatina to hasten eruption. In the middle ages it was used by physicians to relieve menstrual cramping and pain. In recent years it has found a new commercial use as a cooking oil, because its fat is unsaturated which some researchers believe helps prevent high cholesterol in the blood.

Skullcap is a sedative and anti-spasmodic used in folk medicine for conditions ranging from St. Vitus Dance to rabies. Modern studies have shown it does have a soothing effect on the central nervous system and is of benefit in anxiety and hysterical states as well as relieving premenstrual tension and headaches. Its name comes from the fact that its flower resembles a cap.

Slippery Elm has a long use among Native American tribes as a poultice for boils and abscesses and as a tea to treat sore throats. Its ability to soothe inflamed mucous tissues led to its wide use as an aid in respiratory infections and coughs. It is also used for its soothing effects on the stomach and the intestines, especially during recuperation from colitis and in gastric or duodenal ulcers.

Spirulina is a microalgae and is one of the most complete foods and richest sources of nutrients among all forms of plant life. It is high in essential fatty acids, B12, iron, essential amino acids, nucleic acids, vitamins and chlorophyll, which is a powerful detoxifier. Studies have

Mullein is another herb introduced to new world settlers by Native Americans who smoked its leaves for relief of bronchitis. It has a long standing reputation for relief of respiratory infections as well as inflammation of the kidneys and lymphatic system. It is rich in vitamins B2, B5, B12, O and PABA, as well as choline and hesperidin.

Papaya Leaf has been used for centuries by tropical Indians as a dressing for wounds. Fiji Islanders used the inner bark to treat toothaches. Its best known use is for dyspepsia and gastric distress. It produces an enzyme, papain, which helps in digesting protein and the absorption of other nutrients. This property is also responsible for its commercial use as a meat tenderizer. Another of papaya's enzymes, Chymopapain, has recently been given experimental use by neurosurgeons to dissolve slipped discs in patients complaining of back pain. Papaya leaf is rich in vitamin A, B-complex, D, and E as well as calcium, iron, phosphorous, potassium, sodium and magnesium.

Pau d' Arco (also known as lapacho and taheebo) comes from the bark of a tree found in Brazil. It strengthens immune defenses against fungal infections and has been long recognized as beneficial in candida and athlete's foot. Studies done at the Naval Medical Research Institute in Bethesda, Maryland also proved it to be effective against other parasitic infections. It is believed to lower blood sugar which may help prevent diabetes. It is high in iron and aids in the assimilation of nutrients.

Peppermint is the herb of choice for digestive problems since the time of the ancient Egyptians. It relaxes intestinal muscles, stimulates digestive juice and bile flow and dissipates gas. It relieves feelings of nausea and has a long traditional use in morning and travel sickness. It has also been used for reducing fevers associated with cold and flu. It contains vitamins A, B-complex and C as well as magnesium, potassium, copper, iodine, silicon, iron and sulphur.

Red Clover has been used traditionally as a Spring tonic to promote general health and energy. It is an old-time remedy for eczema and psoriasis. It is also an effective expectorant



RED CLOVER

Black Cohosh is a powerful relaxant which helps normalize the female reproductive system, especially in cases of delayed or painful menstruation. It was first introduced to settlers by North American Indians. It has also been used widely by herbalists for the relief of rheumatic arthritis, osteoarthritis and in sciatica and neuralgia. In addition it acts as an antispasmodic giving relief in pulmonary problems such as whooping cough and asthma.



BLACK COHOSH

Burdock Root is a very effective detoxifier which stimulates sweating and urination. Herbalists have long used it to reduce swelling and soreness caused by arthritis, rheumatism, sciatica and lumbago. It has also been used for soothing of hemorrhoids. It has been praised since antiquity for its value in relieving symptoms of gout, when used as a poultice or a tea. Externally it has been used for eczema and psoriasis. Taken internally it aids digestion and stimulates appetite which has led to its use in anorexia.

Capsicum (also known as Cayenne) is one of the world's finest multi-purpose herbs. Its reputation rests most firmly on its benefit in digestion. It stimulates secretion of gastric juices, improves metabolism and aids in relieving gas. It is highly nutritious being rich in calcium, phosphorus and B-complex vitamins. Dr. Irwin Ziment, of UCLA School of Medicine, believes it stimulates the release of brain endorphins – chemicals that relieve pain and cause feelings of well being.

Cascara Sagrada means "sacred covering" which has given rise to its other names, "holy bark" and "sacred bark". It is undoubtedly the most effective natural laxative known. It is another herb which was passed from Native Americans to early Europeans settlers. Its effect comes from its anthraquinones which stimulate a nerve center in the lower bowel causing increased peristalsis. It is without a rival among other herbs or compounded drugs in dealing with chronic constipation.

Chickweed has long been recommended by herbalists for relief of rheumatic symptoms. It also has a history of external use for cuts and wounds and especially for the itching and irritation of eczema and psoriasis. **Dandelion** is a powerful detoxifier stimulating kidney function without

depleting the body of potassium, since it is a rich source of that mineral. It also stimulates bile flow and is helpful in relief of jaundice. It is rich in lecithin which may protect against cirrhosis of the liver. Its high iron content may also protect against iron deficiency anemia. Traditionally herbalists have used dandelion tea for mild constipation and stomach ache. It is rich in vitamins A, B-complex and C, as well as sodium, calcium and iron.

Echinacea is a purple cone flower plant. Native Americans introduced it to the early European settlers. It is a powerful immune protector which strengthens the body's defenses against bacteria and viruses. It aids in removing toxins from tissues and organs and improves lymphatic drainage. It combines with chickweed to aid in weight loss. It is a rich source of vitamin A, E and C as well as iron, iodine, copper, sulphur and potassium. Studies have shown it prevents formation of the enzyme, hyaluronidase, which destroys our tissues' natural barrier against microorganisms.

Fennel Seed has been used for centuries as an appetite stimulant and for the relief of gas. Combined with honey and water it is an old-time cough remedy. It has been used externally as a folk remedy for relief of rheumatism and arthritis pains. Two thousand years ago Hippocrates advocated it to increase milk flow in nursing mothers. In centuries past it was recommended by herbalists for preventing colic in infants and digestive complaints in adults.

Fenugreek is one of the oldest and most versatile medicinal plants being mentioned in Egyptian papyri and by the Greek physician, Hippocrates. It was also an important staple of Ayurvedic medicine in ancient India. Studies done in India show it lowers blood sugar and may benefit diabetics. Used externally it reduces skin irritation and eases pain in neuralgia, swollen glands, boils and tumors. It also has a long history of successful use in relieving sore throats and bronchitis. Finally, this versatile plant is recognized in world-wide herbal traditions as a remedy for digestive problems and for stimulating milk flow in nursing mothers.



FENUGREEK

Ginger Root is a time-proven aid in soothing stomach indigestion and cramps. The Chinese have used it for over two thousand years. It also has a long history as a folk remedy for colds and a way of producing perspiration and relieving headaches. As a gargle it is effective in relieving sore throats. One of its most valuable properties is in improving peripheral circulation to bring more oxygen and nutrients to the body's tissues. It is rich in vitamins A, B-complex, C, calcium, phosphorus, iron, sodium, potassium and magnesium.



GINGER

Hawthorn Berries have a long history as a heart remedy, and a recent study by the German Federal Ministry of Health has led to their wide recognition in Europe for this purpose. This study shows they improve coronary artery dilation and circulation, reduce angina and strengthens the heart muscle. Most important, no contraindications or side effects were found. The study also found they speed recovery from heart attacks. Other studies have shown they are also helpful in normalizing blood pressure and heart rhythms.

Kelp, also known as bladderwrack, is a common seaweed which is rich in vitamins and trace minerals especially iodine. Because of its iodine content it is especially beneficial in problems associated with an underactive thyroid such as low energy and obesity. Studies at McGill University in Montreal found it is rich in sodium alginate as well which aids in detoxifying the intestines. It is also helpful in relief of symptoms of inflammation and rheumaty arthritis when used both internally and externally on the inflamed areas.

Licorice Root was recognized over two thousand years ago in a Chinese herbal catalogue as a "superior medicinal". It contains glycyrrhizin which studies have shown has anti-inflammatory, anti-viral and anti-allergic properties. It has a long history of use for irritated urinary, bowel and respiratory passages. It is especially well known as a cough suppressor. It stimulates the production of cortisone and aldosterone which modern medicine recognizes as effective anti-inflammatories. It contains vitamin E, phosphorus, iodine, chromium and zinc.