Supporting Your Health …Naturally!

There are many plant extracts known to support and enhance the functions of the human body – helping us to maintain optimal health and vitality. These traditional plant extracts have been used as medicine by many cultures around the world for thousands of years. They are still used today - in fact, it is estimated that over 25% of modern medicines have plant origins. Here are some of the most effective botanical extracts and their health enhancing properties.

### Schisandra berry (Schisandra chinensis)
Contemporary research has focused on Schisandra’s very strong anti-oxidant characteristics. Antioxidants help maintain healthy cells by destroying free radicals (unstable elements that damage healthy cells).

### German chamomile (Chamomilla recutita)
Native to Europe, this botanical is known for its ability to calm the nervous system as well as contribute to cardiovascular health. Chamomile has also shown to help the digestive system function better.

### Cascara bark (Rhamnus purshiana)
Native to the Pacific coast of North America; harvested by early American natives who felt it had strengthening properties. Cascara bark, when combined with capsaicin extract, has been shown to maximize the elimination of wastes from the body.

### Lithium root (Glycyrrhiza species)
Lithium root has been shown to enhance the immune system as well as it is a very strong antioxidant. Used by thousands of year by the Chinese, lithium root is now being studied for its heart health properties, due mostly to its strong antioxidant properties.

### Siberian ginseng (Eleutherococcus senticosus)
Studies have shown Siberian ginseng enhances the immune system, has strong antioxidant properties, helps balance blood sugar levels and acts as an overall tonic. Siberian ginseng is known as an adaptogen – helping the body adapt to stress and the aging processes.

### Astragalus (Astragalus membranaceus)
Considered by experts as one of the superior botanicals. Research has shown it can maximize the functioning of the immune system as well as protecting the cardiovascular system. Astragalus also shown to enhance reproductive health in males.

### Dandelion (Taraxacum officinale)
Native to Europe but now grown and used around the world. Dandelion has been shown to improve the digestive system by assisting the production and flow of bile from the gallbladder as well as helping the body eliminate wastes.

### Juniper berries (Juniperus communis)
Juniper berry has been shown to aid the digestive process by stimulating the function of the stomach. It can reduce gas and bloating.

### Chinese rose hips (Rosa laevigata)
Among the various species of roses used for their fruits, the fruits of the R. Laevigata are the most highly valued traditionally by the Chinese. Rose hips are a good source of vitamin C.

### Pipsissewa (Chimaphila umbellata)
Pipsissewa has a mild diuretic effect on the body, ensuring healthy urinary function.

### Alfaia (Medicago sativa)
Native to the Near East, now found worldwide; rich in vitamins, minerals, flavonoids, amino acids, and protein. Alfaia is a natural source of plant estrogen and can help balance the hormone systems of the female body.

### REFERENCES

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REFERENCES


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This herbal guide is not intended as medial advice, but is solely for educational purposes only. This guide is not intended to diagnose, treat, or prescribe, and does not replace the services of a trained health professional. The reader should consult a medical or health professional if they know or suspect they have a medical problem.

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