

## 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 capsicum extract, has been shown to maximize the elimination of wastes from the body.



### 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.



### 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.



### Reishi mushroom (*Ganoderma lucidum*)

Referred to in imperial China as “the elixir of life”; its use was reserved for the Emperor. Studies have shown that reishi mushroom enhances the immune system, thereby increasing the body's resistance to disease.



### Licorice root (*Glycyrrhiza species*)

Licorice 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, licorice root is now being studied for its heart health properties, due mostly to its strong antioxidant properties.



### Pipissewa (*Chimaphila umbellata*)

Pipissewa has a mild diuretic effect on the body, ensuring healthy urinary function.



### Astragalus (*Astragalus membranaceus*)

Considered by experts as one of the superior botanicals. Research has shown it can maximize the functioning of the immunesystem as well as protecting the cardiovascular system. Astragalus has 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.



### Alfalfa (*Medicago sativa*)

Native to the Near East, now found worldwide; rich in vitamins, minerals, flavonoids, amino acids, and protein. Alfalfa is a natural source of plant estrogens and can help balance the hormone systems of the female body.

#### REFERENCES

Jeong HJ, Koo HN, Myung NI, et al. 2001 Feb. Inhibitory effects of mast cell-mediated allergic reactions by cell cultures Siberian Ginseng. *Immunopharmacol Immunotoxicol.* 23(1):107-17.

Bao X, Liu C, Fang J. 2001, May 8. Chemical modifications of the (1-3)-alpha-D-glucan from spores of *Ganoderma lucidum* and investigation of their physicochemical properties and immunological activity. *Carbohydrate Research.* May 8; 332 (1):67-74

Dai JH, Iwatani, et al. 2001 Jun. *Immunology.* 103(2):235-43

Shao BM, Xu W, et al. 2004 Aug 6. *Biochem Biophys Res Commun.* 320(4): 1103-11.

Vaya J, Belinky PA, Aviram M. 1997. Antioxidant constituents from licorice roots: isolation, structure elucidation and antioxidative capacity toward LDL oxidation. *Free Radical Biol Med.* 23(2):302-13.

Kramer, Paul. 2004. *Fighting Body Pollution – Staying Healthy in an Unhealthy World.* Pro Impressions

Blumenthal, M., Goldberg, A., Brinckman, J. 2000. *Herbal Medicine Expanded Commission E Monographs 2000; Integrative Medicine Communications*

Yu CY, Kim SH, et al. 2003 Apr 17. Intraspecific relationship analysis by DNA markers and in vitro cytotoxic and antioxidant activity in *Eleutherococcus senticosus*. *Toxicol In Vitro.* 17(2):229-36

Hu Y, Xu J, Hu Q. 2003 Dec 17. Evaluation of antioxidant potential of aloe vera (*Aloe barbadensis* miller) extracts. *Journal Agric Food Chem.* 51(26): 7788-91.

Sievenpiper JL, Aranson JT. 2004 Jun. Decreasing, null and increasing effects of eight popular types of ginseng on acute postprandial glycemic indices in healthy humans: the role of ginsenosides. *J Am Coll Nutr.* 23(3):248-58.

de la Motte, et al., 1997. Double-blind comparison of an apple pectin-chamomile extract preparation with placebo in children with diarrhea.

Arzn-eimittelforschung. 47(11):1247-9 in PubMed.

Holtmann S, Clarke AH. 1989 Sep-Oct. The anti-motion sickness mechanism of ginger. A comparative study with placebo and dimenhydrinate. *Acta Otolaryngol.* 108(3-4): 168-74.

Yoshioka M, St-Pierre S. 1998. Effects of red pepper added to high-fat and high-carbohydrate meals on energy metabolism and substrate utilization in Japanese women. *British Journal of Nutrition.* vol.80, no.6, 503-510(8).

Langmead L, Feakins RM. 2004 Apr 1. Randomized, double-blind, placebo-controlled trial of oral aloe vera gel for active ulcerative colitis. *Aliment Pharmacol Ther.* 19(7):739-47.

Horowitz M, et al. 1992. The effect of chili on gastrointestinal transit. *J Gastroenterol Hepatol.* 7(1):52-6

Pool-Zobel B, van Loo J. 2002 May. Randomized evidences on the potential of prebiotic fructans to reduce the risk of colon cancer. *British Journal of Nutrition.* 87 Suppl 2:S273-81

Murray MT. 1995. *The Healing Power of Herbs.* 2nd Edition. Prima Publishing.

Kropotov A.V, Kolodnyak O.L. 2002 March. Effects of Siberian Ginseng Extract and Ipriflavone on the Development of Glucocorticoid-Induced Osteoporosis. *Bulletin of Experimental Biology and Medicine.* vol.133, no.3, 252-254(3).

Behall K Dr. 2001. Effects of two levels of soluble fiber from barley on plasma lipids of moderately hypercholesterolemic men. *FASEB Journal.* Vol.16.

Behall K Dr., Hallfrisch J Dr. 2002. "Barley consumption lowers cholesterol in men and overweight women". Vol. 17.

Zhou W, Chai H, et al. 2004 Aug. Molecular mechanisms and clinical applications of ginseng root for cardiovascular disease. *Med Sci Monit.* 10(8): RA187-92. Epub 2004 Jul 23.

Fleming, T. 1998. *PDR for Herbal Medicines.* 630-632.

Murray, Michael, T. 1994. *Arthritis.* Prima Publishing. Rocklin, CA. 20.



**Chicory** (*Cichorium intybus*)

Extracted from the chicory root, the active ingredient is called inulin. Inulin has been shown to act as a colon cleanser, helping detoxify and remove waste from the body.



**Aloe vera** (*Aloe barbadensis*)

Aloe vera gel is a strong antioxidant, thereby helping to destroy free radicals that damage healthy body cells. Aloe vera also supports a healthy digestive system as it assists the removal of wastes from the body. Aloe vera has also been shown to offer relief for inflammatory bowel disease.



**Fenugreek** (*Trigonella foenum-graecum*)

Fenugreek, when consumed with a meal, has been shown to reduce blood glucose levels in people with diabetes. It has also been shown to lower cholesterol levels.



**Capsicum fruit** (*Capsicum species*)

Rich in vitamins, traditionally used to stimulate metabolism through a process called thermogenesis. Capsicum can also assist in the fat burning processes of the body. Commonly used to help improve action of other botanicals in formulations through the synergistic effect.



**Passion flower** (*Passiflora incarnata*)

Passion flower is used to treat insomnia and upset stomach due to stress or anxiety. Many people use passion flower to treat general nervousness and enjoy its relaxing properties.



**Thyme** (*Thymus vulgaris*)

Native to the Mediterranean region and now extensively cultivated worldwide. Thyme is used to aid the digestive process and ensure a healthy appetite.



**Ginger** (*Zingiber officinale*)

Native to Southern Asia; cultivated in tropics worldwide. Modern studies have shown it to have anti-oxidant properties. Nutrients found in ginger have been shown to treat upset stomach and reduce motion sickness.



**Sarsaparilla** (*Smilax officinale*)

Used around the world, sarsaparilla supports hormonal balance, helps maintain vitality and is useful in cases of impotency.



**Bee pollen**

Rich in nutrients including vitamins, minerals, proteins and amino acids, bee pollen is an excellent source of nutrition. Bee pollen is used to improve stamina and athletic performance.



**Chinese pearl barley** (*Coix lacrymajobi*)

High in antioxidants, Chinese pearl barley can help relieve joint pain. As well, barley foods have been shown to reduce cholesterol levels.



**Celery seed** (*Apium graveolens*)

Celery seed has been shown to assist the digestive process and ensure the regular removal of waste from the system. It has a detoxifying and cleansing effect on the body.

REFERENCES

Gould, L. 1973. Cardiac effects of chamomile tea. *Journal of Clinical Pharmacology*. 13(11):475-9.  
DeLille J. and Ramirez E. 1935. Pharmacodynamic action of the active principles of chile (*capsicum annum L.*) *Anales Inst. Biology*. 6, 23-37  
Purmova J, Opletal L. 1995. Phytotherapeutic aspects of diseases of the cardiovascular system. Saponins and possibilities of their use in prevention and therapy. *Ceska Slov Farm*. 44:246-251.  
Wren, RC. 1988. *Potter's Newcyclopaedia of Botanical Drugs & Preparations*. Potter's (Herbal Supplies) Ltd.  
Sala F, Mulet J, et al. 2002 Jun. Effects of ginsenoside Rg2 on human neuronal nicotinic acetylcholine receptors. *Journal of Pharmacol Exp Ther*. 301(3):1052-9.

Yoshioka M, et al. 1999. Effects of red pepper on appetite and energy intake. *British Journal of Nutrition*. 82(2):115-23.  
Murphy LL, Lee TJ. 2002 May. Ginseng, sex behavior, and nitric oxide. *Ann NY Acad Sci*. 962:372-7.  
Grieve, M., 1971. *A Modern Herbal*, Dover Publications.  
Bensky, D., et al. 1993. *Chinese herbal medicine: materia medica., revised ed.* Seattle: Eastland Press. 555.  
Hong CY, Ku J. 1992. *Astragalus membranaceus stimulates human sperm motility in vitro.* *American Journal of Chinese Medicine*. 20(3-4):289-94.

For more information contact: