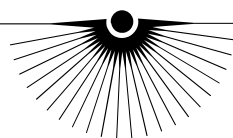


# æther

HERBALIST & APOTHECARY

ORGANIC & WILD HARVESTED HERBALS



MEDICINAL HERBS & MUSHROOMS ALMANAC

2019



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AT OUR BOTANICAL DISPENSARY WE INTEND TO EXPAND  
PEOPLES HORIZONS TO THE MEDICINAL BENEFITS  
OF PLANTS & MUSHROOMS FOUND  
THROUGHOUT SOUTH AFRICA & THE WORLD.

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KINDLY CONTACT US BELOW SHOULD YOU REQUIRE ANY ASSISTANCE OR TO REQUEST ANY  
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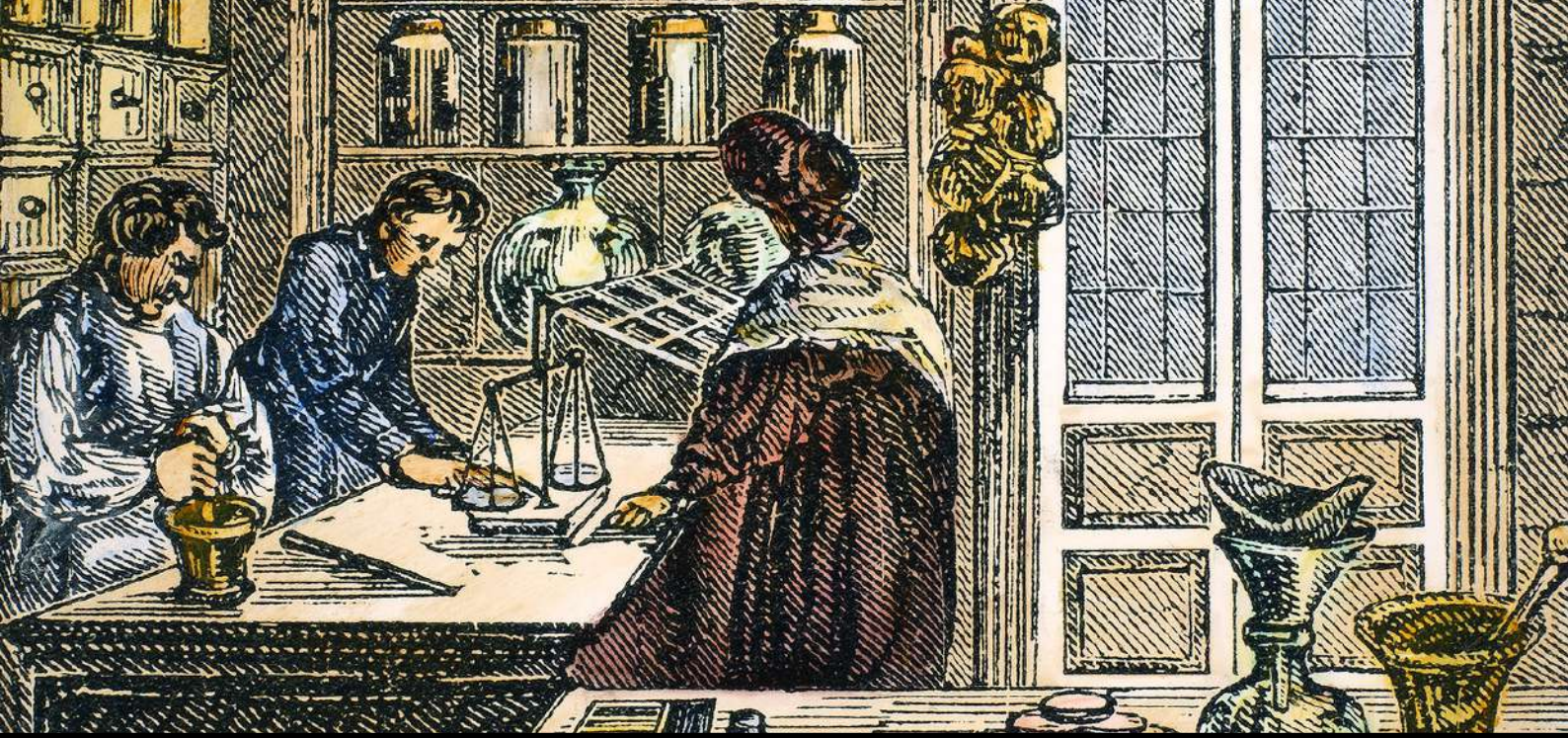
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## WHAT WE OFFER

Aether Herbalist & Apothecary offers exceptional quality cultivated & wild-harvested herbs as well as mushrooms for those who desire to improve their health & wellbeing . By providing a full range of herbal formulations made from some of the best natural medicines in the world, we believe that our herbals can contribute in a profound and substantial way to the health of all those who seek a holistically improved level of wellbeing.

We supply many different options in our armamentarium including teas, tinctures, salves, powdered herbs, mushrooms & more

BELOW: SOME OF OUR STOCK - POWDERS, SALVES & TINCTURES



# INTRODUCTION TO



## HERBALISM HISTORY:

THE ANCIENT EUROPEANS, CHINESE, INDIANS, EGYPTIANS, BABYLONIANS, NATIVE AMERICANS & AFRICANS ALL MADE USE OF HERBAL MEDICINE.

HERBALISM HAS BEEN PART OF WORLD CULTURE SINCE THE DAWN OF TIME, AND NEW EVIDENCE DATES THE USE OF HERBS & MUSHROOMS FOR MEDICINAL PURPOSES BACK MORE THAN 60,000 YEARS

THE HISTORY OF HERBALISM IS A LONG PATH WHICH WINDS FROM ALL CORNERS OF THE WORLD. WE KNOW ANCIENT CULTURES LIKE THE SUMERIANS COMPILED THE FIRST WRITTEN RECORD OF MEDICINAL PLANTS ON CLAY TABLETS OVER 5000 YEARS AGO. MODERN HERBALISM THOUGH IS ACCREDITED TO THE FABLED SHEN NUNG WHO WROTE THE FIRST DRAFT OF THE PEN TS'AO - THE COMPENDIUM OF MATERIA MEDICATHIS. THIS BREAK THROUGH MARKED AN AGE OF DOCUMENTATION AND EXCITEMENT FOR ALL THE WONDERS NATURAL MEDICINE COULD BESTOW UPON THE HUMAN RACE. AROUND 1500 BCE THE ANCIENT EGYPTIANS WROTE THE EBERS PAPYRUS WHICH LISTED OVER 850 HERBAL MEDICINES. BY 500 B.C. THE RISE OF MANY GREAT PHYSICIANS CREATED A BOOM OF MODERN HERBALISM - STARTING WITH THE AGE OF HIPPOCRATES, KNOWN AS THE FATHER OF MEDICINE. HE BELIEVED DIET, EXERCISE, HERBALS AND OVERALL HAPPINESS FORMED THE FOUNDATION OF WELLNESS. FOR THE NEXT 1000 YEARS GREAT KNOWLEDGE BOUND FORTH BY MANY PHYSICIANS.

ABOVE RIGHT: MORTAR & PESTLE WITH HERBS

RIGHT: SUMERIAN CRUCIFORM TABLET OUTLINING THE PROCESS FOR MAKING INFUSIONS



AROUND 1100 A.D.- THE ARAB WORLD BECAME A CENTER OF MEDICINAL INFLUENCE. PHYSICIAN AVICENNA WROTE THE CANON OF MEDICINE, WHICH OUTLINED THE USE OF MANY REVOLUTIONARY PRACTISES ( FOR THAT TIME ) ALONG WITH HUMBLE HERBAL MEDICINES. 100 YEARS LATER THE BLACK DEATH SPREAD ACROSS EUROPE, PRACTISES LIKE THE ABOVE WERE USED WITH LITTLE RESULTS, HERBALISM WAS CALLED UPON FOR ASSISTANCE WHICH LIMITED OUTBREAKS AND REOCCURRENCES, HERBS WERE ALSO IMPORTED FROM FAR AND WIDE TO TREAT SMALLPOX, MALARIA AND SYPHILIS.

THE GREAT AGE OF HERBALISM WAS BETWEEN THE 15TH AND 17TH CENTURIES. THE PEOPLE'S HERBALIST NICHOLAS CULPEPER (1616-1654) PUBLISHED A MOST EXTENSIVE MANUSCRIPT ON PHARMACEUTICALS, HERBAL KNOWLEDGE, AND THE PRACTICE OF WILD HARVESTING MEDICINE FOR ALL TO READ. HE SOUGHT TO BRING MEDICINE TO THE POOR AND TO MAKE MEDICAL INFORMATION AVAILABLE TO ALL, EVEN THOUGH HE WAS SCORNFUL BY HIS PEERS AND COLLEAGUES IN THE MEDICAL COMMUNITY.

UP UNTIL THE 19TH CENTURY NATURALLY OCCURRING SUBSTANCES WERE THE ONLY MEDICINES USED. UNLIKE PHARMACEUTICALS, HERBAL MEDICINE IS NOT BASED ON JUST ONE CHEMICAL COMPOUND EXTRACTED FROM A PLANT FOR USE IN A DRUG; THE PRACTICE USES REMEDIES THAT ENTAIL THE ENTIRE PLANT OR MUSHROOMS AND ALL ITS BIOCHEMICAL CONSTITUENTS. IT IS UNDERSTOOD THAT THE ACTIVE CONSTITUENTS ARE NATURALLY BALANCED WITHIN THE PLANT, AND CONSEQUENTLY AID IN WORKING ON THE BODY, MIND AND SPIRIT IN A LESS INVASIVE MANNER.

# TONIC HERBS:

THEY GO BY MANY DIFFERENT MONIKERS, WE KNOW THEM AS TONIC HERBS IN THE EAST, RASAYANA'S IN INDIA, CHULEN IN TIBET & ADAPTOGENS IN THE WEST. THESE EXCEPTIONAL PLANTS OFFER EXTRAORDINARY HEALTH BENEFITS AND WORK TO BRING THE MIND, BODY AND SPIRIT INTO GREATER BALANCE AND HARMONY. THEY ARE SAFE TO TAKE DAILY IN SUPPORT OF LIFELONG WELLNESS.

TO BE CLASSIFIED AS ONE OF THE ABOVE, A HERB MUST MEET 3 CRITERIA; IT SHOULD CAUSE NO HARM AND PLACE NO ADDITIONAL STRESS ON THE BODY, IT SHOULD HELP THE BODY ADAPT TO THE MANY AND VARIED ENVIRONMENTAL AND PSYCHOLOGICAL STRESSORS PRESENT IN THE WORLD AND FINALLY IT MUST HAVE A NON-SPECIFIC ACTION ON THE BODY. THE MAJORITY OF HERBS HIGHLIGHTED IN THIS ALMANAC ARE CLASSIFIED AS TONICS WITH EXCEPTION OF A FEW. USE OUR HERBAL GUIDE ON PAGE 73 TO DISTINGUISH BETWEEN THEM TO FIND THE EXACT MEDICINE TO AID YOU IN CULTIVATING HEALTHY PRACTICES AS PART OF A HOLISTIC LIFESTYLE.



ABOVE RIGHT:  
TINCTURED GINSENG

ABOVE: ASHWAGANDHA  
NATIVE TO SOUTH AFRICA

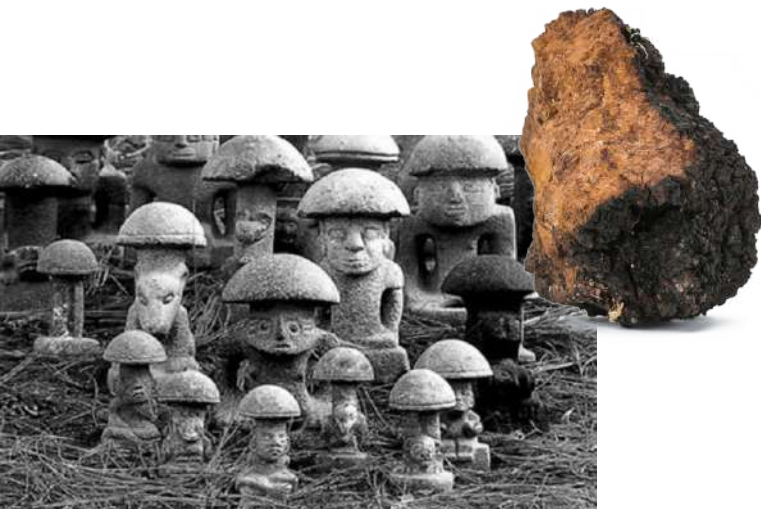
RIGHT: INDIAN PAINTING  
OF A RASAYANDA FLOWER

# MUSHROOMS:

MUSHROOMS HAVE BEEN REVERED SINCE MANKIND BEGAN, WE HAVE FOUND NUMEROUS CAVE PAINTINGS, SCULPTURES, ARTWORKS AND CULTURES CENTRED AROUND THE USE OF MUSHROOMS.

EVOLUTIONARILY SPEAKING, FUNGI ARE MORE CLOSELY RELATED TO HUMANS THAN TO PLANTS, MAKING THEM VALUABLE ALLIES. THEY ENCOUNTER SIMILAR DISEASES TO HUMAN BEINGS, AND AS THUS TO SURVIVE THEY HAVE TO BUILD UP COMPLEX PHYTO-CHEMICALS TO KILL THESE HARMFUL CONTAMINANTS. SIMPLY PUT WHEN WE INGEST THEM WE ABSORB THESE POWERFUL NUTRIENTS.

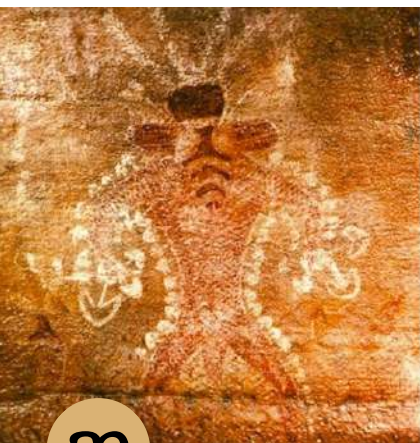
CERTAIN MUSHROOMS OFFER UN MATCHED IMMUNOLOGICAL AND ANTI-CANCER PROPERTIES AS WELL AS OTHER IMPORTANT HEALTH BENEFITS, INCLUDING ANTIOXIDANTS, CHOLESTEROL-LOWERING PROPERTIES, LIVER PROTECTION, AS WELL AS ANTI-INFLAMMATORY, ANTI-DIABETIC, ANTI-VIRAL AND ANTI-MICROBIAL PROPERTIES TO NAME BUT A FEW.



ABOVE: CHAGA MUSHROOM

ABOVE LEFT: MAYAN  
MUSHROOM STONES USED  
FOR GRINDING SACRAMENT

LEFT: MUSHROOM SHAMAN  
CAVE PAINTING (SAHARA  
DESERT, 9000-7000 B.P.)



# QUALITY & WILD HARVESTING



LEFT: WE USE WICKER BASKETS AND WOVEN BAGS FOR HARVESTING TO ALLOW MEDICINES TO BREATHE

BELOW: WE WILD HARVEST IN OLD FORESTS AROUND SOUTH AFRICA



BELOW LEFT: CULLEN WITH TWO ARTIST CONK MUSHROOMS ( *GANODERMA APPLANATUM* )

BELOW CENTRE: WILD HARVESTED REISHI MUSHROOMS ( *GANODERMA LUCIDUM* )

BELOW RIGHT: RICKY WITH THE MYSTICAL FLY AGARIC MUSHROOM ( *AMANITA MUSCARIA* )



WHEN IT COMES TO OUR WORK, WE ARE BUT A CHANNEL FOR SOMETHING FAR GREATER. THE TRUE STARS OF THE SHOW ARE THE HERBS & MUSHROOMS THEMSELVES. THESE AMAZING ALLIES CAN BE OF GREAT BENEFIT TO THOSE IN NEED, HOWEVER ONE THING ALWAYS REMAINS TRUE, QUALITY IS OF THE UTMOST IMPORTANCE.

BECAUSE OF THIS WE SOURCE HERBS OF EXCEPTIONAL GRADE FROM SUPPLIERS ALL AROUND THE WORLD INCLUDING CHINA, THE HIMALAYAS, SIBERIA, EUROPE, SOUTH AMERICA, AND RIGHT HERE IN SOUTH AFRICA.

WE ALSO HARVEST MANY WILD HERBS & MUSHROOMS OURSELVES AROUND THE GRASSLANDS, MOUNTAINS AND FORESTS IN SOUTH AFRICA. INVARIABLY WILD MEDICINES POSSESS MORE POWER THAN CULTIVATED HERBS. WILD HERBS AND MUSHROOMS MUST SURVIVE NATURALLY EVEN IN EXTREMELY HARSH CLIMATES, ALLOWING THEM TO BUILD UP RESISTANCE TO THE WORLD - THIS MAKES THEM EXCEPTIONALLY PRIZED AND OUR FAVOURITE MEDICINES TO USE. WE SUSTAINABLY HARVEST WHAT WE NEED ONLY ONCE SEEDS OR SPORE HAVE DROPPED, ALLOWING THE NATURAL CYCLE OF THESE ORGANISMS TO CONTINUE.



# THE HERBS & MUSHROOMS

These are 31 herbs & mushrooms that stand out to us as the major medicines available to significantly alter and improve life. At least some of these herbs should be included in everyone's daily health regime. We provide here a brief overview of these wonderful healers.



# AFRICAN POTATO

Latin: *Hypoxis hemerocallidea*  
Other Names: bantu tulip, star  
flower

HAILED AS A 'MIRACLE MUTI' AND 'WONDER POTATO', *HYPOXIS HEMEROCALLIDEA* HAS LONG BEEN REVERED FOR ITS POWERFUL MEDICINAL ABILITIES.

THE INCORRECTLY USED NAME 'AFRICAN POTATO' WAS MOST LIKELY INTRODUCED BY THE MEDIA IN EARLY 1997, WHEN THE HYPE AROUND THIS PLANT AROSE, POSSIBLY AFTER THE AFRIKAANS - AFRIKA-PATAT, SINCE THE TUBER COULD REMIND ONE OF A PATAT OR SWEET POTATO. HOWEVER, THIS IS A MOST INACCURATE NAME, SINCE IT IS A CORM (COMPRESSED UNDERGROUND STEM, DEVELOPING VERTICALLY) AND NOT A TUBER, LIKE THE POTATO, DEVELOPING HORIZONTALLY

THIS AMAZING GRASS SPECIES HAS BEEN USED EXTENSIVELY BY THE MANY TRIBES OF SOUTH AFRICA, AS WELL AS NEIGHBOURING COUNTRIES.

INYANGA'S AND SANGOMA'S USE INFUSIONS OF THE CORM TO TREAT DIZZINESS AND BLADDER INFECTIONS, AND DECOCTIONS ARE GIVEN AS TONICS OR APPLIED TO BURNS - IT IS ALSO A GO-TO FOR IMMUNE SUPPORT AND SINUS RELATED ISSUES. WITH MODERN RESEARCH WE CAN SEE THAT ANTI CANCER, ANTI HIV AND ANTI INFLAMMATORY ACTIVITY ARE ASCRIBED TO THIS PLANTS VAST ARRAY OF PHYTOCHEMICALS

BELOW: DRIED AFRICAN POTATO ROOT

RIGHT: DIFFERENT *HYPOXIS* SPP. BOTANICAL ILLUSTRATIONS



ABOVE: AFRICAN POTATO FLOWERS

BELOW: KHOISAN ART WORK - THE KHOISAN USED *HYPOXIS* EXTENSIVELY IN THEIR DAILY LIVES

*AFRICAN POTATO* CONTAINS SEVERAL ACTIVE INGREDIENTS THAT ARE OF INTEREST, INCLUDING A NOR-LIGNAN GLYCOSIDE CALLED *HYPOXOSIDE*, *ROOPEROL* AND *BETA-SITOSTEROL*, IT ALSO HAS A HIGH *STEROL* AND *STEROLIN* CONTENT.





ABOVE: YELLOW / ORANGE CORM HIGHLY VISIBLE ONCE SLICED

ABOVE FAR RIGHT: AFRICAN POTATO IS THE MOST TRADED HERBAL PLANT IN SOUTH AFRICAN TRADITIONAL MEDICINE

ONCE IN THE BODY, THE CHEMICAL HYPOXOSIDE IS CONVERTED INTO ITS AGLYCONE - ROOPEROL, A POTENT ANTIOXIDANT. ROOPEROL HAS SEVERAL BIOLOGICAL ACTIVITIES, IT IS ANTIMUTAGENIC AND CYTOTOXIC TO CANCER CELLS, AND ONGOING RESEARCH INTO HYPOXIS SHOWS ANTIOXIDANT, ANTI INFLAMMATORY, ANTI DIABETIC, ANTI CONVULSANT AND ANTI CANCER ACTIVITY. WE ALSO KNOW THAT THIS SMALL GRASS CAN HELP IN THE TREATMENT OF BENIGN PROSTATE HYPERTROPHY BECAUSE OF THE ACTIVITY OF SITOSTEROLS WHICH ARE ASCRIBED TO INHIBITION OF 5 $\alpha$  - REDUCTASE WHICH DECREASES BINDING OF DIHYDROTESTOSTERONE WITHIN THE PROSTATE

STEROLS AND STEROLINS HAVE BEEN SHOWN TO BE BENEFICIAL AT ENHANCING AN UNDER-ACTIVE IMMUNE SYSTEM. RESEARCH HAS SHOWN THAT THESE CHEMICALS APPEARS TO ALERT THE IMMUNE SYSTEM TO PRODUCE MORE CD<sub>4</sub> - T CELLS - LYMPHOCYTES WHICH ARE THEN MADE AVAILABLE TO DESTROY INVADING VIRUSES AND BACTERIA WHICH CAUSE BODILY HARM

BECAUSE OF AFRICAN POTATO'S SUCCESS IN TREATING MANY AILMENTS, THIS PLANT IS FAST BECOMING OVER HARVESTED IN THE WILD. WE CREATE SMALL BATCH HYDRO-ETHANOLIC EXTRACTS WITH ETHICALLY HARVESTED WILD AFRICAN POTATO CORM. OUR POWDERED AFRICAN POTATO IS CREATED WITH GROWN PLANTS TO MINIMIZE THE EFFECT ON RAPID DECLINING RESERVES.



BELOW: RICKY & CULLEN IN THE FEILD WILD HARVESTING HYPOXIS SPECIMENS FOR TINCTURING



# ARTIST CONK

Latin: *Ganoderma applanatum*

Other Names: ancient reishi, red mother fungus

THE ARTIST CONK IS A HUMBLE BUT FASCINATING MUSHROOM. THIS MEDICINE HAS LIVED IN THE SHADOW OF ITS MORE FAMOUS COUSIN THE RED REISHI FOR MANY CENTURIES, HOWEVER DON'T BE SO QUICK TO DISREGARD THIS FUNGUS.

KNOWN THROUGHOUT THE WORLD, THIS MUSHROOM IS PERHAPS THE MOST WIDESPREAD OF ALL GANODERMA VARIANTS GROWING ON EVERY CONTINENT EXCEPT ANTARTICA. ARTIST CONK MUSHROOMS HAVE A RARE PROPERTY, THE WHITE SPORE PAD BRUISES WHEN TOUCHED. THIS ALLOWS ONE TO ETCH DRAWINGS ON THE WIDE PAD SURFACE. AS THE FUNGUS DRIES, IT BECOMES HARD AND LIGHTWEIGHT, AND THE DRAWING NATURALLY DARKENS AND CURES TO A SOLID, PERMANENT TEXTURE LIKE WOOD. IN THE ORIENT HOWEVER ARTIST CONK IS MORE COMMONLY KNOWN AS ANCIENT REISHI DUE TO ITS LONG LIFE SPAN, SOME SPECIMENS REPORTED TO BE OVER 80 YEARS OLD. THIS LONG LIFESPAN HAS LEAD MANY AROUND THE WORLD TO CLASSIFY ARTIST CONK AS THE GENTLE AND WISE OLD CARETAKER OF THE FORESTS,



ABOVE: ARTIST CONK SPECIMEN

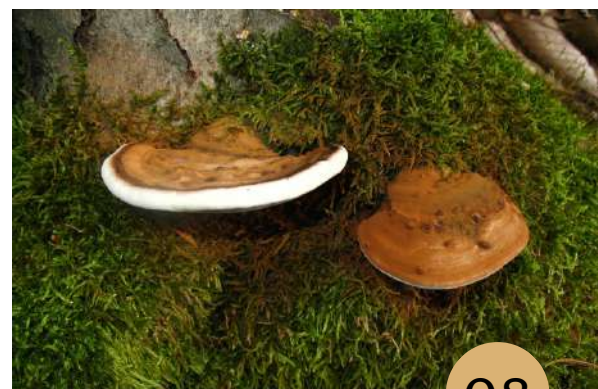
ONE THING WE KNOW FOR CERTAIN IS THAT BEING PART OF THE GANODERMA ( REISHI ) FAMILY COMES WITH EXCEPTIONALLY POWERFUL COMPOUNDS THAT HAVE A WHOLE HOST OF MEDICINAL QUALITES.

ARTIST CONKS CONTAIN VARIOUS STEROIDAL COMPOUNDS SUCH AS ERGOSTEROL, FUNGISTEROL, ALNUSENONE AND OTHER TRITERPENES. THEY ALSO CONTAIN THE HIGHLY MEDICINAL COMPOUNDS COMMONLY FOUND IN RED REISHI - GANODERIC ACID AND FURANOGANODERIC ACID.

BELOW LEFT: MULTI LAYERED ARTIST CONK SHOWING ITS GREAT AGE ( EACH SEASON PRODUCES A NEW LAYER )

BELOW CENTER: ARTIST CONK BOTANICAL ILLUSTRATION

BELOW RIGHT: YOUNG WILD SPECIMENS





THANKS TO MODERN SCIENCE WE CAN SEE GREAT CANCER RESEARCH BEING CONDUCTED ON GANODERMA APPLANATUM - PARTICULARLY ANTI-TUMOR ACTIVITY AGAINST SARCOMA 180. THE POLYSACCHARIDES AND TRITERPENES HAVE DEMONSTRATED GREAT IMMUNO-STIMULATING PROPERTIES THUS VERIFYING TRADITIONAL CHINESE CLASSIFICATION AS AN IMMUNE SYSTEM TONIC



THIS GREAT MEDICINE IS ALSO USED TO REDUCE PHLEGM, ELIMINATE INDIGESTION, INCREASE SPLEEN CELL PROLIFERATION AND AS A NATURAL ANTIBIOTIC TOO.

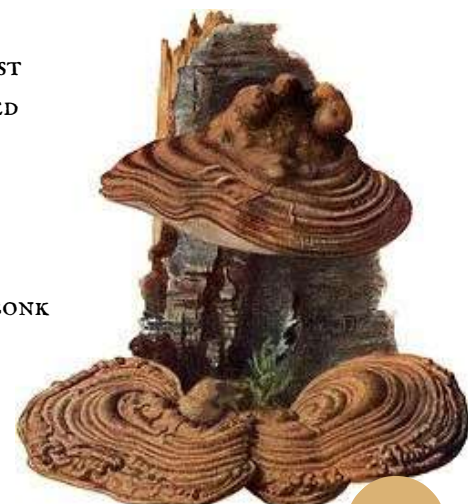
ARTIST CONK WAS UTILIZED LONG BEFORE OTHER REISHI'S IN ITS FAMILY, IT IS A DYNAMIC MEDICINE FOR MANY MODERN AILMENTS. DUE TO THIS MUSHROOM BEING TOO TOUGH AND FIBROUS TO CONSUME AS IS, THUS WE PRODUCE AN EXTRACTED TINCTURE. THIS ALLOWS THE MUSHROOM TO BE MORE READILY ASSIMILATED IN THE BODY - WE RUN OUR ARTIST CONK THROUGH AN ETHANOL EXTRACTION PROCESS TO REMOVE THE TRITERPENES & A WATER EXTRACTION TO REMOVE THE POLYSACCHARIDES. THESE EXTRACTIONS ARE THEN COMBINED TO PRODUCE A POWERFUL, BIOAVAILABLE MEDICINAL MUSHROOM SUPPLEMENT.



FAR ABOVE: ARTIST CONK MYCELIUM IS VERY HARDY AND BEING LOOKED INTO AS A PLASTIC SUBSTITUTE

ABOVE LEFT: LARGE ARTIST CONK SPECIMEN DONATED TO US

RIGHT: BOTANICAL ILLUSTRATION OF MULTILAYERED ARTIST CONK



# ASHWAGANDHA

Latin: *Withania somnifera*

Other Names: indian ginseng, winter cherry

ASHWAGANDHA ROOT - ALSO KNOWN AS INDIAN GINSENG IN THE AYURVEDIC SYSTEM OF MEDICINE IS A POWERFUL REJUVENATING HERB, ADDING TO LIFE LONGEVITY, IT IS ALSO AN IMMENSELY POWERFUL ADAPTOGEN OR RASAYANA. ASHWAGANDHA'S FIRST APPEARANCE IS IN THE SACRED TEXTS: THE CHARAKA AND THE SUSHRUTA SAMHITAS, IN FACT ASHWAGANDHA CAN BE TRACED BACK DIRECTLY TO ATREYA PUNARVASU THE ESTEEMED SAGE WHO'S TEACHINGS FOUNDED THE SIX SCHOOLS OF AYURVEDA.

ASHWAGANDHA TRANSLATES TO "THE SMELL OF A HORSE." REFERRING TO ITS PUNGENT ODOUR. ONCE GROUND, THE HERB SMELLS LIKE A STALLION AND WAS THOUGHT TO IMPART THE POWER OF ONE, TOO. ASHWAGANDHA IS CURRENTLY ONE OF THE MOST POPULAR HERBS IN THE WORLD DUE TO IT BEING REJUVENATING TO THE WHOLE BODY, AS WELL AS PROMOTING PHYSICAL AND MENTAL HEALTH. WITH OVER 80 COMPLEX PHYTO-CHEMICALS KNOWN FROM THIS HERB WE CAN COMFORTABLY SAY THAT THIS EXTRAORDINARY ROOT RIVALS ANY TONIC HERB IN THE WORLD

BELOW RIGHT: ASHWAGANDHA BERRIES ARE REPORTEDLY TOXIC

BELOW LEFT: ASHWAGANDHA WAS AND IS STILL A COMMON HERB UTILIZED IN THE AYURVEDIC MEDICINE PRACTICE



ABOVE: ASHWAGANDHA SPECIMEN

BELOW: ANCIENT ILLUSTRATION FROM ASIA DEPICTING A BLOOMING ASHWAGANDHA PLANT





LEFT: ASHWAGANDHA USUALLY SOLD AS A POWDERED OR WHOLE ROOT

ASHWAGANDHA IS PERHAPS BEST KNOWN FOR ITS ABILITY TO REDUCE STRESS - CORTISOL OUR NATURAL STRESS HORMONE IS RELEASED FROM THE ADRENALS TO MOBILIZE A “FIGHT OR FLIGHT” RESPONSE TO A PERCEIVED IMMINENT DANGER. CORTISOL NATURALLY FOLLOWS A DAILY RHYTHM, RISING IN THE MORNING TO HELP MOBILIZE THE BODY’S FORCES FOR OUR DAILY NEEDS AND LOWERING IN THE EVENING TO ALLOW THE BODY TO SLEEP AND PERFORM RESTORATIVE MEASURES, HOWEVER THE STRESS OF MODERN HUMAN CULTURE CHRONICALLY ACTIVATES THE CORTISOL STRESS RESPONSE - WHICH CAN IMPACT DELICATE GLUCOSE AND LIPID BALANCE AS WELL AS VASCULAR INTEGRITY, GASTROINTESTINAL MEMBRANE INTEGRITY AND NERVOUS SYSTEM FUNCTION. ASHWAGANDHA HAS BEEN SHOWN TO PROMOTE HEALTHY LEVELS OF CORTISOL AND CONTRIBUTE TO HEALTHY INFLAMMATORY PROCESSES, NUMEROUS TESTS PROVE THAT THIS ADAPTOGENIC HERB CAN PROMOTE THE FUNCTIONS OF THE IMMUNE, CARDIOVASCULAR AND NERVOUS SYSTEMS, AS WELL AS PROTECT THE BRAIN, MUSCLES AND JOINTS FROM LONG TERM DEGENERATION.

THE MAIN ACTIVE SUBSTANCES IN ASHWAGANDHA ROOT ARE A VARIETY OF STEROIDS WITH ERGOSTANE SKELETONS (ALSO CALLED “WITHANOLIDES”) WITHAFERIN A & WITHASOMNINE BEING SUPERB EXAMPLES, AS WELL AS ALKALOIDS AND SAPONINS. WITHANOLIDES HAVE BEEN EXTENSIVELY STUDIED FOR THEIR ANTIBIOTIC AND ANTIOXIDANT EFFECT. SEDATIVE EFFECTS HAVE ALSO BEEN ASCRIBED TO THE ALKALOIDS AND IN VIVO STUDIES HAVE SHOWN SIGNIFICANT ADAPTOGENIC ACTIVITY.

THIS EXQUISITE HERB HAS NATURALISED IN SOUTH AFRICA AND HAS BEEN USED EXTENSIVELY IN OUR TRADITIONAL MEDICINE. WE SUPPLY BOTH ASHWAGANDHA ROOT POWDER AS WELL AS A WILD HARVESTED TINCTURE. ASHWAGANDHA CAN ALSO BE FOUND IN OUR ADAPTOGENIC TINCTURE.

ABOVE: AYURVEDIC MURAL DEPICTING HEALING WITH NATURAL MEDICINES

BELOW LEFT: BOTANICAL ILLUSTRATION HIGHLIGHTING THE DENSE ARRAY OF BERRIES

BELOW: WILD ASHWAGANDHA IDENTIFIABLE BY SMALL HAIRY LEAVES AND CLUSTERS OF RED/ ORANGE BERRIES



# ASTRAGALUS

Latin: *Astragalus membranaceus*

Other Names: huáng qí, milkvetch, yellow leader

ASTRAGALUS ROOT IS ONE OF SUPERIOR TONIC HERBS IN TRADITIONAL CHINESE MEDICINE. OF OVER 2000 KNOWN SPECIES OF ASTRAGALUS ONLY 2 ARE USED AS MEDICINES, BOTH OF WHICH GROW NATURALLY IN NORTHERN CHINA AND MONGOLIA.

WITH A LONG AND ENDURING HISTORY IN CHINESE MEDICINE, ASTRAGALUS IS KNOWN AS A PREMIER QI TONIC. QI IS SIMPLY DEFINED AS THE VITAL LIFE FORCE THAT FLOWS IN OUR BODIES, THUS A QI TONIC PROVIDES PROTECTION OR A CONCEPTUAL “SHIELD” WHICH SERVES AS A PRIMARY DEFENSE MECHANISM AGAINST PERNICIOUS THREATS TO THE SYSTEM

ASTRAGALUS IS TRADITIONALLY USED TO TONIFY THE LUNGS AND IS USED IN CASES OF FREQUENT IMMUNOLOGICAL DISORDERS. THIS AMAZING ROOT IS ALSO USED FOR SHORTNESS OF BREATH, SEASONAL ALLERGIES, HEART CONDITIONS, KIDNEY DISEASE, NIGHT SWEATS, CHRONIC ULCERATIONS AND SORES, NUMBNESS AND FINALLY PARALYSIS OF THE LIMBS.



ABOVE: SLICED ASTRAGALUS ROOT

THE MAIN CONSTITUENTS OF THE ROOT ARE SAPONINS, POLYSACCHARIDES, ISOFLAVONIDS, AND FREE AMINO ACIDS. OF NOTABLE INTEREST ARE ISOLATED COMPOUNDS ONLY FOUND IN ASTRAGALUS CALLED ASTRAGALOSIDES - ASTRAGALOSIDE IV BEING THE MOST POWERFUL.

ASTRAGALUS IS KNOWN AS A POTENT IMMUNE BOOSTING HERB AND DISEASE FIGHTER. IT IS AN IMMUNOSTIMULANT THAT CAN INCREASE WHITE BLOOD CELL COUNT AND STIMULATE THE PRODUCTION OF ANTIBODIES, THIS BUILDS UP BODILY RESISTANCE TO VIRUSES AND BACTERIA.

LEFT: BOTANICAL ILLUSTRATIONS OF THE MANY DIFFERENT MILK VETCH PLANTS



BELOW: ASTRAGALUS IS CLASSIFIED AS A “SUPERIOR HERB” IN THE 2,000 YEAR OLD CLASSIC SHEN NONG BEN CAO JING





**ASTRAGALUS' FLAVONOIDS AND ASTRAGALOSIDE IV INCREASE CELL-MEDIATED IMMUNITY WHICH INCREASES THE NUMBER OF T-HELPER CELLS, AND STIMULATES MACROPHAGE AND NATURAL KILLER CELL ACTIVITY - THUS ENHANCING BOTH CELLULAR AND HUMORAL IMMUNE RESPONSES.**

**ASTRAGALOSIDE IV AND CYCLOASTRAGENOL HAVE BEEN EXTENSIVELY STUDIED FOR THEIR BENEFITS IN REVERSING CELL DAMAGE AND IN ACTIVATING TELOMERASE, THIS ADDRESSES TELOMERE SHORTENING AND SLOWS DOWN CELLULAR AGING. ASTRAGALUS HAS NOTABLE CARDIOPROTECTIVE EFFECTS, HELPING TO PREVENT PLAQUE BUILD UP IN THE ARTERIES, NARROWING OF THE BLOOD VESSEL WALLS AND REDUCING BLOOD PRESSURE.**

**FAR BELOW AND RIGHT: ASTRAGALUS IS USED TO TONIFY CHI IN TRADITIONAL CHINESE MEDICINE**

**BELOW LEFT: CULTIVATED ASTRAGALUS ROOTS, BUNDLED AND READY FOR SALE**

**ABOVE LEFT: ANCIENT ARABIAN MANUSCRIPT DEPICTING AN ASTRAGALUS PLANT.**

**ABOVE: WILD ASTRAGALUS IS VERY HARDY AND CAN GROW IN DRY SANDY SOIL**

**VARIOUS STUDIES HAVE ALSO VALIDATED ASTRAGALUS' USE FOR TREATING MALADIES SUCH AS CHRONIC FATIGUE, DIABETES, CHRONIC ASTHMA, KIDNEY HEALTH AND AS AN ADJUNCT TREATMENT FOR CHEMOTHERAPY PATIENTS - HELPING COMMON SIDE EFFECTS LIKE NAUSEA, VOMITING, DIARRHEA AND BONE MARROW SUPPRESSION.**

**WE CURRENTLY SUPPLY ASTRAGALUS ROOT IN BOTH OUR COLDS AND FLU EXTRACT TINCTURE AS WELL AS IN A POWDERED FORM.**





# BAOBAB

Latin: *Adansonia digitata*

Other Names: the tree of life, upside-down tree, and monkey bread tree

THE MAJESTIC BAOBAB TREE IS NATIVE TO THE AFRICAN CONTINENT, WHERE IT IS POPULARLY KNOWN AS THE "TREE OF LIFE". THE BAOBAB IS AN ICON OF THE AFRICAN CONTINENT AND LIES AT THE HEART OF MANY TRADITIONAL REMEDIES AND FOLKLORE.

THERE ARE MANY LEGENDS OF THIS MIGHTY TREE, BUT THE MOST POPULAR STATES THAT THE BAOBAB WAS THE VERY LAST TREE TO BE CREATED - HE [THE BAOBAB] LOOKED AT ALL THE OTHER TREES THAT CAME BEFORE HIM AND, ALTHOUGH OF CONSIDERABLE SIZE HIMSELF, WAS ENVIOUS OF THE ELEGANT PALM AS IT WAS TALLER THAN HE WAS. HE COVETED THE SCARLET BLOSSOMS OF THE FLAME TREE AND SO HE RUMBLED AND STAMPED HIS ROOTS, COMPLAINING TO THE CREATOR THAT THE FRUITS OF THE FIG TREE WERE MORE SUCCULENT THAN HIS. THE CREATOR TRIED TO EXPLAIN THAT THE TREES BEAUTY LAY IN ITS IMMENSE BENEFITS TO THE EARTH AND THOSE WHO INHABIT IT, TO NOURISH, HOUSE AND PROTECT THE PEOPLE OF THE PLANET.

UNCONVINCED AND UNDETERRED, THE BAOBAB CONTINUED HIS COMPLAINING UNTIL ONE DAY THE CREATOR PULLED THE TREE FROM THE GROUND AND REPLANTED IT UPSIDE DOWN,



ABOVE: BAOBAB FRUIT PODS

SO THAT THE BAOBAB COULD NEVER AGAIN SEE ITS REFLECTION NOR UTTER A COMPLAINT. FOREVER SINCE THIS MONARCH OF THE FOREST HAS BEEN PAYING OFF ITS TRANSGRESSIONS BY BEING THE MOST USEFUL TREE AROUND - PROVIDE SHELTER, FOOD AND WATER FOR THOUSANDS OF ANIMALS AND HUMANS.

EVERY PART OF THE BAOBAB TREE IS VALUABLE - THE BARK CAN BE TURNED INTO ROPE AND CLOTHING, THE SEEDS CAN BE USED TO MAKE OILS, THE LEAVES ARE EDIBLE, THE TRUNKS CAN STORE WATER AND THE FRUIT IS EXTRAORDINARILY RICH IN NUTRIENTS

FAR LEFT: BAOBAB BOTANICAL ILLUSTRATION

LEFT: BAOBAB FRUIT PRINT FROM USDA POMOLOGICAL WATERCOLOR COLLECTION (1924)

BELOW: CHILDREN GATHER AROUND A LARGE 2000 YEAR OLD BAOBAB IN TANZANIA





ABOVE: TRIBAL LEADERS MEET UNDER A SACRED BAOBAB - PRINT

ABOVE RIGHT: CONICAL HUTS & BAOBAB TREE, KOUROUNDING KOTO, WESTERN SOUDAN - 1890

BAOBAB FRUIT PODS ARE AN EXCEPTIONAL SOURCE OF MANY IMPORTANT VITAMINS AND MINERALS, INCLUDING VITAMIN C, ANTIOXIDANTS, KEY MINERALS LIKE POTASSIUM, MAGNESIUM, IRON, CALCIUM, ZINC, AND HIGH-QUALITY PROTEINS THAT CAN BE EASILY DIGESTED

BAOBABS HIGH LEVELS OF POTASSIUM PLAY A VITAL ROLE IN NORMALIZING BLOOD PRESSURE AND INCREASING OVERALL HEART HEALTH.

THIS AMAZING FRUIT ALSO CONTAINS BOTH SOLUBLE AND INSOLUBLE FIBER, AS WELL AS A VARIETY OF PRE BIOTICS, WHICH HELPS REDUCING THE LEVEL OF CHOLESTEROL IN BLOOD, ASSISTS IN KEEPING BOWELS HEALTHY AND PREVENTS LONG TERM DEGENERATIVE DIGESTIVE PROBLEMS.

BAOBAB IS ALSO ONE OF THE BEST PH BALANCING FOODS AVAILABLE, WITH A PRAL (POTENTIAL RENAL ACID LOAD) RATING OF -52, SOLIDIFYING ITS STATUS AS ONE OF THE MOST BLOOD ALKALIZING FOODS ON THE PLANET. BAOBAB CAN ALSO HELP DEFEND OUR BODIES FROM CHRONIC DISEASES AND AILMENTS (SUCH AS HYPERTENSION AND ARTHRITIS)

BAOBABS ARE ANCIENT TREES THAT CAN LIVE FOR UP TO 5000 YEARS, PRODUCING BOUNTIFUL FRUIT WHICH DRIES NATURALLY ON ITS BRANCHES. INSTEAD OF DROPPING AND SPOILING, IT STAYS ON THE BRANCH AND BAKES IN THE SUN FOR 6 MONTHS - THE PULP OF THE FRUIT DRIES OUT COMPLETELY. THIS MEANS THE FRUIT SIMPLY NEEDS TO BE HARVESTED, DE-SEEDED AND SIEVED TO PRODUCE A DELICIOUS PURE FRUIT POWDERS

BELOW LEFT: AFRICAN BAOBAB TREE IN THE PRINCESS'S GARDEN AT TANJORE, INDIA - MARIANNE NORTH (1830-1890)



# BRAHMI

Latin: *Bacopa monnieri*

Other Names: waterhyssop,  
indian pennywort, herb of grace

BRAHMI IS ONE OF THE OLDEST TRADITIONAL AYURVEDIC MEDICINES IN INDIA. HISTORICALLY ITS USE CAN BE TRACED BACK MORE THAN 3000 YEARS, WITH REFERENCES LINKING IT TO ANCIENT HOLY TEXTS LIKE THE CHARAKA SAMHITA, ATHARVA-VEDA AND SUSRUT-SAMHITA.

IN AYURVEDA BRAHMI IS CLASSIFIED AS A MEDHYARASAYANA, A DRUG USED TO IMPROVE MEMORY AND INTELLECT THUS SUBSTANTIATING ITS COMMON NAME WHICH IS DERIVED FROM THE WORD BRAHMA-CREATOR OF THE UNIVERSE, WHO IS ALSO ASSOCIATED WITH GREAT INTELLECT AND RESPONSIBLE FOR ALL CREATIVE FORCES IN THE WORLD. BECAUSE THE BRAIN IS THE CENTRE FOR CREATIVE ACTIVITY, ANY COMPOUND THAT IMPROVES BRAIN HEALTH IS GIVEN THE TITLE BRAHMI, WHICH HAS LEAD TO A FAIR AMOUNT OF CONFUSION BETWEEN THIS HERB AND GOTU KOLA ( BOTH OF WHICH ARE CALLED BRAHMI )



ABOVE: BRAHMI HERB BUNDLE

BELOW: BRAHMI IS MENTIONED IN MANY ANCIENT TEXTS INCLUDING THE VEDAS

ALL THE PARTS OF THE PLANT ARE USED IN TRADITIONAL MEDICINE. BRAHMI IS MOST KNOWN FOR ITS USE AS A POWERFUL NOOTROPIC WHICH CAN HELP ENHANCE MEMORY, COGNITION, MOOD, AND OTHER FACTORS ASSOCIATED WITH MENTAL FUNCTIONING. BRAHMI IS ALSO COMMONLY USED TO TREAT ANXIETY, LACK OF CONCENTRATION (ADHD), AS A DIURETIC AND AS AN ENERGIZER FOR THE NERVOUS SYSTEM AND THE HEART.

BRAHMI'S CHEMICAL COMPOSITION PREDOMINANTLY INCLUDE HERSAPONIN, APIGENIN, D-MANNITOL, MONNIERASIDES I-III, PLANTAINOSIDE B AND MOST IMPORTANTLY TRITERPENOID SAPONINS, NOTED AS BACOPASIDES.

BELOW LEFT: BOTANICAL ILLUSTRATION OF BRAHMI

BELOW: VEDIC SCHOLARS OFTEN UTILIZED BRAHMI FOR STUDIES





ABOVE: THE NAME BRAHMI COMES FROM THE CREATOR GOD BRAHMA - WHO USED HIS MIND TO CREATE THE UNIVERSE DEPICTED ABOVE RIDING HIS GOOSE

BACOSIDES ARE OF PRIME IMPORTANCE WITHIN BRAHMI. THEY HAVE BEEN SHOWN TO ENHANCE NERVE IMPULSE TRANSMISSION, PROMOTE THE REPAIR OF DAMAGED NEURONS BY UPREGULATING NEURONAL SYNTHESIS AND KINASE ACTIVITY. THE BACOSIDES ALSO AID IN THE RESTORATION OF SYNAPTIC ACTIVITY, WHICH ULTIMATELY LEADS TO NERVE IMPULSE TRANSMISSION, THIS PLAYS A VITAL ROLE IN PROMOTING HEALTHY COGNITIVE FUNCTIONS LIKE ATTENTION SPAN, FOCUS, CONCENTRATION, LEARNING AND MEMORY. THESE BACOSIDES, BACOPASIDES AND VARIOUS PLANT STEROLS PROVIDE NEUROPROTECTIVE BENEFITS AND REDUCE OXIDATIVE DAMAGE, WHICH IN TERN PROVIDES STRONG SUPPORT FOR ALZHEIMER'S PATIENTS

ABOVE LEFT: BRAHMI CULTIVATION, IF LEFT UNCHECKED CAN GROW RAMPANT

ABOVE: BEAUTIFUL BRAHMI FLOWERS IN FULL BLOOM



THIS PHENOMENAL HERB CAN ALSO REDUCE STRESS AND ANXIETY BY ELEVATING YOUR MOOD, INCREASING SEROTONIN PRODUCTION AND REDUCING LEVELS OF CORTISOL IN THE BODY.

OTHER PROVEN BENEFITS FROM USING BRAMHI INCLUDE REDUCING OF BOTH SYSTOLIC AND DIASTOLIC BLOOD PRESSURE LEVELS, EPILEPTIC SEIZURES, AS WELL AS OTHER FORMS OF MENTAL DISEASE, INCLUDING BIPOLAR DISORDER AND NEURALGIA.

WE PROVIDE A POWDERED BRAHMI SUPPLEMENT TO CONCENTRATE THIS HERBS BRAIN BOOSTING BENEFITS



# BUCHU

Latin: *Agathosma betulina*

Other Names: boegoe, bucco

BUCHU IS PERHAPS THE BEST KNOWN AROMATIC HERB FOUND IN SOUTH AFRICA. THE USE OF BUCHU HAS A LONG AND ESTEEMED HISTORY AND WAS PARTICULARLY SACRED TO THE NATIVE KHOISAN. BUCHU IS A FYNBOS SPECIES AND FORMS PART OF THE CAPE FLORAL KINGDOM - THE LARGEST IN TERMS OF ITS BOTANICAL DIVERSITY OF ALL SIX FLORAL KINGDOMS WORLDWIDE.

THIS SACRED HERB WAS HIGHLY REVERED IN TRADITIONAL CULTURE, WITH STORIES INTERWOVEN WITH CELESTIAL BEINGS AND OTHER WORLDS. THE MOST FAMOUS OF SUCH STORIES STARTS WITH THE DEITY KHWA - WHO WAS THE EMBODIMENT OF RAIN AND WATER, AND WHOS HOME ( THE WATERHOLE ) WAS A GATE BETWEEN THE WORLDS OF THE LIVING AND THE DEAD; A GATEWAY BETWEEN REALMS.

THE TALE BEGINS WITH KHWA COMING TO EARTH IN THE FORM OF A WATER BUFFALO. HE EMBARKED ON A JOURNEY, WANDERING ALONG, HIS BREATH FORMING A GENTLE MIST ALL AROUND HIM AS HE WALKED. AFTER A WHILE HE NOTICED A DELICATE FRAGRANCE AS HE BREATHED IN THE COOL AIR



ABOVE: BUCHU SPECIMEN

BELOW LEFT: BOTANICAL BUCHU ILLUSTRATION

HE TRACKED THE ALLURING SCENT TO A SMALL CAMP WHERE HE SAW A YOUNG SICKLY WOMAN LAYING IN A HUT. HER SISTER HAD RUBBED BUCHU OVER HER BODY, TO HELP HER RECOVER, AND IT WAS THE SMELL OF THE HERBS WHICH ATTRACTED KHWA.

THE RAIN BULL WAS MESMERIZED BY THE FRAGRANCE AND SO HE SANG TO THE YOUNG MAIDEN. SHE BEGAN TO REGAIN HER STRENGTH AND ONCE STRONG ENOUGH, SHE CLIMBED ONTO THE BULLS BACK AND RUBBED SOME BUCHU ONTO HIS HEAD AS GRATITUDE. HE WAS FILLED WITH ELATION, AND SO HE TURNED AROUND AND TROTTED OFF WITH THE GIRL ON HIS BACK.

LEFT: WILD BUCHU IN BLOSSOM

BELOW: KHOISAN DEPICTED IN VINTAGE ARTWORK - THE KHOISAN HAVE USED BUCHU IN TRADITIONAL MEDICINE AND SHAMANIC CULTURE FOR HUNDREDS IF NOT THOUSANDS OF YEARS



THE TWO TRAVELED FOR MANY DAYS TOGETHER GROWING CLOSE UNTIL ONE DAY THE YOUNG GIRL NEEDED TO RETURN BACK TO THE EARTHLY WORLD. THE WOMAN ASKED KHWA TO SET HER DOWN IN THE SHADE OF A TREE NEXT TO A WATERHOLE SO THEY MAY REST. THIS HE DID, SHE THANKED HIM AND ONCE AGAIN RUBBED HIM ALL OVER WITH BUCHU LEAVES, HE BECAME SO RELAXED, HE FELL ASLEEP. UPON AWAKING THE RAIN BULL HAD FOUND THAT HIS COMPANION HAD TRAVELED HOME, HE WAS SO DELIGHTED THAT THE GIRL HAD SHARED HER SWEET SMELLING HEALING HERBS WITH HIM, IT INSPIRED THE DEITY TO STAY AND BRING RAIN TO THE PLANTS AND CREATURES OF THE EARTH - THIS IS WHY TO THIS DAY MANY TRADITIONAL PEOPLES STILL RUB BUCHU OVER THEIR BODIES TO BRING THE RAIN IN TIMES OF DROUGHT.

BUCHUS MODERN HISTORY IS FAR MORE RECENT WITH THE EARLIEST DOCUMENTARY EVIDENCE DATING BACK TO 1652, WHEN THE KHOISAN INTRODUCED THE HERB TO ARRIVING DUTCH SETTLERS. BUCHU'S FAMED MEDICINAL USES CAUSED ITS SPREAD TO EUROPE - THE FIRST EXPORT DOCUMENTED BY REECE & CO WHO SHIPPED DRIED LEAVES TO ENGLAND IN 1821. BY THE LATE 19TH CENTURY LARGE VOLUMES OF DRIED BUCHU PLANT MATERIAL WERE EXPORTED TO ENGLAND AND THE USA



RIGHT: BUCHU LEAVES WERE SO VALUABLE THAT AT ONE POINT IN TIME A THIMBLEFUL COULD BE TRADED FOR A SHEEP

WITH 8 BALES OF BUCHU LEAVES EVEN LISTED ON THE CARGO INVENTORY OF THE TITANIC ON ITS DOOMED MAIDEN VOYAGE ACROSS THE ATLANTIC IN APRIL 1912.

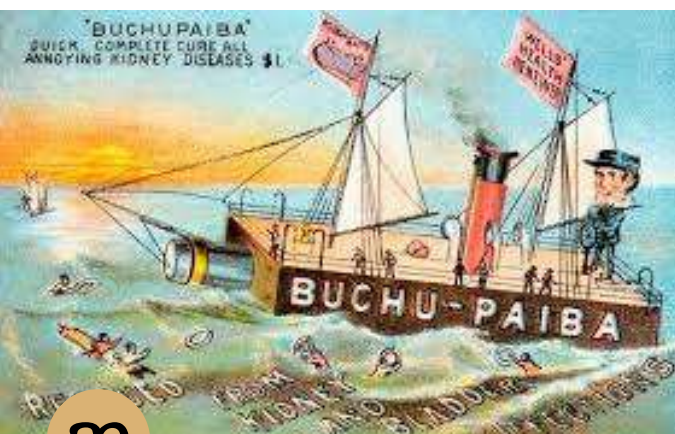
HISTORICALLY, BUCHU HAS BEEN USED TO TREAT INFLAMMATION, AND KIDNEY AND URINARY TRACT INFECTIONS; AS A DIURETIC AND AS A STOMACH TONIC. OTHER USES INCLUDE CARMINATIVE ACTION AND TREATMENT OF CYSTITIS, URETHRITIS, PROSTATITIS, AND GOUT. IT ALSO HAS BEEN USED FOR LEUKORRHEA AND YEAST INFECTIONS.

BUCHU'S MAJOR MEDICINAL COMPOUNDS ARE ITS ESSENTIAL OILS ISOMENTHONE AND DIOSPHENOL AS WELL AS VOLATILE CONSTITUENTS LIKE LIMONENE, MENTHONE, AND L-PULEGONE. THE ESSENTIAL OILS WERE FOUND TO BE ACTIVE AGAINST MANY PATHOGENS, NAMELY STAPHYLOCOCCUS AUREUS, BACILLUS CEREUS, PNEUMONIA AND CANDIDA ALBICANS MAKING IT A GREAT ALLY TO USE FOR VARIOUS FORMS OF INFECTIONS. BUCHU ALSO HAS GOOD ANTIBACTERIAL ACTIVITY, AND HAS BEEN FOUND TO BE VERY EFFECTIVE ACTIVE AGAINST GRAM POSITIVE BACTERIA



LEFT: KHOISAN ROCK ART OF KHWA AND THE TREE OF LIFE

BELOW LEFT: VINTAGE BUCHU BRANDY ADVERT PROFESSING ITS MEDICINAL BENEFITS



BELOW: BUCHU LEAVES AND FLOWERS



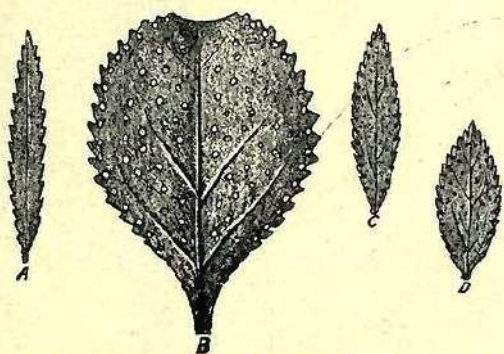
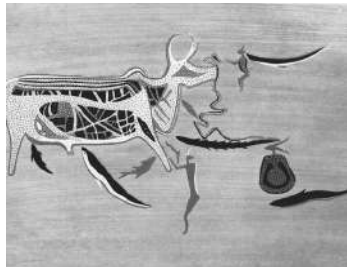


FIG. 146.—Buchu Leaves and Adulterant. A, Leaf of *Empleurum serrulatum*. B, Leaf of *Barosma betulina* (enlarged). C, Leaf of *Barosma serratifolia*. D, Leaf of *Barosma crenulata*.



FAR ABOVE: DIFFERENT BUCHU VARIANTS B - BETULINA, C - SERRATIFOLIA, D - CRENULATA.

ABOVE: SAN ROCK ART OF KHWA THE RAIN DEITY LINKED TO BUCHU

BUCHU ALSO CONTAINS COUMARINS, THESE COMPOUNDS HAVE BEEN FOUND TO BE ACTIVE AGAINST MICROBIALS BY STIMULATING MACROPHAGES, ALLOWING THE PLANT TO HAVE AN INDIRECT ABILITY TO INCREASE IMMUNE RESPONSE, WHERE AS THE FLAVONOIDS FOUND IN BUCHU MODULATE INFLAMMATION AND STRENGTHEN CONNECTIVE TISSUE HELPING ALLEVIATE ARTHRITIS AND GOUT.

DIOSPENOL IS RESPONSIBLE FOR THE DIURETIC ACTION OF BUCHU, WHICH ACTS BY IRRITATING THE GALLBLADDER, CAUSING THE PRODUCTION OF URINE. THIS CAN HELP RID THE BODY OF EXTRA FLUID, SALT AND MOST IMPORTANTLY TOXINS, REVEALING STRAIN ON THE HEART, LIVER AND KIDNEYS - THIS CAN BRING DOWN HIGH BLOOD PRESSURE AND SWOLLEN TISSUES.

BUCHU ALSO CONTAINS FLAVONOIDS SUCH AS DIOSMIN, HESPERIDIN, RUTIN, AND QUERCITIN WHICH ARE POWERFUL FREE RADICAL SCAVENGERS (ANTIOXIDANTS). THEY ASSIST IN KEEPING FREE RADICALS AT PHYSIOLOGICALLY HOMEOSTATIC LEVELS THUS MANY AILMENTS THAT RESULT FROM AN INCREASE IN OXIDATIVE STRESS ARE QUENCHED.

BUCHU IS A VERY HARDY PLANT BUT THERE ARE LIMITED RESERVES FOUND IN THE WILD, FOR THIS REASON WE CHOOSE TO SUPPLY CULTIVATED BUCHU POWDER, A HYDRO ETHANOLIC EXTRACT TO CONCENTRATE THIS HERBS VARIED MEDICINAL QUALITIES AND BUCHU CAN ALSO BE FOUND IN OUR INDIGENOUS TONIC TINCTURE.

BELOW: BUCHU USUALLY SOLD AS DRIED LEAVES

FAR BELOW: BUCHU FIELD CULTIVATION IN THE EARLY 20TH CENTURY IN THE WESTERN CAPE



# CAMU CAMU

Latin: *Myrciaria dubia*

Other Names: araca d'agua, cacari

THIS REVERED AMAZONIAN FRUIT HAS ONLY RECENTLY BECOME FAMOUS THROUGHOUT THE WORLD BECAUSE OF ITS VERY HIGH VITAMIN C CONTENT, HOWEVER THE BERRIES OF THE CAMU CAMU TREE HAVE BEEN USED BY TRADITIONAL AMAZONIAN INDIANS FOR HUNDREDS OF YEARS.

THE MAIN HABITAT OF THE CAMU CAMU SHRUB IS ON THE BORDER OF PERU AND BRAZIL, WHERE IT THRIVES IN THE SWAMPY FLOOD PLAINS OF THE AMAZONIAN RAINFOREST. BECAUSE THIS SHRUB GROWS OVER RIVERS AND WATER WAYS IT IS AN IDEAL FRUIT FOR FISH, AND IT IS THOUGHT THAT ITS NAME ORIGINATES FROM THE ONOMATOPOEIC SOUND A FISH MAKES WHEN IT PLUCKS ONE OF THESE FRUITS FROM THE SURFACE OF THE WATER OR FROM A LOW HANGING BRANCH. THE FISH ARE ALSO THOUGHT TO BE RESPONSIBLE FOR DISPERSING THE PLANT THROUGHOUT THE RAINFOREST THROUGH THEIR FAVORING OF THE FRUIT.



ABOVE: CAMU CAMU BERRY SPECIMEN

THE CAMU CAMU BERRY WAS UTILIZED IN TRADITIONAL MEDICINE BUT NOT VERY EXTENSIVELY. INDIGENOUS PEOPLE OF THE RAINFOREST DID NOT ADVOCATE THE FRUIT VERY MUCH BECAUSE OF ITS SOUR AND ACIDIC TASTE. THEREFORE THERE IS NOT MUCH HISTORY ON TRIBAL REMEDIES REGARDING THIS FANTASTIC FRUIT, OTHER THAN ITS USE AS A PAIN RELIEVER, TREATMENT FOR INFECTION, AND TO PROMOTE LONG LIFE. AFTER 1957 WHEN THE ENORMOUS VITAMIN C CONTENT WAS DISCOVERED IN CAMU CAMU THE MINISTRY OF PUBLIC HEALTH IN PERU CONDUCTED THEIR FIRST NUTRITIONAL SURVEY OF THIS HIGHLY NUTRITIOUS AND MEDICINAL BERRY. ALMOST OVERNIGHT, CAMU CAMU BECAME AN INDISPENSABLE FRUIT INTERNATIONALLY



LEFT: BOTANICAL ILLUSTRATION OF CAMU CAMU BERRIES

BELOW LEFT: AN EXPLORING EXPEDITION ALONG THE AMAZON RIVER IN BRAZIL. LITHOGRAPH, 19TH CENTURY. GRANGER

BELOW RIGHT: CAMU CAMU GROWING IN THE WILD







LEFT: CAMU CAMU GROWS ON THE BANKS OF THE FAMOUS AMAZON RIVER WHERE IT HAS BEEN GROWING FOR THOUSANDS OF YEARS



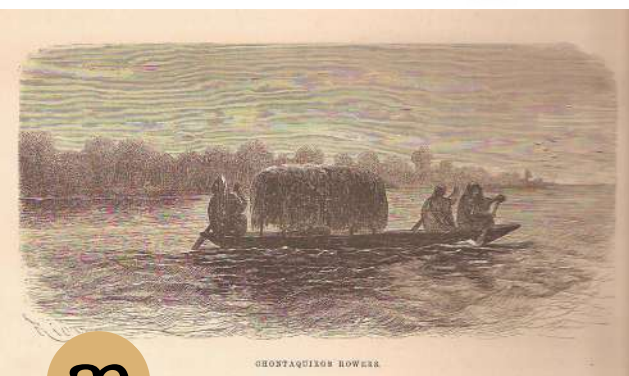
THE CAMU CAMU FRUIT IS RICH IN VITAMIN C AND CONTAINS UP TO 60 TIMES MORE VITAMIN C THAN AN ORANGE (750% OF OUR DAILY RECOMMENDATION PER TEASPOON). THE CAMU CAMU BERRY IS ALSO AN EXCELLENT SOURCE OF CALCIUM, PHOSPHORUS, POTASSIUM, IRON, AND VARIOUS AMINO ACIDS. BESIDES THE VITAMIN AND MINERAL CONTENT, THE FRUIT IS ALSO RICH IN ANTHOCYANINS AND ELLAGIC ACIDS, FLAVONOIDS AND HAS VERY STRONG ANTI OXIDANT ACTIVITY.

CAMU CAMU'S VITAMIN C CONTENT IS BY FAR ITS STAND OUT COMPOUND - CURRENTLY THE HIGHEST KNOWN VITAMIN C FOOD IN THE WORLD. ASCORBIC ACID (VIT C) STIMULATES WHITE BLOOD CELL PRODUCTION, WHICH SIGNIFICANTLY BOOSTS THE IMMUNE SYSTEM, AND IS ALSO A KEY COMPONENT IN COLLAGEN PRODUCTION, WHICH HELPS TO REPAIR AND DEVELOP CELLS, TISSUES, AND ORGANS. CAMU CAMU IS ALSO WELL KNOWN FOR ITS ABILITY TO IMPROVE LIVER HEALTH,

DUE TO THE PRESENCE OF A COMPOUND CALLED I-METHYLMALATE WHICH AIDS IN TREATING LIVER INJURY, FIGHTING AGAINST LIVER DISEASE AND MALFUNCTION OF THE LIVER. CAMU CAMU HAS ALSO BEEN FOUND TO BE BENEFICIAL FOR DEPRESSION AS VITAMIN C IS A COFACTOR REQUIRED FOR THE CONVERSION OF TRYPTOPHAN TO 5-HYDROXYTRYPTOPHAN IN SEROTONIN PRODUCTION. THIS AMAZING BERRY ALSO HAS POWERFUL ANTIOXIDANTS AND ANTIVIRALS WHICH CAN HELP FIGHT AGAINST GUM DISEASES, AND CAROTENOIDS SPECIFICALLY SLOW THE PROGRESSION OF AGE-RELATED MACULAR DEGENERATION AND VISUAL ACUITY LOSS.

OUR CAMU CAMU POWDER IS IMPORTED FROM SOUTH AMERICAN TO ENSURE SUSTAINABILITY AND THE QUALITY OF THE HERB.

LEFT AND BELOW: NATIVE TRIBES HAVE BEEN COLLECTING AND USING CAMU CAMU BERRIES FROM THE AMAZON FOR CENTURIES, THE BERRIES ARE PICKED FROM CANOES (PIRO CANOE BELOW)



GROSTAQUILO BOWERS



# CANCERBUSH

Latin: *Lessertia frutescens*

Other Names: balloon pea, umnwele, kankerbos

CANCERBUSH (FORMERLY *SUTHERLANDIA FRUTESCENS*) IS A MUCH-RESPECTED AND LONG-USED MEDICINAL PLANT IN SOUTH AFRICA, PERHAPS EVEN OUR MOST SIGNIFICANT INDIGENOUS MEDICINE.

CLASSIFIED AS THE ONLY TRUE INDIGENOUS TONIC OR ADAPTOGEN IN SOUTH AFRICA, THIS AMAZING PLANT DESERVES HIGHER RECOGNITION IN THE WORLD DUE TO ITS LONG LIST OF MEDICINAL BENEFITS. CANCER BUSH HAS ENJOYED A LONG HISTORY OF USE BY ALL CULTURES IN SOUTHERN AFRICA, INCLUDING THE TSWANA, SOTHO, AND THE ZULU - WHO CALLED IT INSISWA (THE ONE WHO DISPELS DARKNESS).

CANCER BUSH'S USES AS A MEDICINE REPORTEDLY STARTED WITH THE KOI SAN AND NAMA PEOPLE WHO INTRODUCED IT TO THE EARLY EUROPEAN SETTLERS IN THE CAPE. IT GAINED POPULARITY WITH THE AFRIKAANS AND ENGLISH COMMUNITIES AND HAS BEEN USED EVER SINCE AS A CAPE REMEDY FOR CANCERS AND AS A BITTER TONIC FOR MANY AILMENTS AND MALADIES.



ABOVE: CANCERBUSH LEAVES AND FLOWERS

TRADITIONAL USES FOR THIS AMAZING PLANT INCLUDE THE TREATMENT OF DEPRESSION AND ANXIETY, ASTHMA AND BRONCHITIS, KIDNEY INFECTIONS, MODERATE HYPERTENSION, RHEUMATOID ARTHRITIS, CHRONIC FATIGUE SYNDROME AND MORE RECENTLY AS A TREATMENT FOR BOTH HIV/AIDS AND CANCER.

THE THERAPEUTIC PROPERTIES OF CANCER BUSH ARE BASED ON ITS ABILITY TO HELP THE HUMAN BODY MOBILIZE ITS OWN IMMUNOLOGIC AND PHYSIOLOGIC RESOURCES TO HELP COMBAT DISEASES AND FIGHT MENTAL AND EMOTIONAL STRESS. SEVERAL COMPLEX COMPOUNDS HAVE BEEN ISOLATED INCLUDING CANAVANINE (NON-PROTEIN  $\alpha$ -AMINO ACID), TRITERPENOID, SAPONINS, FLAVONOIDS,  $\gamma$ -AMINOBUTYRIC ACID (GABA) AND PINITOL

LEFT: CANCERBUSH BOTANICAL ILLUSTRATION



BELOW: WILD CANCER BUSH PLANT IN FULL BLOOM SHOWING OFF ITS BRIGHT RED FLOWERS



BELOW: WORKERS GATHER CANCER BUSH IN THE FIELD





CANAVANINE IS THE MOST IMPORTANT NONPROTEIN AMINO ACID FOUND IN THE LEAVES OF CANCER BUSH AS IT IS THOUGHT TO BE THE MAJOR ANTICANCER AGENT, IT ALSO HAS POTENT ANTIVIRAL ACTIVITY AGAINST INFLUENZA AND RETROVIRUSES.

SIGNIFICANT AMOUNTS OF GABA HAVE ALSO BEEN FOUND IN CANCER BUSH. THIS COMPOUND IS AN INHIBITORY NEUROTRANSMITTER USEFUL IN THE TREATMENT OF STRESS AND ANXIETY

FLAVONOIDS ISOLATED IN THIS AMAZING HERB HAVE SHOWN MANY HEALTH-PROTECTING EFFECTS, INCLUDING ANTICANCER, ANTIVIRAL, ANTI-OSTEOPOROTIC AND ANTI-CARDIOVASCULAR ACTIVITY. THEY HAVE ALSO BEEN FOUND TO POSSESS ANTI-INFLAMMATORY, ANTI-ALLERGIC ANTI-MICROBIAL, CHEMOPROTECTIVE, AND ANTIOXIDANT EFFECTS WHICH SUBSTANTIATE CANCERBUSH'S USE IN TRADITIONAL MEDICINE.



WE SUPPLY POWDERED CANCERBUSH AND AN EXCEPTIONALLY POWERFUL HYDRO ETHANOLIC EXTRACT OF CANCER BUSH TO CONCENTRATE IT HEALTH INVIGORATING BENEFITS, THIS HERB CAN ALSO BE FOUND IN OUR INDIGENOUS TINCTURE.

ABOVE: CANCER BUSH NATURALLY GROWS IN THE MOUNTAINS AROUND THE WESTERN CAPE OF SOUTHERN AFRICA

BELOW RIGHT: VUSAMAZULU CREDO MUTWA WIDELY RECOGNISED AS THE LEADER OF THE AFRICAN TRADITIONAL HEALER COMMUNITY, CHAMPIONED CANCER BUSH AS AN HERBAL REMEDY FOR HIV/AIDS PATIENTS.

RIGHT: TRADITIONAL BOSSIE DOKTERS HARVESTING PLANTS IN THE CAPE MOUNTAINS



# CATS CLAW

Latin: *Uncaria tomentosa*

Other Names: uña de gato, amaziphekati, katteklouranker

KNOWN AS THE LIFE-GIVING VINE TO THE AGUARUNA, CASHIBO, CONIBO, SHIPIBO AND MOST NOTABLY THE ASHÁNINKA TRIBES WHO HAVE BEEN USING CATS CLAW FOR AT LEAST 2,000 YEARS, HOWEVER THIS PLANT EARNED IT COMMON NAME - CATS CLAW FROM THE CURVED THORNS ON THE STEM THAT RESEMBLE THE CLAWS OF A CAT. THIS HERB HAS A LENGTHLY HISTORY OF USE AS A FOLK MEDICINE BY NATIVE PEOPLES OF THE AMAZON.

IT IS THOUGHT THAT THE ASHÁNINKA TAUGHT ALL OTHER AMAZONIAN INDIANS IN THE AREA ABOUT THE QUALITIES OF THIS AMAZING PLANT. FOR THE ASHÁNINKA INDIANS CAT'S CLAW IS THE TOTALITY OF THEIR CULTURE. TRADITIONALLY EVERY ADULT FROM THE TRIBE CARRIES THE BARK WITH THEM IN A LITTLE WOVEN POUCH - THE VINE IS THOUGHT TO BE HOLY TO ALL INCAN PEOPLE AND THEY CONSIDER IT A GOD INCARNATE CALLED 'KUG - KUKJAGUI' - THE FATHER OF ALL OTHER FOREST GODS.



ABOVE: CATS CLAW VINE HOOKS

CAT'S CLAW IS WIDELY THOUGHT OF AS ONE OF THE MOST IMPORTANT BOTANICAL HERBS FOUND IN THE RAIN FOREST AS IT IS USED AS A CLEANSING AND SUPPORTIVE HERB OF THE IMMUNE SYSTEM, CARDIOVASCULAR SYSTEM, AND INTESTINAL SYSTEM.

ALTHOUGH RESEARCH ON CAT'S CLAW BEGAN IN THE 1970S, IT DIDN'T GAIN WORLDWIDE ATTENTION UNTIL THE 1990S, WHEN STUDIES SHOWED IT TO BE A POSSIBLE TREATMENT FOR ACQUIRED IMMUNE DEFICIENCY SYNDROME (AIDS) AND HUMAN IMMUNODEFICIENCY VIRUS (HIV) INFECTION; CANCER; AND OTHER AILMENTS.



LEFT: ILLUSTRATIONS OF TWO DIFFERENT CATS CLAW VINES *UNCARIA TOMENTOSA* AND *UNCARIA GUIANENSIS* THE FORMER BEING THE MORE VALUABLE AS A MEDICINE

BELOW: ASHÁNINKA ARTWORK





FAR ABOVE: TRADITIONAL AMAZONIAN TRIBAL PATTERN

ABOVE: THE POWDERED OR UNPROCESSED BARK CAN BE USED

THE ACTIVE COMPOUNDS IN CAT'S CLAW INCLUDE OXIDOLE ALKALOIDS, TRITERPENES, PHYTOSTEROLS, AND PROANTHOCYANIDINS. RESEARCHERS HAVE ISOLATED UNIQUE ALKALOIDS IN THE BARK AND ROOTS THAT ACTIVATE THE IMMUNE SYSTEM BY INCREASING WHITE BLOOD CELL ACTIVITY. RYNCHOPHYLLINE, ANOTHER ALKALOID ISOLATED FROM CAT'S CLAW, HAS ANTIHYPERTENSIVE PROPERTIES THAT MAY BE BENEFICIAL IN LOWERING THE RISK OF STROKES AND HEART ATTACKS BY REDUCING HEART RATE, LOWERING BLOOD PRESSURE, INCREASING CIRCULATION, AND LOWERING BLOOD CHOLESTEROL LEVELS.

THIS ANCIENT PLANT ALSO CONTAINS QUINOVIC ACID GLYCOSIDES WHICH HAVE DOCUMENTED ANTI-INFLAMMATORY BENEFITS, AND ARE EFFECTIVE IN RELIEVING THE STIFFNESS AND SWELLING PREVALENT IN ARTHRITIS, RHEUMATISM, AND JOINT PAIN.

CATS CLAW BARK IS ALSO USED TO TREAT INTESTINAL COMPLAINTS, ASTHMA, WOUNDS AS WELL AS AN ADJUNCTIVE TREATMENT FOR CANCER AND AIDS.

THIS EXOTIC AND HIGHLY MEDICINAL VINE, HAS COME A LONG WAY FROM THE AMAZON, AND HAS NOW NATURALIZED IN SOUTH AFRICA.

WE STOCK POWDERED CATS CLAW BARK.



FAR LEFT: WILD CATS CLAW VINE SPECIMEN

LEFT: CHROMOLITHOGRAPH OF THE AMAZON BASIN BY KARL FRIEDRICH PHILIPP VON MARTIUS (1794-1868)



# CHAGA

Latin: *Inonotus obliquus*  
Other Names: tinder fungus,  
clinker polypore

CHAGA HAS BEEN USED FOR CENTURIES BY MANY INDIGENOUS TRIBES IN THE NORTHERN HEMISPHERE. MUCH OF THE ANCIENT KNOWLEDGE WE HAVE OF CHAGA COMES FROM THE KHANTY PEOPLE OF WESTERN SIBERIA, AS WELL AS THE FIRST NATIONS OF THE AMERICANS. CREE HEALERS CALL IT WISKAKECAKOMIKIH AFTER THE MYTHOLOGICAL CHARACTER WHO THREW A CHUNK OF CHAGA HE MISTOOK FOR A PIECE OF DRIED MEAT AGAINST A BIRCH TREE - HE WAS INTRIGUED, AND ONCE IT GREW LARGE ENOUGH HE INGESTED IT TO INCREASE HIS LONGEVITY

BELOW: KHANTY ARTWORK OF A TRADITIONAL HEALER, CHAGA WAS A FAVOURED MEDICINE AMONG THE KHANTY



ABOVE: CHAGA SPECIMEN

THERE ARE MANY DOCUMENTED ACCOUNTS OF ANCIENT HUMANS USING THIS FUNGUS, HOWEVER THE EARLIEST COMES FROM ÖTZI THE ICEMAN - THE OLDEST KNOWN MUMMIFIED CAVE MAN, WHO FELL INTO A FROZEN MOUNTAIN IN THE ALPS. HIS BODY WAS PRESERVED IN THE ICE ALLOWING US A GLIMPSE INTO THE LIVES OF PREHISTORIC MAN.

ON HIS PERSON WERE MANY ARTIFACTS AND INTRICATE COPPER WEAPONS, AS WELL AS MUSHROOMS. CHAGA WAS USED FOR LIGHTING FIRES ( HIGHLY FLAMMABLE ) AND AS A MEDICINE - IT HAS BOTH ANTI-INFLAMMATORY AND ANTIBACTERIAL COMPOUNDS. IT WAS HIGHLY PRIZED AS IT IS TOXIC TO WHIPWORMS, A PARASITE LATER DISCOVERED BY RESEARCHERS IN ÖTZI'S COLON. THIS ANCIENT CAVE MAN KNEW WHAT HE HAD AND USED THIS MUSHROOM LONG BEFORE MODERN CULTURE, TO TREAT MALADIES OF HIS TIME. WITH SCIENTIFIC RESEARCH WE CAN SEE THAT CHAGA IS TRULY A MEDICINE FOR PRESENT-DAY MAN AS WELL.



FAR LEFT: ILLUSTRATION OF CHAGA MUSHROOM ON BIRCH TREE

LEFT: 3D MODEL CREATED FROM ANALYSING THE REMAINS OF ÖTZI THE ICEMAN, WITH THE ACTUAL CHAGA MUSHROOM (ABOVE LEFT) THAT HE CARRIED



CHAGA CONTAINS A LARGE RANGE OF IMPORTANT ACTIVE CONSTITUENTS INCLUDING POLYSACCHARIDES, PHENOLIC COMPOUNDS, LANOSTANE TRITERPENOIDS AND MELANIN, A PIGMENT THAT IS PRESENT AND NEEDED THROUGHOUT THE HUMAN BODY, WITH A WIDE RANGE OF HEALTH BENEFITS. RESEARCH ON CHAGA HAS DEMONSTRATED POTENT IMMUNE MODULATING ACTIONS. UPON INGESTION, A RANGE OF SECONDARY METABOLITES ARE PRODUCED, MANY OF WHICH ARE HIGHLY ACTIVE AS POTENT IMMUNE BOOSTERS. CHAGA IS A RICH SOURCE OF 1-3  $\beta$ -GLUCANS - POLYSACCHARIDES THAT ARE QUINTESSENTIAL NUTRIENTS FOR THE IMMUNE SYSTEM. THESE POLYSACCHARIDES HAVE STRONG IMMUNE BALANCING PROPERTIES - ENHANCING THE BODY'S ABILITY TO PRODUCE NATURAL KILLER (NK) CELLS. ON A CELLULAR LEVEL, CHAGA HAS BEEN SHOWN TO SUPPORT THE RESPONSE TO OXIDATIVE MOLECULES THAT MAY IMPACT HUMAN DNA IF NOT QUENCHED.

LEFT: TZAR VLADMIR MONAMAKH ATTRIBUTED THE DISAPPEARANCE OF HIS LIP TUMORS TO A DECOCTION OF CHAGA MUSHROOM

ABOVE: CHAGA IS EXTENSIVELY USED IN ASIA AS A "SUPERIOR HERB."

OXYGENATED TRITERPENES, PARTICULARLY INOTODIOL AND OBLIQUOL ALONG WITH CHAGA'S HIGH ORAC (OXYGEN RADICAL ABSORBENT CAPACITY) VALUE MAKE IT A VITAL SUBSTANCE USED FOR FIGHTING CANCERS AND AS AN ADJUNCT TREATMENT WITH CHEMOTHERAPY.

CHAGA HAS HISTORICALLY BEEN USED FOR HODGKINS DISEASE, ULCER, AND TO REGENERATE ORGAN AND GLAND CELLS. THERE IS ALSO RESEARCH TO SUBSTANTIATE ITS USE FOR TUBERCULOSIS, STOMACHACHE, LIVER AND HEART DISEASE, PARASITE CLEANSING AND FOR CHRONIC FATIGUE.

WE ONLY USE ETHICALLY WILD HARVESTED SIBERIA CHAGA. AFTER TEN TO FIFTEEN YEARS OF PARASITISM ON BIRCH TREE TRUNKS, INONOTUS OBLIQUUS FUNGUS ACQUIRES THE STATUS OF "CHAGA." AND AT THE AGE OF TWENTY YEARS, CHAGA IS CONSIDERED TO BE FULLY MATURE AS A TONIC HERB. THE FRUITING BODY IS THEN REMOVED FOR US TO CREATE A DUAL HYDRO-ETHANOLIC EXTRACTION TO CONCENTRATE THIS MUSHROOMS POWERFUL BENEFITS.

FAR ABOVE: CHAGA GROWTH ON A BIRCH TREE LOOKS LIKE A HARD CRUST

ABOVE RIGHT: CHAGA IS USUALLY SOLD IN SMALLER MANAGEABLE CHUNKS FOR USE



# DEVILS CLAW

Latin: Harpagophytum procumbens

Other Names: grapple plant, wood spider

DEVILS CLAW IS A PHYTOCHEMICAL RICH PLANT FOUND IN THE EXTREMELY HARSH KALAHARI ENVIRONMENT. DISCOVERED ONLY IN SOUTHERN AFRICA, THIS HERB WHICH OWES ITS OMINOUS NAME TO ITS STRANGE FRUIT, WHICH BEARS SEVERAL SMALL, HOOK-LIKE PROJECTIONS HAS BEEN UTILISED BY THE FIRST DWELLERS OF THE AREA, THE SAN BUSHMAN, OR 'KHOISAN' PEOPLE, WHO HAVE INHABITED THE DESERT FOR AT LEAST 20,000 YEARS.

THIS HARDY PLANT HAS LEARNT HOW TO SURVIVE IN VERY HARSH CONDITIONS BY STORING MANY NUTRIENTS AND MOISTURE IN ITS ROOTS WHICH MAKES THEM FAT AND EXTRAORDINARILY PHOTOCHEMICALLY RICH. DEVIL'S CLAW HAS BEEN USED FOR CENTURIES, IF NOT MILLENNIA, BY DWELLERS OF THE KALAHARI REGION TO TREAT ILLNESSES SUCH AS FEVERS, DISEASES OF THE DIGESTIVE TRACT, SKIN PROBLEMS, AND VARIOUS ACHES AND PAINS.

WITH MODERN SCIENCE WE CAN SEE THAT THE SECONDARY ROOT TUBERS OF DEVIL'S CLAW CONTAINS A VAST ARRAY OF CHEMICALS MAINLY IRIDOID GLYCOSIDES, HARPAGOSIDE, PROCUMBIDE, HARPAGOQUINONE, STIGMASTEROL, BETA-SITOSTEROL, TRITERPENES AND MORE

BELOW: DEVILS CLAW BOTANICAL ILLUSTRATIONS



ABOVE: DEVILS CLAW FRUIT POD

THIS VERSATILE PLANT IS MAINLY USED TO TREAT RHEUMATISM AND ARTHRITIS, IT IS ALSO USED FOR PAIN MANAGEMENT AND AS A GENERAL HEALTH TONIC AS WELL.

RIGHT: UNDERGROUND DEVILS CLAW TUBER

BELOW: KALAHARI BUSHMEN HAVE USED DEVILS CLAW FOR HUNDREDS IF NOT THOUSANDS OF YEARS







IT IS THOUGHT THAT DEVILS CLAW'S MAIN MEDICINAL ACTION IS DUE TO ITS HIGH IRIDOID GLYCOSIDE CONTENT, ESPECIALLY HARPAGOSIDE, WHICH HELPS SUPPRESS THE BODY'S NATURAL INFLAMMATORY RESPONSE. IRIDOID GLYCOSIDES AND PHENYLPROPANOID GLYCOSIDES HAVE BEEN THE FOCUS OF MANY PHYTOCHEMICAL INVESTIGATIONS AND THEY HAVE NOW BEEN PROVEN TO BE AS EFFECTIVE AS MODERN OSTEOARTHRITIS MEDICATION WITH NO SIDE EFFECTS.

DUE TO ITS ANTI-INFLAMMATORY EFFECTS AND ABILITY TO REDUCE PAIN, DEVIL'S CLAW IS ALSO A VIABLE ALTERNATIVE TREATMENT FOR THOSE WITH GOUT

ABOVE LEFT AND RIGHT: SECONDARY ROOTS FROM THE DEVILS CLAW PLANT

FOR HUNDREDS OF YEARS DEVIL'S CLAW HAS BEEN HARVESTED ACCORDING TO TRADITIONAL METHODS AND PRACTICES. THE RELATIVELY RECENT SPIKE IN DEMAND FOR THIS HERB HAS LEFT RESERVES DEPLETED OR ON THE BRINK OF COLLAPSE - DUE TO UNETHICAL OVER HARVESTING.

OUR DEVILS CLAW IS ETHICALLY GROWN TO ENSURE THAT WILD SPECIMENS ARE LEFT UNTOUCHED, AND WE ONLY SELL POWDERED SECONDARY TUBERS WHICH ARE TAKEN TO ALLOW THIS WONDERFUL HERB TO CONTINUE TO LIVE.



LEFT: DEVILS CLAW FRUIT HOOKED TO A BUSHMANS LEFT FOOT



BELOW LEFT: KALAHARI BUSHMAN SELLING HIS DEVILS CLAW ROOTS



# ELEUTHERO

Latin: Eleutherococcus senticosus

Other Names: siberian ginseng, kan jang, ci wu jia

IN THE 16TH CENTURY, LI SHIH-CHEN, A PHARMACOLOGIST AND PHYSICIAN WROTE A 52-VOLUME MANUSCRIPT DOCUMENTING OVER 10,000 SUBSTANCES USED TO SUPPORT HEALTH.

BUT THERE WAS ONE HERB THAT STOOD OUT TO HIM. WHEN IT CAME TO THE HERB ELEUTHERO (SIBERIAN GINSENG) HE SAID, "I WOULD RATHER TAKE A HANDFUL OF ELEUTHERO THAN A CARTLOAD OF GOLD AND JEWELS.



ABOVE: WILD HARVESTED ELEUTHERO ROOT

ELEUTHERO HAS BEEN USED EXTENSIVELY IN TRADITIONAL ASIAN MEDICINE FOR MILLENNIA, YET WAS BARELY NOTICED BY THE REST OF THE WORLD UNTIL RUSSIAN RESEARCHERS BEGAN STUDYING IT IN THE 1960'S. IMPRESSED WITH ITS INCREDIBLE BENEFITS, ELEUTHERO WAS USED IN THE SOVIET UNION TO SUPPORT WORKER PRODUCTIVITY, STRENGTHEN THEIR ARMY, MAKE CHAMPION ATHLETES IN THE OLYMPICS, AND WAS EVEN TAKEN INTO SPACE BY SOVIET ASTRONAUTS WHO CONSUMED IT ON A REGULAR BASIS.

ELEUTHERO'S BENEFITS ARE POWERFUL WHEN IT COMES TO PROTECTING AND NOURISHING GOOD HEALTH. THIS PLANT OWNS ITS COMMON NAME - SIBERIAN GINSENG - TO ITS GINSENG LIKE PROPERTIES AND EFFECTS SUCH AS STRENGTHENING THE BODY, ENHANCING PERFORMANCE, AND ITS ABILITY TO GIVE A TREMENDOUS BOOST TO SEXUAL VIGOR AND FUNCTION.



ABOVE LEFT: PORTRAIT OF LI SHIH-CHEN

ABOVE: ELEUTHERO ROOT ADHERING TO THE DOCTRINE OF SIGNATURE



FAR LEFT: VINTAGE BOTANICAL ILLUSTRATION OF ELEUTHERO

LEFT: SHEN NONG THE DIVINE FARMER WITH MANY HERBS INCLUDING GINSENG AND SIBERIAN GINSENG (ELEUTHERO)



ABOVE: WILD HARVESTED ELEUTHERO ROOT BARK

ABOVE LEFT: MULTIPLE VARIANTS OF GINSENG ROOT INCLUDING AMERICAN, PANAX, SIBERIAN, & KOREAN GINSENGS

ALTHOUGH THEY HAVE SIMILAR BENEFITS AND USAGES, MODERN RESEARCH SHOWS THAT ELEUTHERO IS NOT RELATED TO AMERICAN GINSENG OR PANAX GINSENG. ELEUTHERO HAS ITS OWN SET OF PHYTOCHEMICALS THAT ACT SIMILAR TO THOSE IN TRUE GINSENGS (GINSENOSESIDES).

IN TRADITIONAL CHINESE MEDICINE ITS ACTION IS TO INVIGORATE PHYSICAL ENERGY, REGULATE VIGOUR, STRENGTHEN THE SKELETON AND TENDONS, AND INCREASE ONE'S AMBITION. AS A MOTIVATIONAL HERB, SIBERIAN GINSENG IS HARD TO BEAT - THERE ISN'T MUCH ELSE THAT CAN DELIVER SO MUCH WONDERFUL, RAW ENERGY. FOR THIS REASON IT WAS GIVEN TO MANY SIBERIAN WARRIORS FROM YOUNG, AS WELL AS RIGHT BEFORE BATTLE AS IT IS STIMULATING TO ONE'S ENERGY LEVEL WITHIN MINUTES OF CONSUMPTION — AND INCREASES VITALITY OVER TIME.

IT IS ALSO FAMOUS AS AN ADAPTOGENIC HERB, THUS AIDING HUMANS IN HANDLING STRESS AND INCREASING MENTAL AND PHYSICAL ENDURANCE.

CHEMICAL ANALYSIS REVEALS THAT THE ACTIVE SUBSTANCES IN ELEUTHERO ARE STEROLS, COUMARINS, FLAVONOIDS AND POLYSACCHARIDES. SOME OF THE SPECIFIC COMPOUNDS IN THE PLANT THAT HAVE BEEN ISOLATED FOR THEIR MEDICINAL VALUE INCLUDE DAUCOSTEROL, SYRINGARESINOL, ISOFRAKSIDIN, HYPERINE, SESAMIN, FRIEDELIN AND SYRINGIN.

ELEUTHERO RESEARCH HAS FOCUSED PRIMARILY ON MECHANISMS RELATED TO STRESS-PROTECTIVE ACTIVITY. INTERACTIONS WITHIN THE HPA AXIS REGULATE THE STRESS RESPONSE, AND ADAPTOGENS, SUCH AS ELEUTHERO, HAVE BEEN PROVEN HELP TO MAINTAIN HOMEOSTASIS IN THE PRESENCE OF STRESS.

ELEUTHEROS MAIN EFFECTS AS AN ADAPTOGEN ARE BELIEVED TO BE DUE TO ITS CONCENTRATION OF A UNIQUE FAMILY OF COMPOUNDS KNOWN AS ELEUTHEROSIDES.

RIGHT: WILD ELEUTHERO PLANTS WITH FRUIT

BELOW: SIBERIAN WARRIOR ARTWORK



ADDITIONALLY, TWO POLYSACCHARIDES IN THE PLANT DISPLAY SPECIFIC IMMUNE-ENHANCING POWER BY PROMOTING PHAGOCYTOSIS - WHEN PROTECTIVE CELLS ENGULF HARMFUL MICROORGANISMS, DAMAGED CELLS AND FOREIGN PARTICLES. THESE PARTICULAR POLYSACCHARIDES ALSO HELP WITH THE PROMOTION OF PROTECTIVE B LYMPHOCYTES.

RESEARCH HAS ALSO PROVEN THAT THIS AMAZING HERB CAN INCREASE MENTAL SHARPNESS, AND ACT AS A GENERAL NEUROPROTECTOR FOR NEURODEGENERATIVE DISORDERS LIKE PARKINSON'S DISEASE. RESEARCH ALSO POINTS TO IMPROVED OXYGEN UTILIZATION AS A MECHANISM BEHIND THE DOCUMENTED IMPROVEMENT IN ENDURANCE THAT SO REGULARLY COMES WITH THE CONSUMPTION OF SIBERIAN GINSENG. OTHER MEASURED ENHANCEMENTS INCLUDE IMPROVED CARDIOVASCULAR FUNCTION AND IMPROVED GLYCOGEN METABOLISM

THIS REVERED HERB MAY NOT BE CLASSIFIED AS TRUE GINSENG, BUT ELEUTHERO ROOT STUDIES CARRIED OUT ALL AROUND THE WORLD SUBSTANTIATE ITS COMPARABILITY TO REAL GINSENG IN ITS HISTORICAL USE IN SIBERIAN, KOREAN, JAPANESE AND CHINESE CULTURE. WE PRODUCE POWDERED ROOT AND CONCENTRATED LIQUID EXTRACTS OF ELEUTHERO AND IT CAN ALSO BE FOUND IN OUR ADAPTOGENIC TINCTURE TOO



FAR ABOVE LEFT: 15-METRE-HIGH GINSENG STATUE ERECTED IN CEUMSAN, SOUTH CHUNGCHEONG PROVINCE, SOUTH KOREA

FAR ABOVE RIGHT: SIBERIAN SHAMAN - ELEUTHERO WAS A STAPLE PLANT USED IN SIBERIAN HEALING

ABOVE: SIBERIAN TIGERS ( THE LARGEST OF ALL TIGER SPECIES) WAS LINKED TO ELEUTHERO WHICH IT IS BELIEVED COULD BESTOW THE POWER, CALMNESS, AND PATIENCE OF THESE CREATURES TO THOSE WHO CONSUMED IT

# GINKGO

Latin: *Ginkgo biloba*

Other Names: fossil tree, silver apricot, maidenhair tree

REVERED FOR ITS BEAUTY AND ITS LONGEVITY, THE GINKGO IS A LIVING FOSSIL, UNCHANGED FOR MORE THAN 200 MILLION YEARS

THE GENUS IS THE OLDEST IN THE WORLD FIRST APPEARING IN THE EARLY JURASSIC PERIOD. ITS NUMBERS BLOSSOMED DURING THE MIDDLE JURASSIC AND EARLY CRETACEOUS ERAS, BUT SUDDENLY THE SPECIES CRASHED AROUND THE PALEOCENE PERIOD ROUGHLY 65 MILLION YEARS AGO, LEAVING THE ONLY GINKGO TREES LEFT ON EARTH ISOLATED TO CENTRAL CHINA, UNTIL CULTIVATION BEGAN IN MANY MONASTERIES AND TEMPLE GARDENS

MENTION OF GINKGO FIRST APPEARED IN THE HAN DYNASTY BETWEEN 206 BC AND 220 AD, HOWEVER ITS POPULARITY ONLY BEGAN TO GROW AFTER ITS USE IN CHINESE LITERATURE IN THE 11TH CENTURY DURING THE SUNG DYNASTY. AFTER THAT POINT, IT APPEARED THROUGHOUT CHINESE ART AND POETRY. ITS "FRUITS" (SEEDS) AND LEAVES WERE OFTEN PRAISED IN LITERATURE. MODERN DOCUMENTATION WAS DONE BY THE ESTEEMED SAGE AND HERBALIST LI SHI-ZHEN WHO'S COMPILED AN EXTENSIVE TEXT ON HERBALS CALLED THE COMPENDIUM OF MATERIA MEDICA IN THE 16TH CENTURY



ABOVE: GINKGO LEAF

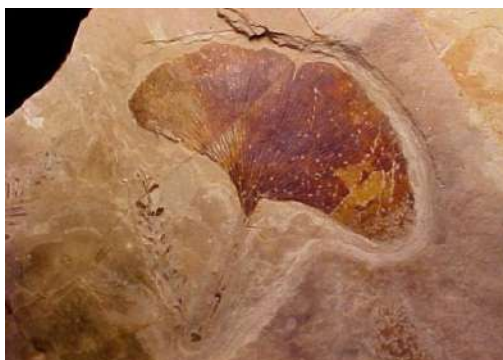
BELOW RIGHT: LI SHI-ZHEN, THE FAMOUS PHYSICIAN AND WRITER OF THE COMPENDIUM OF MATERIA MEDICA WHICH FIRST SPEAKS OF GINKGO LEAF AS A MEDICINE

GINKGOS ARE REVERED THROUGHOUT ASIA WHERE THIS ANCIENT TREE HAS COME TO SYMBOLIZE LONGEVITY AND ENLIGHTENMENT. THIS VENERABLE TREE SPECIES IS INCREDIBLY HARDY, WITH INDIVIDUAL TREES LIVING AS LONG AS 3000 YEARS DUE TO ITS DEEP ROOT SYSTEM, NATURAL DISEASE-RESISTANT BARK, AND INSECT-RESISTANT WOOD.



LEFT: BOTANICAL ILLUSTRATION OF GINKGO LEAVES

RIGHT: GINKGO ADIANTOIDES FOSSIL FROM THE PERMIAN PERIOD ROUGHLY 270 MILLION YEARS AGO





FAR ABOVE: THE SEVEN WORTHIES OF THE BAMBOO GROVE MURALS (7 SAGES BENEATH SACRED TREES, 5 OF WHICH ARE GINKGO) - TOMB FOUND IN XISHANQIAO, NANJING, JIANGSU PROVINCE, CHINA IN 1960. EACH MURAL MEASURES 2.4 BY 0.8 METERS.

ABOVE: IRON HANDGUARDS USED BY SAMURAI IN THE MIDDLE EDO PERIOD BETWEEN 1603 AND 1868  
THE GINKGO IS A SYMBOL OF SAMURAI LOYALTY.

ONE OF THE MOST FAMOUS GINKGO BILOBA TREES IS LOCATED IN HIROSHIMA. IT WAS GROWING NEAR A TEMPLE THAT WAS 1.1 KILOMETERS FROM THE EPICENTER WHERE THE ATOM BOMB WAS DROPPED BY THE AMERICAN FORCES DURING WORLD WAR II. DISASTER RAINED DOWN UPON THE CITY, LITTLE WAS LEFT STANDING, BUT SOMEHOW A GINKGO TREE WAS ABLE TO WEATHER ONE OF THE MOST DESTRUCTIVE MOMENTS IN HUMAN HISTORY.

THIS IS DUE TO THIS TREES AMAZING CHEMICAL CONSTITUENTS THAT HAVE LONGEVITY ENHANCING, ANTI-MUTAGENIC, FREE RADICAL SCAVENGING ABILITIES



IT IS THOUGHT THAT THERE ARE TWO MAIN GROUPS OF ACTIVE CONSTITUENTS RESPONSIBLE FOR GINKGO'S MEDICINAL EFFECTS - TERPENE LACTONES AND GINKGO FLAVONE GLYCOSIDES. APPROXIMATELY 40 DIFFERENT FLAVONOIDS HAVE BEEN ISOLATED, INCLUDING GINKGETIN, BILOBETIN, AND SCIADOPITYSIN AS WELL AS A NUMBER OF POWERFUL TERPENES SUCH AS GINKGOLIDES AND DITERPENES, MOST IMPORTANTLY THE GINKGOLIDES A, B, AND C HAVE SHOWN SIGNIFICANT MEDICINAL BENEFITS IN CLINICAL STUDIES.

GINKGO LEAF HAS SHOWN BENEFICIAL EFFECTS IN TREATING NEURODEGENERATIVE DISEASES LIKE ALZHEIMER'S, CARDIOVASCULAR DISEASES, STRESS, MEMORY LOSS, TINNITUS, GERIATRIC COMPLAINTS LIKE VERTIGO, AGE-RELATED MACULAR DEGENERATION, AND PSYCHIATRIC DISORDERS LIKE SCHIZOPHRENIA.

LEFT: GINKGO SEEDS

BELOW LEFT: WOODBLOCK PRINT BY KITAGAWA UTAMARO, JAPAN, EDO PERIOD C. 1793-1794. WOMEN WITH GINKGO PATTERN KIMONO

BELOW RIGHT: MAGU THE GODDESS OF LONGEVITY AND YOUTH DEPICTED BENEATH MAPLE AND GINKGO TREES





ABOVE RIGHT: STONE TABLET, XIAN, CHINA - CONFUCIUS AND THE GINKGO TREE

ABOVE: GINKGO USUALLY SOLD AS A DRIED POWDER

GINKGOS MOST NOTABLE BENEFITS ARE IN ITS ABILITY TO IMPROVE COGNITIVE FUNCTION AND MEMORY. THIS IS DUE TO THIS HERBS POTENT FREE RADICAL SCAVENGING AND ANTIOXIDANT PROPERTIES WHICH PLAY AN IMPORTANT ROLE IN NEUROPROTECTION. ALONG WITH INCREASED BLOOD CIRCULATION, VITAL NEUROTRANSMITTER SYSTEMS THAT ARE CONSIDERED CRITICAL IN COGNITION ARE THUS FORTIFIED

GINKGO CAN ALSO HELP PROTECT AGAINST COGNITIVE DECLINE AND INCREASE BRAIN FUNCTION, PARTICULARLY FOR PEOPLE WITH ALZHEIMER'S (INHIBIT THE FORMATION OF A $\beta$  FROM  $\beta$ -AMYLOID PRECURSOR PROTEIN (APP), A CRUCIAL PROCESS IN THE PATHOGENESIS OF ALZHEIMER'S DISEASE), DEMENTIA OR VASCULAR PROBLEMS CAUSED BY CEREBRAL INFARCTION.

THE BITTER GINKGOLIDES, PARTICULARLY GINKGOLIDE B ARE POTENT INHIBITORS OF EXCESS PLATELET ACTIVATING FACTOR (PAF). THIS REDUCED PAF ALONG WITH THE FLAVONOID GLYCOSIDES FOUND IN GINKGO EXERT ANTIOXIDANT EFFECTS ON DELICATE CELLS, REDUCING INJURY DUE TO FREE RADICAL OXIDIZATION. THIS IN TURN CAN REDUCE THE RISK OF ATHEROSCLEROSIS - THE LEADING CAUSE OF HEART ATTACKS AND STROKES. GINKGO HAS ALSO BEEN FOUND TO HELP MAINTAIN THE BLOOD FLOW TO THE OPTIC NERVE WHILST PROTECTING IT FROM INJURY., SIGNIFICANT IMPROVEMENT IN VISUAL FIELD IS FOUND IN PATIENTS WITH NORMAL TENSION GLAUCOMA (NTG)

GINKGO LEAVES ARE EXTREMELY RESILIENT AND CAN WEATHER MANY ENVIRONMENTAL POLLUTANTS, HOWEVER WITH THIS IN MIND WE STILL BELIEVE CLEANER IS ALWAYS BETTER. WE STOCK FARM GROWN GINKGO POWDER TO ENSURE A POLLUTION FREE PRODUCT, IT CAN ALSO BE FOUND IN OUR FOCUS AND ENERGY TINCTURE



BELOW: SHANXI PROVINCE GINKGO TREE SAID TO BE PLANTED BY LAO TZU - THE ORIGINAL FOUNDER OF TAOISM



# GOKSHURA

Latin: *Tribulus terrestris*

Other Names: bindii, devil's thorn, puncture vine

FROM ANCIENT TIMES, HUMANS HAVE BEEN IN SEARCH OF PLANTS TO BOOST UP SEXUAL VIGOR AND PERFORMANCE. GOKSHURA WAS REVERED AS ONE OF THE EARLIEST POTENT APHRODISIACS USED BY ANCIENT POPULATIONS. MODERN PEOPLE ON THE OTHER HAND HAVE TRAMPLED ON THIS THORNY WEED, SHUNNING IT DUE TO ITS SHARP FRUIT WITH LITTLE REGARD FOR ITS POTENT HEALTH BENEFITS.

AS A STAPLE IN NATURAL CHINESE, INDIAN, BULGARIAN, UNANI AND AFRICAN MEDICINE FOR HUNDREDS OF YEARS, GOKSHURA TRULY IS A REVERED WEED. GOKSHURA GROWS ON MOST CONTINENTS AROUND THE WORLD, BUT DOES ESPECIALLY WELL IN DRY CLIMATES, THRIVING IN AREAS WHERE OTHER PLANTS ARE UNABLE TO SURVIVE.

THIS SMALL, FLOWERING PLANT PRODUCES FRUIT MADE UP OF FIVE SPIKY NUTLETS. THE FRUIT RESEMBLES THE HEAD OF A GOAT OR BULL WITH HORNS SHARP ENOUGH TO CAUSE INJURY - BUT WHEN INGESTED IT SPURS ON EXCEPTIONAL WELL BEING.



ABOVE: GOKSHURA FLOWER AND FRUIT SPECIMEN

THE FRUIT HAS BEEN USED MEDICINALLY AS AN APHRODISIAC, AND TO TREAT IMPOTENCE, VENEREAL DISEASES, AND SEXUAL DEBILITY. THIS PLANT IS ALSO USED AS A DIURETIC AS WELL AS TO INCREASE NATURAL TESTOSTERONE LEVELS IN THE BODY.

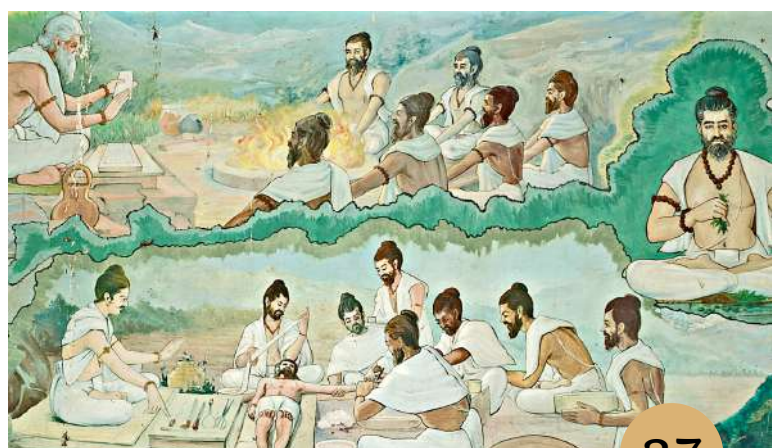
THE CONSTITUENTS OF THIS AMAZING WEED INCLUDE STEROIDAL SAPONIN, FLAVONOIDS, GLYCOSIDES, ALKALOIDS, TANNINS AND UNIQUE COMPOUNDS ONLY FOUND IN GOKSHURA CALLED TERRESTRIBISAMIDE, TRIBULUSTERINE, AND TERRESTROSIN D



LEFT AND BELOW : BOTANICAL ILLUSTRATIONS FROM BOTH THE WEST AND EAST DEPICTING GOKSHURA



BELOW RIGHT: GOKSHURA IS A HIGHLY PRIZED HERBAL REMEDY IN AYURVEDA







FAR RIGHT: DESERT DWELLING ELEPHANTS ARE KNOWN TO EAT GOKSHURA, FUELING THE FOLKLORE OF WHY MALE ELEPHANTS ARE SO POWERFUL

RIGHT: GOKSHURA ALSO KNOWN AS DEVILS THORN RESEMBLES A HORNED FIGURE



GOKSHURA IS WELL-KNOWN FOR ITS NATURAL ABILITY TO INCREASE SEX DRIVE AND IMPROVE SEXUAL SATISFACTION, AS WELL AS IMPROVE SPERM QUALITY AND REMEDY ERECTILE DYSFUNCTION. THIS IS DUE TO THE ANDROGEN INCREASING PROPERTIES OF PROTODIOSCIN AND PROTOGRACILLIN, WHICH WORKS BY INCREASING THE CONVERSION OF TESTOSTERONE INTO THE POTENT DEHYDROTESTOSTERONE, THIS STIMULATES NOT ONLY AN INCREASE IN SEX DRIVE BUT ALSO THE PRODUCTION OF RED CELLS FROM BONE MARROW ALONG WITH MUSCULAR DEVELOPMENTS CONTRIBUTING TO IMPROVEMENT IN BLOOD CIRCULATORY AND THE OXYGEN TRANSPORTATION SYSTEMS, THUS LEADING TO OPTIMAL HEALTH.

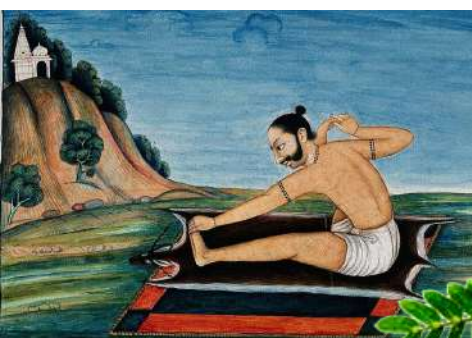
THIS THORNY MEDICINE IS ALSO A GREAT DIURETIC, HELPING TO INCREASE URINE PRODUCTION AND FLUSH THE BODY OF HARMFUL TOXINS. IT IS ALSO A NATURAL REMEDY IN THE TREATMENT OF KIDNEY STONES, BLOATING, AND CAN BE EFFECTIVE IN LOWERING BLOOD PRESSURE

GOKSHURA PROMOTES THE RELEASE OF NITRIC OXIDE WHICH IN TURN INCREASES THE FLOW OF OXYGEN RICH BLOOD TO MUSCLES, AND ENABLES BETTER USE OF NUTRIENTS, INCREASED STAMINA, AND LEAN MUSCLE MASS GROWTH - MAKING IT IDEAL FOR ACTIVE INDIVIDUALS.

GOKSHURA IS MOST COMMONLY SEEN AS A MALE HERB - HOWEVER WOMEN CAN SAFELY USE THIS HERB AS WELL, WITH NUMEROUS STUDIES VALIDATING ITS USE NOT JUST FOR IMPROVED LIBIDO BUT AS AN ALLY FOR MENOPAUSAL SYMPTOMS TOO.

WE PRODUCE A DRIED POWDERED SUPPLEMENT FROM CULTIVATED GOKSHURA FRUIT.

LEFT AND BELOW: GOKSHURA IS HIGHLY REVERED FOR ITS ABILITY TO NOURISH THE MALE ARCHITECTURE IN BOTH AYURVEDIC AND TRADITIONAL CHINESE MEDICINE PRACTICES



# GOTU KOLA

Latin: *Centella asiatica*

Other Names: brahma-but, indian pennywort

GOTU KOLA IS WITHOUT A DOUBT ONE OF THE MOST POWERFUL WEEDS WE KNOW OF. THIS EXTREMELY FAST GROWING AND TENACIOUS PLANT IS CHERISHED IN BOTH AYURVEDIC AND CHINESE MEDICINE, AND IS MENTIONED IN MANY ANCIENT PHARMACOPOEIA'S FROM AROUND THE WORLD.

THE FIRST KNOWN USERS OF GOTU KOLA AND THE ORIGIN OF ITS NAME COME FROM SRI LANKA, WHERE LOCALS NOTED THAT ELEPHANTS - RENOWNED FOR THEIR LONGEVITY, WOULD EAT THE PLANT. GOTU KOLA BECAME A STAPLE IN THEIR DIETS AND A FEW LEAVES WERE EATEN A DAY IN HOPES OF INCREASING LIFESPAN. GOTU KOLA'S FIRST WRITTEN MENTION IS IN THE CHINESE SHENNONG HERBAL ROUGHLY 1800 YEARS AGO WHERE IT IS REFERRED TO AS -THE FOUNTAIN OF LIFE. IN CHINA A LEGEND BOASTS OF A CHINESE HERBALIST NAMED LI CHING-YUEN, WHO AT THE AGE OF THIRTEEN EMBARKED UPON A LIFE OF GATHERING HERBS IN THE MOUNTAINS, HE CONSUMED GOTU KOLA EVERY DAY, ALONG WITH OTHER HERBS AND PRACTICED THE ART OF QIGONG. HE LECTURED AND PRACTISED TCM UNTIL HIS DEATH IN 1933 AT THE AGE OF 256



ABOVE: GOTU KOLA SPECIMEN

BELOW: ANCIENT ILLUSTRATION FROM ASIA DEPICTING A GOTU KOLA SPECIMEN

IN THE AYURVEDIC MEDICINE PRACTICE, IT IS AMONG ONLY A FEW HERBS THAT IS TRI-DOSHIC - BRINGS BALANCE TO ALL THREE BODY TYPES, VATA, PITTA, AND KAPHA.

GOTU KOLA HAS A PARTICULARLY LONG LIST OF TRADITIONAL USES INCLUDING DISORDERS OF THE MIND (ALZHEIMER'S), MENTAL FATIGUE, ANXIETY, DEPRESSION, MEMORY LOSS, AND INSOMNIA. AS WELL AS IMPROVED CIRCULATION, WOUND HEALING AND DETOXIFICATION.

LEFT: THE ONLY PHOTOGRAPH OF LI CHING YUEN - TAKEN AT GENERAL YANG SEN COMPOUND - 1927

BELOW: AYURVEDA PRACTITIONERS REGULARLY USE GOTU KOLA FOR AILMENTS





LEFT: AYURVEDIC MURAL DEPICTING HEALING WITH NATURAL MEDICINES



THE MAIN ACTIVE COMPONENTS OF GOTU KOLA, ACCOUNTING FOR 1-8% OF THE CONSTITUENTS, INCLUDE ASIATIC ACID, MADECASSIC ACID, ASIATICOSIDE, ASIATICOSIDE A, AND ASIATICOSIDE B

ASIATICOSIDE DERIVATIVES, INCLUDING ASIATIC ACID AND ASIATICOSIDE 6, WERE SHOWN TO REDUCE HYDROGEN PEROXIDE-INDUCED CELL DEATH, DECREASE FREE RADICAL CONCENTRATIONS, AND INHIBIT BETA AMYLOID CELL DEATH, SUGGESTING A ROLE FOR GOTU KOLA IN THE TREATMENT AND PREVENTION OF ALZHEIMER'S DISEASE

COGNITIVE ENHANCING PROPERTIES ARE ALSO SEEN FROM THE USE OF GOTU KOLA AS AN INCREASE IN NEURONAL GROWTH IS FOUND. THIS IS DUE TO ACTIVATING A CLASS OF PROTEINS KNOWN AS MAPKS, WHICH CAUSES A RELEASE IN A GROWTH FACTOR FOR NEURONS CALLED BRAIN-DERIVED NEUROTROPHIC FACTOR. THIS AMAZING LONGEVITY HERB ALSO AUGMENTS THE RELEASE OF ANTI-INFLAMMATORY SIGNALLING MOLECULES FROM IMMUNE CELLS KNOWN AS  $IL-1\beta$  WHICH HELP WITH CHRONIC CIRCULATION ISSUES.

THIS PHENOMENAL HERBAL ALLY IS GROWN AROUND THE WORLD AS A VITAL SOURCE OF NUTRITION AND MEDICINE. DUE TO IT THRIVING IN TEMPERATE AND TROPICAL CONDITIONS, IT HAS BECOME RAMPANT IN MANY PARTS OF SOUTH AFRICA

KNOWN AS A TROUBLESOME WEED TO MOST THIS HERB GROWS IN MANY GARDENS AND FLOWERBEDS.

WE GROW AS WELL AS WILD HARVEST GOTU KOLA - WE PRODUCE A POWDERED SUPPLEMENT ALONG WITH A DUAL HYDRO-ETHANOLIC EXTRACTION TO CONCENTRATE THIS HERBS AMAZING PROPERTIES

ABOVE: AYURVEDIC MURAL DEPICTING HEALING WITH NATURAL MEDICINES

BELOW LEFT: BOTANICAL ILLUSTRATION HIGHLIGHTING THE DENSE ARRAY OF BERRIES



# LIQUORICE

Latin: *Glycyrrhiza glabra*

Other Names: sweet root, gan cao

LIQUORICE FOR MOST PEOPLE IS A TYPICAL DUTCH DELICACY, BUT THE ORIGIN OF THIS AMAZING PLANT AS A MEDICINE LIES FAR BACK IN HISTORY TO THE ANCIENT TIMES OF BABYLONIA AND EGYPT.

THE FIRST OFFICIAL RECORDS OF LIQUORICE ROOT ACTUALLY COME FROM A NEWLY DISCOVERED VERSION OF THE BOOK OF GENESIS, DATED 7000 BC - THE SCROLLS WERE FOUND IN NIPPUR, THE CAPITAL OF THE BABYLONIAN EMPIRE, IT REFLECTS THAT LICORICE ROOT, ALONG WITH OTHER HERBS AND SPICES ARE A POSSIBLE CURE AGAINST THE PLAGUE.

LIQUORICE HAS SINCE BEEN DOCUMENTED IN EGYPT AS A "CURE-ALL" AROUND THE TIMES OF THE GREAT PHARAOHS. IN 1923 AT THE FIRST OPENING OF PHARAOH TUTANKHAMUN'S IMPRESSIVE TOMB THERE WERE LARGE QUANTITIES OF LICORICE ROOT EXTRACT FOUND. THE TASTE WAS APPARENTLY SO APPRECIATED THAT LIQUORICE ROOT HAD TO BE PRESENT AT ALL EGYPTIAN BURIALS. THIS SWEET ROOT HAS ALSO BEEN CONSUMED FOR ITS HEALTH BENEFITS BY THE LIKES OF CAESAR AS WELL AS ALEXANDER THE GREAT.



ABOVE: LIQUORICE ROOT

BELOW: WILD LIQUORICE PLANT IN BLOOM

THE AMAZING HEALTH BENEFITS OF LIQUORICE HAVE ALSO BEEN WRITTEN ABOUT BY THE LIKES OF SHEN NUNG IN THE PEN TSA CHING, HIPPOCRATES AND THE GREEK PHILOSOPHER AND BOTANIST THEOPHRASTUS.

LIQUORICE HAS TRADITIONALLY BEEN UTILIZED TO INCREASE ENERGY AND STAMINA, FIGHT BRONCHITIS, UPPER RESPIRATORY CATARRH, AND COUGHS, AS WELL AS TO REDUCE STOMACH ACID. IT ALSO INCREASES MUCUS SECRETION IN THE GASTRIC TRACT, SOOTHING IRRITATION AND INFLAMMATION.

LEFT: LIQUORICE BOTANICAL ILLUSTRATION

BELOW: ANCIENT CITY OF NIPPUR, WHERE A VERSION OF THE BOOK OF GENESIS DATING TO 7000 B.C. WAS DISCOVERED - REFERENCES LIQUORICE ROOT





ABOVE LEFT: LITHOGRAPH OF AN OLD LICORICE FACTORY



ABOVE: LICORICE MUSEUM DEPICTED ON ITALIAN POSTAGE STAMP



RIGHT: PAGE FROM SHEN-NUNG'S PEN TS'AO CHING WHERE IT REFERS TO LIQUORICE AS A MAGIC PLANT THAT REJUVENATED AGEING MEN



LICORICE ROOT CONTAINS MORE THAN 20 TRITERPENOIDS AND NEARLY 300 FLAVONOIDS - WITH THE MAIN ACTIVE COMPONENTS AMONG THEM BEING GLYCYRRHIZIN, 18β-GLYCYRRHETINIC ACID, LIQUIRITIGENIN, LICOCHALCONE A, E AND GLABRIDIN

IMMUNO-MODULATING EFFECTS OF GLYCYRRHIZIN AND GLYCYRRHETINIC ACID AS WELL AS VARIOUS TRITERPENOIDS HAVE BEEN SHOWN TO INDUCE INTERFERON-GAMMA AND OTHER CYTOKINES RESPONSE, WHICH ACCOUNTS FOR THE POWERFUL ANTIVIRAL, ANTI-INFLAMMATORY, ANTI-TUMORGENIC, AND ANTIMALARIAL EFFECTS FROM THIS ROOT

LICORICE ROOT ALSO HELPS THE BODY PRODUCE HEALTHY MUCUS WITHIN THE BRONCHIAL SYSTEM AS WELL AS TRACHEAL SYSTEM, PROVIDING DEMULCENT AND EXPECTORANT EFFECTS. THIS KEEPS THE RESPIRATORY SYSTEM FUNCTIONING WELL MAKING IT EFFECTIVE IN TREATMENT OF SORE THROAT, COUGH AND BRONCHIAL CATARRH

THIS ROOT ALSO INHIBITS THE GROWTH OF VARIOUS VIRUSES, INCLUDING HERPES SIMPLEX, VARICELLA ZOSTER, AS WELL AS THE INFAMOUS INFLUENZA VIRUS

BELOW LEFT: LIQUORICE WAS A FAVORED HERB IN ANCIENT EGYPT AND WAS ONE OF THE MANY TREASURES FOUND IN THE EGYPTIAN PHARAOH TUTANKHAMUN'S TOMB

BELOW RIGHT: ANCIENT EGYPTIAN DOCTORS USED TO MIX ERKSOUS FROM LIQUORICE ROOT AS A POWERFUL TREATMENT FOR STOMACH AND LIVER PROBLEMS





LEFT: THE ERKSOUS VENDOR PAINTING BY C.CHAROBIM(1894-1975

ABOVE: SYRIAN TRADERS WITH A PILE OF LIQUORICE ROOTS, 1920, FROM THE U.S. LIBRARY OF CONGRESS

LICORICE ROOT IS ALSO VERY WELL KNOWN TO SOOTHE GASTROINTESTINAL PROBLEMS. IN CASES OF FOOD POISONING, STOMACH ULCERS, AND HEARTBURN, LICORICE ROOT HAS BEEN PROVEN TO SPEED UP THE REPAIR OF STOMACH LINING AND RESTORE BALANCE. THIS IS DUE TO THE ANTI-INFLAMMATORY AND IMMUNE-BOOSTING PROPERTIES OF GLYCYRRHIZIC ACID.

THIS TASTY PLANT IS ALSO A VITAL ALLY FOR THOSE STRUGGLING WITH STRESS AND EXHAUSTION AS IT IS A FORMIDABLE ADAPTOGEN - STIMULATING THE ADRENAL GLAND, THUS PROMOTING HEALTHY LEVELS OF CORTISOL IN THE BODY.

LIQUORICE IS KNOWN TO HAVE 8 DIFFERENT ANTI-DEPRESSANT COMPOUNDS, KNOWN AS MOA (MONOAMINE OXIDASE) INHIBITORS. THESE INHIBITORS ARE CAPABLE OF POTENT ANTIDEPRESSANT ACTIVITY AND SHOW SIGNIFICANT IMPROVEMENT FOR ALL TYPES OF DEPRESSION. THE COMPOUND, GLYCYRRHIZIN BREAKS DOWN CORTISOL, THE STRESS HORMONE, ENABLING THE BODY TO DEAL WITH STRESS.

IT ALSO CONTAINS ISOFLAVAN AND ISOFLAVENE, ADDITIONAL COMPOUNDS THAT HAVE BEEN SHOWN TO HAVE ANTIDEPRESSANT PROPERTIES.

LIQUORICE ROOT A FANTASTIC PLANT ALMOST 50X SWEETER THAN SUGAR, MAKING IT A GREAT AND EASY ADDITION TO ANYONES DAILY REGIME. IT IS CULTIVATED ALL OVER THE WORLD BUT GROWS NATURALLY RIGHT HERE IN SOUTH AFRICA.

WE CURRENTLY PRODUCE CULTIVATED, POWDERED LIQUORICE ROOT, AND IT CAN ALSO BE FOUND IN OUR ADAPTOGENIC TINCTURE



# MACA ROOT

Latin: *Lepidium meyenii*

Other Names: ayak chichira, peruvian ginseng

MACA ROOT, OFTEN REFERED TO AS PERUVIAN GINSENG IS A NUTRITIONALLY RICH SUPERFOOD AND MEDICINAL PLANT. IT GROWS AT HIGH ALTITUDE OF 7,000 TO 11,000 FEET IN THE ANDES MOUNTAINS OF PERU, MAKING THIS LITTLE MEDICINAL ROOT THE HIGHEST ALTITUDE GROWING VEGETABLE IN THE WORLD

MACA ROOT HAS BEEN USED BY NATIVE INDIANS IN PERU AS A VITAL INGREDIENT FOR A HEALTHY LIFE. RECORDS DATE MACAS USE BACK TO AROUND 3800 B.C., WHEN PERUVIAN INDIANS CULTIVATED AND ATE IT FOR BOTH ITS NUTRITIONAL AND MEDICINAL VALUE. CENTURIES LATER IN 1549 A.D., THE SPANISH EXPLORER CAPTAIN DE SOTO RECEIVED MACA FROM THE INDIANS AS A GIFT IN RETURN FOR HIS HELP IN IMPROVING METHODS OF ANIMAL HUSBANDRY IN THE PERUVIAN CASTILLE REGION.

MACA WAS SO PRIZED THAT MANY WOULD OFTEN TRADE THE ROOT IN EXCHANGE FOR GOODS AND SOME INCAN LEGENDS EVEN STATE THAT MACA WAS CONSUMED BY WARRIORS BEFORE GOING INTO BATTLE TO INCREASE THEIR STRENGTH AND ENDURANCE, THIS ROOT GAVE THEM THE POWER THEY NEEDED TO CONQUER THEIR FOES, THUS GROWING THE LARGEST EMPIRE ON EARTH AT THE TIME.



ABOVE: YELLOW MACA SPECIMEN

MACA'S HAS HISTORICALLY BEEN USED TO TREAT STRESS, INCREASE ENERGY AND ENDURANCE, ASSIST WITH DEPRESSION, RELIEVE SYMPTOMS OF MENOPAUSE, PROTECT BONES AGAINST OSTEOPOROSIS AND INVIGORATE LIBIDO AND SEXUAL DRIVE. THIS ROOT IS ALSO VERY NUTRITIOUS, AND IS A GREAT SOURCE OF SEVERAL IMPORTANT VITAMINS AND MINERALS.



ABOVE: PAINTING DEPICTING THE INCAN EMPIRE FARMING MACA ROOT ON TERRACES

LEFT: MACA IS STILL FARMED LIKE THE ANCIENTS DID - HIGH IN THE ANDES MOUNTAINS

RIGHT: BOTANICAL ILLUSTRATION OF MACA





ABOVE: 3 MACA ROOT VARIANTS - ALL WITH SLIGHTLY DIFFERENT MEDICINAL BENEFITS - RED, YELLOW & BLACK

BELOW: OUR MACA ROOT POWDER



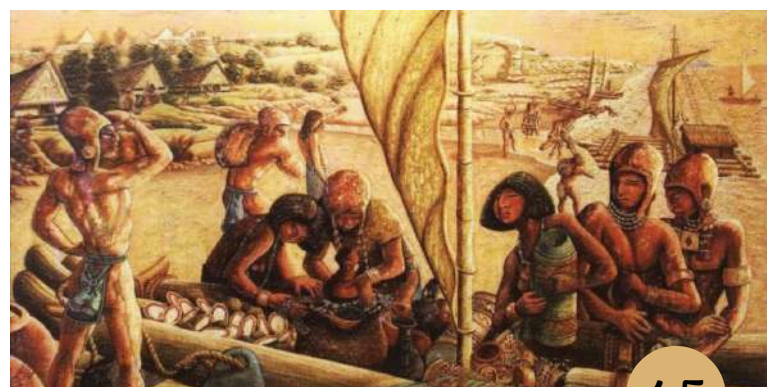
MACA ROOT IS AN EXCELLENT SOURCE OF PROTEIN, FIBER AND SEVERAL VITAMINS AND MINERALS, INCLUDING VITAMIN C, COPPER AND IRON. IT ALSO CONTAINS OVER 20 AMINO ACIDS — INCLUDING ALL EIGHT ESSENTIAL AMINO ACIDS — AND PLENTY OF HEALTH-PROMOTING PHYTONUTRIENTS. IT HOLDS MANY BENEFICIAL PLANT COMPOUNDS, INCLUDING GLUCOSINOLATES AND POLYPHENOLS

MACA ROOT HAS BEEN SEEN TO BOOST LEVELS OF ANTIOXIDANTS LIKE GLUTATHIONE AND SUPEROXIDE DISMUTASE IN THE BODY. ANTIOXIDANTS HELP NEUTRALIZE HARMFUL FREE RADICALS, FIGHTING OFF CHRONIC DISEASE AND PREVENTING DAMAGE TO CELLS.

BUT PERHAPS MACA ROOTS MOST NOTABLE AND DISCUSSED BENEFITS LIE IN ITS ABILITY TO HARMONIZE THE ENDOCRINE SYSTEM. THIS HAS AN ALMOST IMMEDIATE IMPROVEMENT IN MALE AND FEMALE SEXUAL HEALTH, LIBIDO, FERTILITY, HORMONAL IMBALANCES AND MENOPAUSAL RELIEF.

WE SOURCE OUR MACA ROOT FROM PERU WHERE IT IS GROWN HIGH IN THE MOUNTAINS, THIS ENSURES A POWERFUL, HIGHLY NUTRITIOUS SUPPLEMENT THAT WE THEN SUPPLY IN POWDER FORM. MACA CAN ALSO BE FOUND IN OUR ADAPTOGENIC TINCTURE

BELOW: ARTWORK DEPICTING INCAN'S BARTERING WITH MACA ROOT FOR GOODS AND SERVICES





# MORINGA

Latin: *Moringa oleifera*

Other Names: drumstick tree, tree of life, saubhajnana

MORINGA IS POTENTIALLY ONE OF THE PLANET'S MOST VALUABLE PLANTS, AT LEAST IN HUMANITARIAN TERMS DUE TO ITS EXCEPTIONAL NUTRITION PROFILE AND FAST GROWTH.

IN THE ANNALS OF AYURVEDIC MEDICINE, PARTICULARLY THE CHARAKA SAMHITA (WRITTEN IN 800 BC), MORINGA WAS MENTIONED AS A CURE FOR OVER 300 DISEASES - OFTEN BEING CALLED SAUBHAJNANA WHICH MEANS 'KNOWLEDGE OF THE HEAVENS'. ONE OF THE MOST NOTABLE EARLY ACCOUNTS OF MORINGA WAS FROM ALEXANDER THE GREAT, WHO IN 326 BC BEGAN MOVING EASTWARD, INTENT ON CONQUERING ALL OF INDIA AND BEYOND. ALEXANDER AND HIS FORCES CROSSED THE INDUS RIVER BUT WERE HALTED AT THE HYDAPES RIVER JUNCTION BY AN UNEXPECTED FORCE - THE MAURIAN WARRIORS. THESE ANCIENT WARRIORS OF INDIA DRANK MORINGA AS THEIR DAILY STAPLE AND ATE THE LEAVES ON THE BATTLE FIELD. THESE MEN WERE KNOWN TO BE "MEN OF STAMINA AND VALOR". THE WARRIORS REPEATEDLY ATTACKED ALEXANDER'S ARMIES IN OVER 60 BATTLES IN A SPAN OF TWO YEARS. AT THE AGE OF 29, ALEXANDER WHO HAD CONQUERED MOST OF THE KNOWN WORLD, CREATING AN UNSTOPPABLE EMPIRE, TURNED BACK TO BABYLON DUE TO THE MORINGA TEA DRINKING WARRIORS OF INDIA.

THIS ADAPTABLE TREE IS VERY VERSATILE WITH EVERY PART OF IT ELIGIBLE FOR USE. THE LEAVES AND PODS WERE USED AS TEA AND FOOD ALL OVER THE INDIAN SUBCONTINENT, AFRICA AND MANY PARTS OF ASIA. THE ROMANS, GREEKS AND EGYPTIANS EXTRACTED OIL FROM THE SEEDS AND USED IT AS PERFUME AND SKIN LOTION. BLUE DYE WAS MADE FROM THE BARK, FERTILIZER MADE FROM THE SEED-CAKES, AND OF COURSE, AS A MEDICINE.



ABOVE: MORINGA LEAVES

BELOW: MAURIAN WARRIORS OF INDIA - THE ANCIENT MAURIAN WARRIORS OF INDIA DRANK THE LEAF OF MORINGA AS THEIR DAILY STAPLE AND ATE THE LEAVES ON THE WAR-FRONT. THESE MEN WERE KNOWN TO BE "MEN OF STAMINA AND VALOR".



RIGHT: BOTANICAL ILLUSTRATION OF MORINGA

BELOW: MORINGA SEED PODS ARE ALSO UTILIZED AS FOODS AND MEDICINE





LEFT: MORINGA TREES CAN GROW TO 2.5 M WITHIN THE FIRST 1 TO 3 MONTHS, AND CAN GROW UP TO A HEIGHT OF 6 M TO 7 M



BELOW LEFT: A FARM WORKER HARVESTING THE LONG SEED PODS OF THE MORINGA TREE



MORINGAS BENEFITS ARE DERIVED FROM THE PLANT'S HIGH CONCENTRATION OF BIO-AVAILABLE NUTRIENTS. IT CONTAINS HIGH LEVELS OF VITAMIN A, VITAMIN B1, VITAMIN B2, VITAMIN B3, VITAMIN B6, VITAMIN C, VITAMIN E AND VITAMIN K. DRIED MORINGA LEAVES ALSO CONTAIN HIGH LEVELS OF THE MINERALS CALCIUM, MAGNESIUM, POTASSIUM, PHOSPHORUS AND IRON.



MORINGA CONTAINS 45% COMPLETE PROTEIN (MEANING IT CONTAINS ALL OF THE 9 ESSENTIAL AMINO ACIDS). PROTEINS ARE THE BUILDING BLOCKS OF LIFE USED TO MAKE ENZYMES, HORMONES, NEUROTRANSMITTERS, MUSCLES, TENDONS AND SKIN.

ABOVE: MORING IS USUALLY SOLD AS DRIED LEAVES OR MORE COMMONLY IN POWDERED FORM CONCENTRATING ITS NUTRITIONAL BENEFITS

MORINGA LEAVES ARE ALSO TRADITIONALLY USED TO TREAT ANEMIA, ARTHRITIS AND OTHER JOINT PAIN, ASTHMA, CONSTIPATION, STOMACH PAIN AND ULCERS, HIGH BLOOD PRESSURE, AND KIDNEY STONES.

BELOW: OUR MORINGA POWDERED SUPPLEMENT

WE SUPPLY AN EXCEPTIONALLY NUTRITIOUS MORINGA POWDERED SUPPLEMENT THAT CAN BE USED ON A DAILY BASIS TO OBTAIN A HEALTHY, BALANCED DIET.



BELOW: MORINGA WAS FIRST OFFICIALLY RECORDER AROUND 800 BC IN THE CHARAKA SAMHITA'S BELOW



# MUCUNA

Latin: *Mucuna pruriens*

Other Names: cowhage, velvet bean, dopa bean

MUCUNA IS A PHENOMENAL CREEPING VINE THAT CAN BE FOUND GROWING IN MANY TROPICAL REGIONS OF THE WORLD INCLUDING INDIA, THE CARIBBEAN AND MANY AREAS OF AFRICA TO NAME BUT A FEW.

THE MUCUNA PLANT HAS CREATED ALMOST IMPENETRABLE DEFENSE TACTICS TO KEEP ITS FRUIT FROM BEING EATEN, INCLUDING COVERING ITS PODS IN THOUSANDS OF TINY HAIRS THAT CAUSE INTENSE PAIN AND ITCHING IN THOSE UNLUCKY ENOUGH TO TOUCH IT, BUT FOR ANYONE TENACIOUS ENOUGH TO PRY A POD OF THE VELVET BEAN PLANT OPEN, THERE LIES GREAT REWARD INSIDE.

TUCKED AWAY IN THE PODS OF THE CLIMBING MUCUNA VINE LIE ONE OF NATURE'S MOST UNUSUAL AND INTERESTING BEANS. THIS FANTASTIC BEAN IS BOTH AN AMAZING FOOD SOURCE AND AN UNMATCHED MEDICINAL NOOTROPIC.

MUCUNA IS A VIGOROUS ANNUAL CLIMBING LEGUME ORIGINALLY FROM SOUTHERN CHINA AND EASTERN INDIA, WHERE IT WAS AT ONE TIME WIDELY CULTIVATED AS A GREEN VEGETABLE CROP, AND IS STILL ONE OF THE MOST POPULAR GREEN CROPS CURRENTLY KNOWN IN THE TROPICS



ABOVE: MUCUNA SPECIMEN

BELOW: CULTIVATED MUCUNA VINES GROWN IN TROPICAL ENVIRONMENTS



LEFT: VINTAGE BOTANICAL ILLUSTRATIONS DEPICTING TWO DIFFERENT TYPES OF MUCUNA PRURIENS VINES



FAR LEFT: VARIATIONS OF MUCUNA BEAN COLORS

LEFT: ZIMBABWEAN MUCUNA FARM

MUCUNA DOESN'T ONLY AFFECT DOPAMINE, VARIOUS STUDIES ALSO SHOW INCREASES IN TWO MORE KEY NEUROTRANSMITTERS THAT AFFECT MOOD: SEROTONIN AND NOREPINEPHRINE - MAKING THIS BEAN A GREAT ALTERNATIVE FOR THOSE SUFFERING FROM LACK OF MOTIVATION, SEX DRIVE, AND DEPRESSION.

STRANGELY ENOUGH MUCUNA HAS ALSO BEEN USED SINCE ANTIQUITY TO PROVIDE PROTECTION AGAINST VARIOUS SNAKE BITES. NEW RESEARCH SHOWS THAT IT PROTECTS AGAINST THE TOXIC EFFECTS THROUGH AN IMMUNE MECHANISM, AN IMMUNOGENIC MULTIFORM GLYCOPROTEIN STIMULATES THE PRODUCTION OF ANTIBODIES THAT CROSS-REACT (BIND TO) WITH CERTAIN VENOM PROTEINS. FINALLY THIS MIND ALTERING BEAN HAS ALSO SHOWN PROMISE FOR THOSE SUFFERING FROM ADHD BY BOOSTING EPINEPHRINE AND NOREPINEPHRINE LEVELS WHICH REGULATES ENERGY AND HELPS FOCUS THE MIND AND NERVOUS SYSTEM

WE PRODUCE A CULTIVATED POWDER OF WHITE MUCUNA BEANS AS THEY CONTAIN SLIGHTLY HIGHER AMOUNTS OF L-DOPA THAN THE BLACK AND BROWN VARIETIES

ALL PARTS OF THE MUCUNA PLANT ARE USED MEDICINALLY HOWEVER THE BEAN HAS THE HIGHEST CONCENTRATION OF BENEFICIAL COMPOUNDS. TRADITIONALLY THE BEAN HAS BEEN USED TO LOWER STRESS, REDUCES ANXIETY, IMPROVES FOCUS, BOOSTS THE LIBIDO, ELEVATES MOOD AND MOST NOTABLY TO TREAT PARKINSONISM AND NEURODEGENERATION.

MUCUNA SEEDS CONTAINS TRYPTAMINES, POLYPHENOLS AND TANNINS AND ARE THUS FAR THE ONLY KNOWN NATURALLY OCCURRING SOURCES OF L-DOPA - THE PRECURSOR TO DOPAMINE, AN IMPORTANT NEUROTRANSMITTER THAT IS ESSENTIAL FOR SLEEP, MEMORY, MOOD, MENTAL FUNCTIONS, AND CALMING THE NERVOUS SYSTEM. THE PRESENCE OF L-DOPA MAKES MUCUNA A VITAL ALLY FOR THOSE SUFFERING FROM PARKINSONS DISEASE - NERVE CELLS THAT PRODUCE DOPAMINE IN THE BRAIN SLOWLY BREAK DOWN OR DIE. SO PEOPLE WITH THE DISEASE HAVE LOWERED LEVELS OF DOPAMINE, WHICH CAUSES ABNORMAL BRAIN ACTIVITY. L-DOPA HAS BEEN PROVEN TO CROSS THE BLOOD - BRAIN BARRIER AND UNDERGO CONVERSION TO DOPAMINE, RESTORING NEUROTRANSMISSION.



LEFT: LAO TZU - MUCUNA HAS BEEN EXTENSIVELY USED IN TAOIST MEDICINE AS WELL AS AYURVEDIC AND AFRICAN AMONG OTHERS

# PAU D'ARCO

Latin: *Handroanthus impetiginosus*

Other Names: taheebo, ipe roxo, lapacho, tajá

PAU D'ARCO HAS A LONG AND WELL-DOCUMENTED HISTORY OF USE BY THE INDIGENOUS PEOPLES OF THE RAINFOREST. INDICATIONS IMPLY THAT ITS USE MAY ACTUALLY PREDATE THE INCAN CIVILIZATION.

PAU D'ARCO IS A HUGE CANOPY TREE NATIVE TO THE AMAZON. IT IS EXTREMELY VALUABLE AS MEDICINE AS WELL AS TIMBER, PRIZED FOR ITS HIGH-QUALITY WOOD, WHICH IS SOME OF THE HEAVIEST, MOST DURABLE WOOD IN THE TROPICS.

SEVERAL INDIAN TRIBES OF THE RAINFOREST HAVE USED PAU D'ARCO WOOD FOR CENTURIES, NAMING THE TREE TAJÁ, WHICH MEANS - TO HAVE STRENGTH AND VIGOR. WARRIORS WOULD OFTEN CONSTRUCT THEIR HUNTING BOWS FROM THE WOOD, AS WELL AS THE BARK WOULD BE USED TO TREAT MANY DIFFERENT CONDITIONS AND AS A TONIC TO PUT THE SAME STRENGTH AND VIGOR INTO THEIR BODIES THAT IT PUTS INTO THEIR BOWS. TRIBES LIVING THOUSANDS OF MILES APART HAVE USED PAU D'ARCO FOR THE SAME MEDICINAL PURPOSES FOR HUNDREDS OF YEARS. GUARANI AND TUPI INDIANS ARE REPORTED TO BE THE FIRST TO HARNESS THE BENEFITS OF THE INNER BARK, WHICH THEY USED TO TREAT MALARIA, RESPIRATORY PROBLEMS, IMMUNE IMBALANCES, FUNGAL INFECTIONS, FEVER, SNAKEBITE, BOILS, SYPHILIS, AND CANCER.



ABOVE: PAU D'ARCO BARK

WHEN WE LOOK AT THE ACTIVE INGREDIENTS AND PHARMACOLOGICAL EFFECTS WE CAN SEE THAT THE NATIVE PEOPLE OF THE AMAZON BASIN WERE COMPLETELY RIGHT IN THEIR TRADITIONAL USES OF THIS MEDICINE.

RIGHT: PAU D'ARCO TREE IN FULL BLOOM

BELOW RIGHT: PAU D'ARCO IS NATIVE TO THE AMAZONIAN REGION OF SOUTH AMERICA

BELOW LEFT: VINTAGE ILLUSTRATION OF PAU D'ARCO





LEFT: PAINTING OF TUPI INDIANS IN CEREMONY - PAU D'ARCO WAS AND STILL IS A COMMON HERB USED IN HEALING AND CEREMONIES IN THE AMAZON



BELOW LEFT: JEAN BAPTISTE DEBRET, GUARANI INDIANS CROSSING A CREEK

THE BARK CONTAINS A LARGE AMOUNT OF CHEMICALS KNOWN AS QUINOIDS, AND A SMALL QUANTITY OF BENZENOIDS AND FLAVONOIDS. THESE QUINOIDS (AND, CHIEFLY, ANTHRAQUINONES, FURANONAPHTHOQUINONES, LAPACHONES, AND NAPHTHOQUINONES) HAVE SHOWN THE MOST DOCUMENTED BIOLOGICAL ACTIVITY AND ARE SEEN TO BE THE CENTER OF THE HERB'S EFFICACY AS A NATURAL REMEDY

OF PARTICULAR MEDICINAL INTEREST IS LAPACHOL THAT CO-OCCURS WITH LAPACHONE, THEY FORM COVALENT BONDS WITH PROTEINS AND DNA. VARIOUS STUDIES HAVE SHOWN DEFINITE ANTIBACTERIAL, ANTIVIRAL, ANTIFUNGAL ACTIVITY WHICH PROVES ITS EFFECTIVENESS IN TREATING CANDIDA AND OTHER BACTERIA, FUNGAL AND VIRAL OVER GROWTH.

IT ALSO HAS CANCER PREVENTATIVE ACTIVITIES WHICH ARE ASCRIBED TO LAPACHOL AND LAPACHONE WHICH ACTIVATE CANCER FIGHTING GENES AND TRIGGER TUMOR CELL DEATH. PAU D'ARCO ALSO DEMONSTRATES NON-SPECIFIC IMMUNE STIMULATING EFFECTS DUE TO THE NAPHTHOQUINONES EVEN WHEN TAKEN IN LOW DOSES. THIS SACRED HERB IS ALSO ANTINOCICEPTIVE (PAIN-REDUCING) AND ANTIEDEMATOGENIC (REDUCES SWELLING)

WE SUPPLY PAU D'ARCO POWDERED INNER BARK THAT CONCENTRATES THE WIDE ARRAY OF POWERFUL CONSTITUENTS THIS PLANT CONTAINS



# PINE POLLEN

Latin: Pinus Spp.

Other Names: golden pollen,  
song hua fen

THE MEDICINAL USE OF PINE POLLEN DATES BACK OVER 1500 YEARS TO CHINA, WITH THE USE OF IT AS A MEDICINE FIRST RECORDED IN THE XIN XIU BEN CAO (FIRST OFFICIAL MATERIA MEDICA OF CHINA), WHICH WAS AUTHORED BETWEEN 657-659 C.E..

PINE POLLEN IS VERY SIMPLY THE POLLEN OF PINE TREES. POLLEN IS ACTUALLY A FORM OF A SEED; AND, LIKE ALL SEEDS, IT CONTAINS THE FUNDAMENTAL NUTRIENTS AND ESSENCE NECESSARY TO GROW A TOWERING 100-FOOT TALL PINE TREE THAT CAN LIVE FOR HUNDREDS OF YEARS.

AS SUCH, IT CONTAINS AN INCREDIBLY WIDE SPECTRUM AND HIGH CONCENTRATION OF UNIQUE AND RARE NUTRIENTS THAT DO MUCH THE SAME FOR THE HUMAN BODY AS IT DOES FOR THE TREE ITSELF: PROMOTES RAPID GROWTH, REJUVENATION, AND HEALING



ABOVE: PINE CATKIN WITH POLLEN

BELOW: EGYPTIAN STAFF OF OSIRIS, WITH TWO SERPENTS AND A FERTILIZED PINE CONE

IN CHINESE MEDICINE, PINE POLLEN IS CONSIDERED TO BE A TONIC HERB, CAPABLE OF NOURISHING ALL MAJOR ORGANS OF THE BODY INCLUDING THE LUNGS, KIDNEY, LIVER, HEART, AND SPLEEN. THIS POWERFUL SUPPLEMENT CONTAINS OVER 200 BIO-ACTIVE NUTRIENTS INCLUDING 17 AMINO ACIDS, B VITAMINS, VITAMINS A, C, AND D AS WELL AS POWERFUL ANTIOXIDANTS LIKE SUPEROXIDE DISMUTASE, RESVERATROL, AND MORE.



BELOW LEFT: BOTANICAL ILLUSTRATION OF PINE

BELOW: BABYLONIAN GOD MARDUK HOLDING A POLLENATED PINE CONE





PINE POLLEN IS AN EXCEPTIONALLY POWERFUL MEDICINE FOR IMPROVING IMMUNE FUNCTION AND LOWERING THE SYSTEMIC INFLAMMATION THAT OFTEN LEADS TO CELLULAR OXIDATION. IT ALSO INCREASES LEVELS OF SUPEROXIDE DISMUTASE (SOD) - THE BODIES MASTER ANTIOXIDANT AS WELL AS GLUTATHIONE, WHICH HELP DETOXYFY ENVIRONMENTAL POLLUTANTS AND OXIDATIVE STRESS FROM THE BODY.

PINE POLLEN CONTAINS BIOAVAILABLE FORMS OF ANDROSTENEDIONE, TESTOSTERONE, DHEA (DEHYDROEPIANDROSTERONE), ANDROSTERONE AND A WIDE VARIETY OF OTHER PHYTO-STEROIDAL COMPOUNDS WHICH HARMONIZE AND POWERFULLY REJUVENATE THE ENDOCRINE SYSTEM.

ABOVE LEFT: THE PINE CONE FOUNTAIN - VATICAN CITY, ROME

ABOVE: CULLEN WILD HARVESTING WILD PINE POLLEN FROM MULTIPLE SPECIES IN NEWLANDS CAPE TOWN



PINE POLLEN HAS TRADITIONALLY BEEN USED TO ENHANCE THE IMMUNE SYSTEM AND TREAT LOW LIBIDO, DEPRESSION, COGNITIVE DECLINE, AND ACCUMULATION OF FAT ON THE BODY, AMONG OTHER THINGS.

WE WILD HARVEST OUR PINE POLLEN ONCE A YEAR (ALONG THE COAST FROM THE EASTERN CAPE TO THE WESTERN CAPE) DURING THE POLLEN SEASON.

WE CRACK THE CELL WALL OF THE POLLEN AND THEN CREATE A HYDRO-ETHANOLIC EXTRACTION TO CONCENTRATE AND PRESERVE THE BENEFITS OF THIS VITAL JING ENHANCING HERB.





# REISHI

Latin: *Ganoderma lucidum*

Other Names: lingzhi, manrentake, divine mushroom

REISHI MUSHROOM - *GANODERMA LUCIDUM* AND OTHER RELATED SPECIES HAS BEEN REVERED SINCE THE DAWN OF MODERN CULTURE. REISHI HAS BEEN RECOGNIZED AS A MEDICINAL MUSHROOM FOR OVER 2000 YEARS, AND ITS POWERFUL EFFECTS HAVE BEEN DOCUMENTED IN MANY ANCIENT MANUSCRIPTS. REISHI WAS REFERRED TO AS THE 'DIVINE PROTECTOR' AND IT HAS BEEN USED THROUGHOUT HISTORY AS THE SYMBOL OF ENLIGHTENMENT. IN CHINESE MEDICINE IT IS REGARDED AS A THREE TREASURE TONIC, NOURISHING THE SHEN, JING, AND QI. THIS FUNGUS CONSISTENTLY DEMONSTRATED A PROFOUND ABILITY TO NOURISH VITALITY, RELAX THE NERVOUS SYSTEM, CALM THE MIND, AND PROMOTE A STATE OF RELAXED FOCUS AND CONCENTRATION. THANKS TO MODERN SCIENCE WE NOW UNDERSTAND RED REISHI BETTER THAN EVER BEFORE, WE HAVE SUCCESSFULLY ISOLATED 130 DIFFERENT POLYSACCHARIDES, OVER 119 TRITERPENES ALONG WITH MANY OTHER PHYTONUTRIENTS MAKING UP ONE OF THE MOST COMPLEX MEDICINES KNOWN TO MAN WITH JUST OVER 900 BIOACTIVE CONSTITUENTS IDENTIFIED THUS FAR.

BELOW: ILLUSTRATIONS FROM BOTH THE EAST & WEST, REISHI GROWTH STEMMING FROM ROOTS BENEATH THE GROUND



ABOVE: WILD HARVESTED RED REISHI SPECIMEN

BELOW: ANCIENT PAINTING DEPICTING MAGU, THE GODDESS OF YOUTH, HOLDING A REISHI MUSHROOM



FAR BELOW: WILD REISHI MUSHROOMS FRUITING IN A DENSE TOPICAL FOREST

BELOW: "REISHI HEAVEN." A PAINTING OF CHINESE PARADISE, WHERE A STONE PEDESTAL AT ITS CENTER BEARS A PAIR OF DIVINE REISHI MUSHROOMS.



OVER THE PAST SEVERAL DECADES, DOZENS OF DIFFERENT STUDIES CONDUCTED IN JAPAN, CHINA, THE U.S. AND THE U.K. HAVE DEMONSTRATED THAT REISHI MUSHROOMS ARE CAPABLE OF OFFERING PROTECTION AGAINST NUMEROUS DISEASES OR ILLNESSES.

ONE OF THE MOST IMPORTANT EFFECTS OF THE REISHI MUSHROOM IS THAT IT CAN BOOST YOUR IMMUNE SYSTEM, TEST-TUBE STUDIES HAVE SHOWN THAT REISHI CAN INCREASE WHITE BLOOD CELL COUNT AND DRAMATICALLY UPGRADE OUR IMMUNE RESPONSE, PARTICULARLY THE PROCESS OF PHAGOCYTOSIS (THE MECHANISM BY WHICH LYMPHOCYTES, MACROPHAGES AND KILLER CELL ROAM THE BODY PICKING UP DEBRIS AND CONSUMING TOXINS AND HARMFUL ORGANISMS)

OUT OF REISHI'S VAST TRITERPENOID, 2 COMPOUNDS IN PARTICULAR STAND OUT, GANODERIC AND GANODERENIC ACIDS, THESE HAVE SHOWN TREMENDOUS RESULTS IN TREATING AUTO IMMUNE DISEASES, ALLERGIES, LIVER FUNCTION (BETA-GLUCURONODASE INHIBITOR - AN ENZYME LINKED TO SCLEROSIS AND HEPATITIS) THEY HAVE ALSO SHOWN ANTIOXIDANT QUALITIES, WHICH PROTECT THE BODY FROM FREE RADICAL DAMAGE AS WELL AS ENHANCE OVERALL CELL REPAIR.

NUMEROUS STUDIES HAVE ALSO BEEN DONE ON REISHI MUSHROOMS' EFFECT ON CANCER CELL LINES



LEFT: THE ANCIENT SAINT PENG ZU GIFTED REISHI MUSHROOMS BY A DEER

BELOW: WILD HARVESTED REISHI MUSHROOMS



IN VIVO AND IN-VITRO TESTING HAVE DEMONSTRATED THAT COMPOUNDS DERIVED FROM THE REISHI MUSHROOM HAVE CYTOTOXIC EFFECTS ON CANCER CELLS. SEVERAL STUDIES DEMONSTRATE THAT EXTRACTS OF REISHI MUSHROOMS DOWN-REGULATE VEGF AND MAPK SIGNALING, AS WELL AS INDUCE CELL CYCLE ARREST, APOPTOSIS (THE DEATH OF CANCER CELLS WHICH OCCURS AS A CONTROLLED PART OF AN ORGANISM'S GROWTH OR DEVELOPMENT), AND AUTOPHAGY. MANY RANDOMIZED CONTROLLED TRIALS ALSO PROVED THAT CANCER PATIENTS EXPERIENCED IMPROVED RESPONSE TO TREATMENTS LIKE CHEMOTHERAPY AND RADIOTHERAPY

ALL THIS INFORMATION ALONG WITH PHYSICAL TESTING POINTS TO REISHI MUSHROOMS BEING ONE OF THE BEST ADAPTOGENS WE CURRENTLY HAVE, HELPING THE BODY ADAPT TO THE EVERY DAY STRESSORS OF LIFE, INCREASING ENERGY AND IMMUNITY AS WELL AS HELPING TO WARD OFF LONG TERM DEGENERATIVE DISEASES. THIS MUSHROOMS USE IS INTERWOVEN IN HUMAN CULTURE FROM AROUND THE WORLD AND GROWS NATURALLY RIGHT ON OUR DOORSTEPS IN THE FORESTS AROUND SOUTH AFRICA, MAKING IT A MUST FOR ANYONE LOOKING TO IMPROVE THE QUALITY OF LIFE.

MOST REISHI ON THE MARKET IS GROWN ON SAWDUST AND IN MANY CASES THE MYCELIUM IS USED — THE FUNGAL MASS THAT CAN BE MASS-GROWN BEFORE THE MUSHROOM SPROUTS. THIS MYCELIUM IS NOT AS GOOD AS THE TRUE FRUITING BODY (MUSHROOM CAP)



ABOVE: DUANWOOD REISHI FARM OPERATED BY THE CHINESE ACADEMY OF SCIENCES.



RIGHT: EXTRACTED REISHI POWDER USUALLY SOLD AS A 5:1 EXTRACTION

AND MOST OFTEN, THIS MYCELIUM HAS NOT BEEN EXTRACTED AT ALL BUT IS SIMPLY GROUND INTO POWDER WITH GRAIN-SPAWN. NON-EXTRACTED REISHI MUSHROOM IS OF LITTLE BIOLOGICAL VALUE TO A HUMAN, SINCE IT CANNOT BE ASSIMILATED IN RAW FORM.

WHEN PRODUCING OUR TRIPLE EXTRACT REISHI TINCTURE, WE HARVEST WILD GANODERMA LUCIDUM SPECIES GROWN IN OLD GROVE FORESTS UNTOUCHED BY MODERN POLLUTION, AND FED BY PRISTINE WATERS. OUR REISHI TINCTURE IS EXTRACTED SLOWLY AND DILIGENTLY FOR A MINIMUM OF 30 DAYS IN ORDER TO MAKE THE ACTIVE SUBSTANCES BIO-AVAILABLE.

WE RUN OUR REISHI THROUGH AN ETHANOL EXTRACTION PROCESS TO REMOVE THE TRITERPENES & A WATER EXTRACTION TO REMOVE THE POLYSACCHARIDES, THE REMAINING MARK IS THEN PUT THROUGH MULTIPLE ADDITIONAL EXTRACTIONS TO RECLAIM ANY ADDITIONAL COMPOUNDS. ALL EXTRACTIONS ARE THEN COMBINED TO PRODUCE A POWERFUL, BIOAVAILABLE REISHI SUPPLEMENT.



# RHODIOLA

Latin: *Rhodiola rosea*

Other Names: golden root, arctic rose

RHODIOLA IS AN EXCEPTIONALLY COMPLEX PLANT PRIZED FOR ITS ABILITY TO ENDURE THE TOUGHEST OF CONDITIONS. THE ANCIENT GREEKS, VIKINGS, SIBERIANS, MONGOLIANS, AND CHINESE WERE ALL TAKEN WITH THE MEDICINAL PROPERTIES OF THIS EXTRODINARY HERB.

RHODIOLA'S NATURAL HOME IS IN SIBERIA AND THE TIAN SHAN MOUNTAIN RANGE IN NORTHWESTERN CHINA, WHERE IT HAS BEEN USED AS A MEDICINE FOR THOUSANDS OF YEARS. THE ROOTS OF THIS PLANT GAINED POPULARITY IN ANTIQUITY, QUICKLY PASSING FROM SIBERIANS TO THE HANDS OF THE VIKINGS WHO USED THE HERB TO MAINTAIN THEIR STAMINA IN BATTLE AND STAY HEALTHY DURING THEIR COLD, NORTHERN WINTERS. IT MADE ITS WAY DOWN THE ICY MOUNTAINS WHERE THE ROOT WAS TRADED FOR WINES, FRUITS, GARLIC, AND HONEY. FINALLY RHODIOLA TRAVELED WEST VIA BRONZE AGE TRADE ROUTES TO GREECE WHERE IT WAS FIRST OFFICIALLY RECORDED BY THE WELL-RESPECTED



ABOVE: RHODIOLA SPECIMEN

BELOW: RUDIOLA BOTANICAL ILLUSTRATION

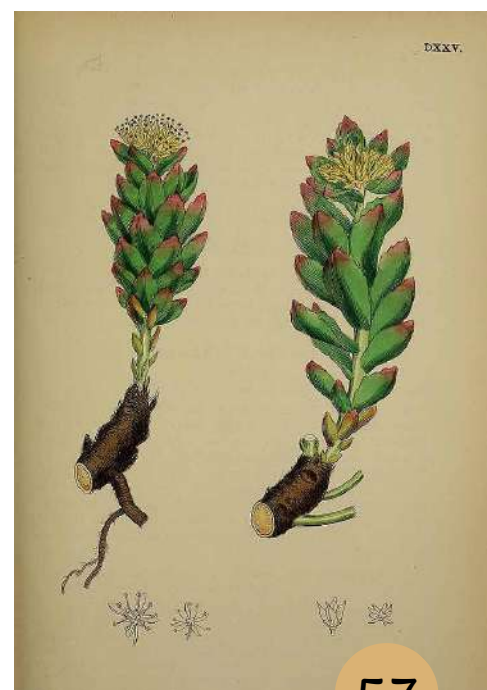
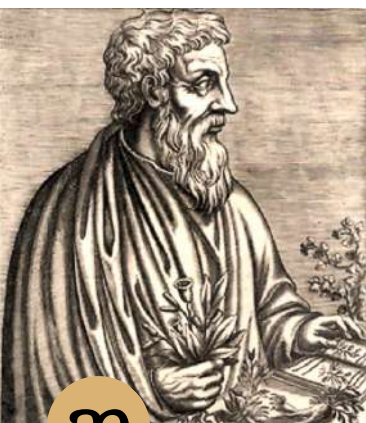
PHYSICIAN AND BOTANIST DISCORIDES IN HIS CLASSIC BOOK - DE MATERIA MEDICA IN 77 A.D - WHICH TO THIS DAY REMAINS THE BEST HISTORICAL SOURCE OF THE MEDICINE USED BY GREEKS AND ROMANS.

RHODIOLA ROOT IS TRADITIONALLY USED TO INCREASE PHYSICAL ENDURANCE, WORK PRODUCTIVITY, LONGEVITY, RESISTANCE TO HIGH ALTITUDE SICKNESS, AND TO TREAT FATIGUE, DEPRESSION, ANEMIA, IMPOTENCE, GASTROINTESTINAL AILMENTS, INFECTIONS, AND NERVOUS SYSTEM DISORDERS.



LEFT: DE MATERIA MEDICA - 77 A.D

BELOW LEFT: ILLUSTRATION OF THE FAMED PHYSICIAN AND BOTANIST PEDANIUS DIOSCORIDES WHO FIRST MENTIONED RHODIOLA





ABOVE: VIKING ARTWORK OF BATTLES AND VOYAGES - RHODIOLA WAS RELIED UPON TO FORTIFY SOLDIERS FOR WAR AND THE COLD OF WINTER



RIGHT: RHODIOLA CAN WITHSTAND SNOW

SCIENTISTS HAVE THUS FAR ISOLATED OVER 140 CONSTITUENTS FROM THE ROOTS AND RHIZOME OF THIS HARDY HERB BUT BY FAR THE MOST POWERFUL GROUP OF COMPOUNDS WHICH HAVE NOT BEEN FOUND IN ANY OTHER PLANTS ARE THE “ROSAVINS” WHICH INCLUDE ROSIN, ROSAVIN AND ROSARIN. EACH OF THESE HAS BEEN STUDIED, AND EACH MAKE A SIGNIFICANT CONTRIBUTION TO THE PLANT’S UNRIVALLED ADAPTOGENIC ABILITIES. RHODIOLA ALSO CONTAINS THE AGENT SALIDROSIDE, AND PROTECTIVE ANTIOXIDANTS WHICH INHIBIT CELLULAR DETERIORATION.

VARIOUS STUDIES ON ISOLATED ORGANS, TISSUES, CELLS AND ENZYMES IN THE BODY HAVE REVEALED THAT RHODIOLA EXHIBITS EXCEPTIONAL ADAPTOGENIC BENEFITS INCLUDING, NEUROPROTECTIVE, CARDIOPROTECTIVE, ANTI-FATIGUE, NOOTROPIC, AND LIFE LIFE-SPAN INCREASING EFFECTS

RHODIOLA HAS ALSO BEEN FOUND TO INCREASING THE SENSITIVITY OF VARIOUS NEURONS IN THE BRAIN AND NERVOUS SYSTEM, INCLUDING THE TWO NEURO-TRANSMITTERS SEROTONIN AND DOPAMINE. THIS DIRECTLY INCREASES FOCUS, MEMORY, PLEASURE, AND OVERALL MOOD — VARIOUS STUDIES HAVE PROVEN THIS HERBS ABILITY TO ALSO HELP REPAIR DAMAGED NEURONS IN THE HIPPOCAMPUS, A REGION OF THE BRAIN CONSIDERED TO BE THE CENTER FOR EMOTION, MEMORY AND AUTONOMIC NERVOUS SYSTEM REGULATION.

RHODIOLA IS A DIFFICULT HERB TO ACQUIRE IN THE WILD, FOR THIS REASON WE PRODUCE SMALL BATCH HYDRO-ETHANOLIC EXTRACTS OF WILD HARVESTED ROOT.



LEFT: RHODIOLA WAS PRIZED AMONG SIBERIAN AND MONGOLIAN HEALERS



ABOVE: RHODIOLA ROOT CONTAINS THE HIGHEST CONCENTRATIONS OF MEDICINAL COMPOUNDS FOUND IN THE PLANT



# SCHISANDRA BERRY

Latin: *Schisandra chinensis*  
Other Names: wu wei zi,  
five flavored berry

SCHISANDRA IS AN ELITE HERB USED SINCE ANTIQUITY. ALSO KNOWN AS THE “FIVE FLAVOUR FRUIT” OR THE “QUINTESSENCE OF TONIC HERBS” BY TAOIST MASTERS. SCHISANDRA IS DOCUMENTED IN EARLY CHINESE MEDICAL TEXTS AS A SUPERIOR HERB, CAPABLE OF PROMOTING OVERALL WELL-BEING AND ENHANCING BODILY VITALITY. THIS RARE BERRY WAS FIRST DOCUMENTED IN 2697 BCE - SCHISANDRA WAS CLASSIFIED AS SUPERIOR BY PEN-TSAO IN THE CLASSIC YELLOW EMPEROR’S STUDY OF INNER MEDICINE.

MANY STORIES ARE TOLD OF HUNTING TRIBES OF NORTHERN CHINA WHO WOULD TAKE SUPPLIES OF THE DRIED BERRIES WHENEVER THEY WENT ON LONG HUNTING TRIPS DURING COLD WEATHER. EATING SCHISANDRA BERRIES HELPED THEM TO STOKE THEIR INTERNAL FIRES AND RENEW WAINING STRENGTH. THIS POTENT MEDICINE HAS ALSO BEEN USED FOR CENTURIES BY MONKS TO NOURISH THEIR OVERALL WELL BEING.



LEFT: SCHISANDRA BOTANICAL ILLUSTRATION

RIGHT: MAGU SERVING SCHISANDRA & OTHER TONIC HERBS TO THE IMMORTALS



ABOVE: SCHISANDRA BERRIES (MAGNOLIA VINE BERRY)

SCHISANDRA IS THE ONLY HERB KNOWN TO BE PERFECTLY YIN-YANG BALANCED, TO CONTAIN ALL THREE TREASURES (JING, QI AND SHEN), TO NURTURE ALL FIVE ELEMENTS (WOOD, FIRE, EARTH, METAL AND WATER) AND TO ENTER ALL TWELVE ENERGY CHANNELS (MERIDIANS) OF THE HUMAN BODY. FOR THIS REASON IT IS USED IN THE TAOIST PRACTICE KNOWN AS THE “FOUNDATION PERIOD.” THIS IS THE FIRST 100 DAYS OF PRACTICE, WHICH INCLUDES EXERCISES, MEDITATION, AND THE CONSUMPTION TONIC HERBS.

DURING THE 100 DAY FOUNDATION PERIOD, IT IS TRADITION TO CONSUME SCHISANDRA BERRIES EVERY DAY. A MONK CANNOT MISS A DAY OR THEY WILL HAVE TO START OVER. THE RESULTS OF THIS PRACTICE INCLUDES GREATER CLARITY, A STRONGER BODY, OVERT CHANGES TO SKIN AND HAIR, BRIGHTENING OF THE EYES, AND THE LAYING OF THE PERMANENT FOUNDATION OF THE THREE TREASURES





ABOVE: DRIED BERRIES CAN BE EATEN FOR A BURST OF FLAVOR

BELOW: SCHISANDRA FARM SUN DRYING FRESHLY PICKED BERRIES

SCHISANDRA HAS LONG BEEN USED FOR A WIDE VARIETY OF AILMENTS, INCLUDING; RESPIRATORY DISEASES, ASTHMA, INSOMNIA, KIDNEY PROBLEMS AND DIARRHOEA. ALSO CLASSED AS A HERBAL ADAPTOGEN, THIS BERRY CAN HELP COMBAT FATIGUE UNDER PHYSICAL STRESS AND INCREASE ENDURANCE.

THE SCHISANDRA BERRIES WERE ALSO CHERISHED BY CHINESE ROYALTY FOR THEIR BEAUTY AND ANTI-AGING QUALITIES. PACKED WITH ANTIOXIDANTS, INCLUDING KEY VITAMINS C AND E, SCHISANDRA'S STRONG ASTRINGENT QUALITIES ENABLE THE SKIN TO HOLD IN MOISTURE FOR MORE FULLNESS.



SCHISANDRINS A, B, AND C AS WELL AS SCHISANDROL ARE ARE THE MAJOR BIOACTIVE CHEMICAL COMPOUNDS FOUND IN SCHISANDRA BERRIES. SCHISANDRIN B CAN HAVE A BENEFICIAL EFFECT ON ALZHEIMER'S DISEASE BECAUSE OF ITS ABILITY TO BLOCK FORMATION OF EXCESS AMYLOID BETA PEPTIDES IN THE BRAIN - ONE OF THE COMPONENTS RESPONSIBLE FOR FORMING AMYLOID PLAQUE FOUND IN THE BRAINS OF PEOPLE WITH ALZHEIMER'S DISEASE.

SCHISANDRIN B MAY ALSO HELP AGAINST PARKINSON'S DISEASE. THIS IS DUE TO ITS ANTI-INFLAMMATORY, NEUROPROTECTIVE EFFECT UPON MICROGLIAL CELLS IN THE BRAIN. SCHISANDRIN C ON THE OTHER HAND IS EFFECTIVE AGAINST LIVER DAMAGE IN PEOPLE WITH BOTH ACUTE AND CHRONIC HEPATITIS.

WHEN USING SCHISANDRA, IT IS IMPORTANT THAT TRUE SCHISANDRA IS CONSUMED. MANY PRODUCTS SOLD ARE MADE WITH SOUTHERN SCHIZANDRA - SCHISANDRA SPHENANTHERA, WHICH COMES FROM CHINA, BUT IS THE WRONG SPECIES AND HAS VERY WEAK ACTION. WE PRODUCE A TRUE - SCHISANDRA CHINENSIS POWDER AS WELL AS A HYRO-ETHANOLIC EXTRACT. SCHISANDRA CAN ALSO BE FOUND IN OUR ADAPTOGENIC TINCTURE.

FAR LEFT: TAO MASTER PAINTING WITH HERBS OF LONGEVITY

BELOW LEFT: YAKJU ( TRADITIONAL KOREAN RICE WINE ) PREPARED AND SERVED WITH SCHISANDRA BERRIES AND OTHER HERBS



# SEA BAMBOO

Latin: *Ecklonia maxima*

Other Names: west coast kelp

SEAWEED HAS BEEN USED ALL OVER THE WORLD FOR MANY MILLENNIA, BUT THE FIRST WRITTEN RECORDS OF KELP BEING USED AS A SUPPORTIVE FOOD COMES FROM JAPAN ALMOST 2000 YEARS AGO.

KELP IS A BROWN ALGAE THAT GROWS IN COLDER WATERS, THEY MAKE UP LARGE UNDERWATER FORESTS. THESE ORGANISMS REQUIRE NUTRIENT-RICH WATER TO THRIVE, WHICH SPIKES THEIR GROWTH RATES - SOME SPECIES GROWING AS FAST AS HALF A METER A DAY, ULTIMATELY REACHING BETWEEN 30 TO 80 METERS. THIS HIGH GROWTH RATE AND NUTRIENT DENSITY MAKES KELP A GREAT SOURCE OF FOOD, AND MEDICINE FOR THOSE LACKING VITAL COMPOUNDS NEEDED FOR EVERY DAY LIFE.

IN EUROPE, MEDITERRANEAN SEAWEEDS WERE USED AS MEDICINE BETWEEN 509 BC - AD 395 BY THE GREEKS AND ROMAN. THIS VERSATILE ALGAE ALSO FOUND A PLACE AS A FEED TO ANIMALS AROUND THIS TIME AND SOME RED ALGAE WERE USED AS SOURCES OF DYING AGENTS.

THE KELP THAT WE FAVOR GROWS RIGHT OFF OUR COAST, THE *ECKLONIA MAXIMA* OR SEA BAMBOO. THIS TYPE OF KELP IS HIGHLY NUTRITIOUS SINCE IT PREFERENTIALLY BIO-ACCUMULATES ALL THE ESSENTIAL PLANT-NUTRIENTS THAT CIRCULATE IN THE OCEAN, REJECTING THE CONTAMINANTS. SOUTH AFRICAN KELP IS POSSIBLY THE LAST PURE KELP-BEDS IN THE WORLD, AS THEY ARE FED BY THE CLEAN BENGUELA COLD WATER CURRENTS, WHICH FLOW NORTHWARDS UP THE WEST COAST OF SOUTHERN AFRICA FROM THE PRISTINE ICE CONTINENT OF ANTARTICA.



ABOVE: KELP SPECIMEN

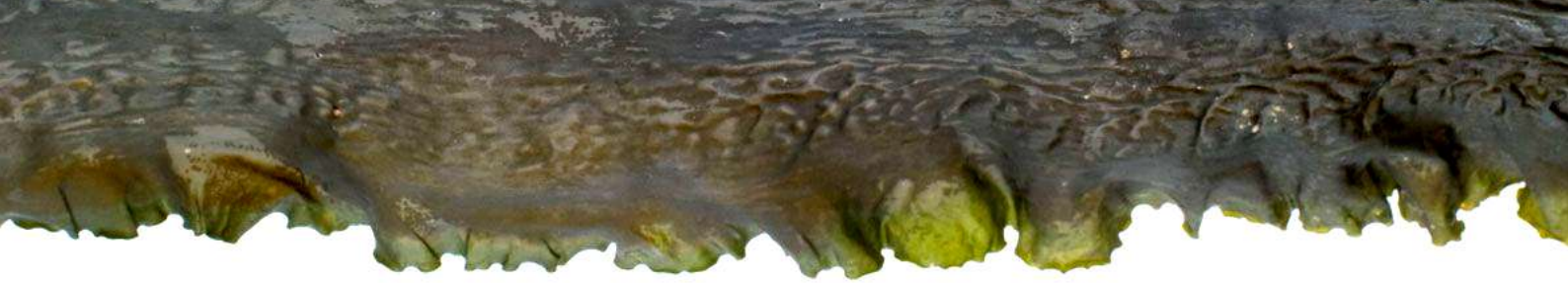
BELOW LEFT: ILLUSTRATION OF THE IRISH HARVESTING AND BURNING SEA WEED TO CREATE SODA ASH

BELOW RIGHT: BOTANICAL ILLUSTRATION OF DIFFERENT KELP SPECIES



RIGHT: KELP REGULARLY WASHES UP ON THE SHORES OF SOUTH AFRICA





LEFT: WOMEN ARE OFTEN LEFT WITH THE LABOR INTENSIVE JOB OF HARVESTING KELP, AS ITS A RICH SOURCE OF NOURISHMENT FOR THEIR FAMILIES

BELOW RIGHT: DIFFERENT KELPS AND THEIR COLOR VARIANTS



CLEAN KELP OFFERS ONE OF THE MOST COMPLETE RANGE OF NATURAL MINERALS OF ANY FOOD SOURCE ON EARTH, CONTAINING ALL THE IMPORTANT MINERALS NEEDED FOR LIFE, INCLUDING - CALCIUM, IRON, MAGNESIUM, MANGANESE, PHOSPHORUS, POTASSIUM, SODIUM, SULPHUR, ZINC, AND THE HIGHEST FOOD SOURCE OF IODINE ( OVER 50% OF THE WORLD POPULATION IS IODINE DEFICIENT )

KELP ALSO CONTAINS VITAMINS A, B's, C, D, E, K, & FOLIC ACID, PANTOTHENATE AND NIACIN AS WELL AS FATTY ACIDS, OMEGA 3 ( ALA, WELL AS SMALL AMOUNTS OF DHA ) AND 17 DIFFERENT AMINO ACIDS. THIS GREAT SUPERFOOD IS ALSO EXCELLENT OF THE BRAIN - FOR BRAIN TISSUE, SURROUNDING MEMBRANES, SENSORY NERVES & THE SPINAL CORD.

SEAWEEDS ARE VERY SUSCEPTIBLE TO POLLUTANTS, WHICH IS WHY WE ENSURE OUR POWDERED KELP IS GROWN IN SEAS NOT CONTAMINATED BY HEAVY METALS, AND THERE ARE NO CHEMICALLY POLLUTED RIVER MOUTHS NEARBY THAT FLOW INTO THAT PART OF THE SEA.



# SHATAVARI

Latin: *Asparagus racemosus*

Other Names: queen of the herbs,  
hundred roots

SHATAVARI IS AN INTERESTING HERB THAT BELONGS TO THE ASPARAGUS FAMILY. SHATAVARI SIMPLY TRANSLATES TO SHE WHO POSSESSES ONE HUNDRED HUSBANDS, ILLUSTRATING ITS EFFECTS AS A WOMEN'S GENERAL AND REPRODUCTIVE TONIC.

THIS AMAZING HERB HAS BEEN UTILIZED IN AYURVEDA FOR THOUSANDS OF YEARS, WHERE IT IS MORE COMMONLY KNOWN AS THE "QUEEN OF HERBS", IT IS THOUGHT TO NOURISH THE PRIMORDIAL DIVINE QUALITIES WITHIN WOMEN OF LOVE, CREATIVITY AND SENSUALITY.

SHATAVARI IS THOUGHT TO BE THE MAIN REJUVENATIVE HERB FOR THE FEMALE FORM, AND IS HIGHLY EFFECTIVE IN PROBLEMS RELATED TO THE FEMALE REPRODUCTIVE SYSTEM AS WELL AS BEING A VITAL ALLY IN INCREASING LONGEVITY, IMPARTING IMMUNITY, IMPROVE MENTAL FUNCTION, VIGOR AND ADDING VITALITY TO THE BODY. THE MAJOR ACTIVE CONSTITUENTS OF SHATAVARI ARE GALACTOSE, ARABINOSE, STEROIDAL GLYCOSIDES & STEROIDAL SAPONINS - SHATAVARINS I TO IV BEING HIGHLY MEDICINAL.

RIGHT AND BELOW: BOTANICAL ILLUSTRATION KRAUTERBUCH, LONITZER, 1778

BELOW LEFT: SHATAVARI IS PRIMARILY A WOMAN'S TONIC AND WAS CONSUMED AS SUCH BY THOUSANDS IF NOT MILLIONS OF WOMEN SINCE ITS DISCOVERY IN INDIA



ABOVE: SHATAVARI ROOTS

SUPPORTING WOMEN THROUGH EVERY STAGE OF THEIR LIVES, SHATAVARI'S MAIN CONSTITUENTS, THE STEROIDAL SAPONINS SHATAVARINS I TO IV SUGGEST ITS USE AS AN OESTROGEN REGULATOR. THIS MODULATION HELPS TO REGULATE MENSTRUAL CYCLES, MANAGE PMS SYMPTOMS, ALLEVIATE MENSTRUAL CRAMPS AND CONTROL THE AMOUNT OF BLOOD LOSS. SHATAVARI GREATLY HELPS WITH FLUID RETENTION AND MAY ALSO BE HELPFUL WITH THE UNCOMFORTABLE BLOATING OFTEN SUFFERED BEFORE AND SOMETIMES AFTER MENSTRUATION.





ABOVE LEFT: SHATAVARI IS HIGHLY PRESCRIBED IN AYURVEDIC MEDICINE TO TREAT MANY MALADIES CONCERNING THE FEMALE FORM

ABOVE RIGHT: ONCE PULLED UP FROM THE SOIL THIS PLANT PERFECTLY ILLUSTRATES WHY IT IS COMMONLY CALLED ONE HUNDRED ROOTS



SHATAVARI ALSO NOURISHES THE FEMALE REPRODUCTIVE SYSTEM, HELPING TO RELIEVE MENOPAUSAL SYMPTOMS SUCH AS VAGINAL DRYNESS, HOT FLASHES AND INSOMNIA. THIS PHYTOESTROGEN-RICH HERB NATURALLY HELPS TO BALANCE THE HORMONES RESPONSIBLE FOR MANY OF THE MORE UNPLEASANT SYMPTOMS ASSOCIATED WITH THIS CHANGE IN LIFE, AS WELL AS STIMULATES AND BALANCES THE PRODUCTION OF HAPPY HORMONES; ENDORPHINS, SEROTONIN AND DOPAMINE - MEANING IT CAN GREATLY REDUCE MOOD SWINGS, IRRITABILITY AND MENOPAUSE INDUCED DEPRESSION.

SHATAVARIN IV HAS BEEN SEEN TO DISPLAY SIGNIFICANT ACTIVITY AS AN INHIBITOR OF CORE GOLGI ENZYMES TRANSFERASE IN CELL FREE ASSAYS AND ALSO EXHIBITS IMMUNO-MODULATION ACTIVITY AGAINST SPECIFIC T-DEPENDENT ANTIGENS IN IMMUNO COMPROMISED BEINGS.

SHATAVARI IS ALSO A GREAT HERB TO USE TO INCREASE LIBIDO (AS IT IS A POWERFUL APHRODISIAC), MILK SECRETION DURING LACTATION, ASSIST WITH ENDOMETRITIS AND ENDOMETRIOSIS, INFERTILITY, STRENGTHEN CARDIAC IMPULSE AND REDUCING HEART RATE AND BLOOD PRESSURE.

WE STOCK SHATAVARI IN A DRIED POWDERED FORM AS WELL AS IN OUR HORMONE BALANCING TINCTURE.



BELOW: GODDESS GAYATRI WAS SAID TO HAVE CONSUME SHATAVARI, SHE IS THE EMBODIMENT OF THE DIVINE FEMALE - GAYA WHICH TRANSLATES TO MEAN THE HYMN OF WISDOM AND TRI REPRESENTS THE COMBINED STRENGTH OF THE THREE GODDESSES



# SPLIT GILL

Latin: *Schizophyllum commune*

Other Names: waiertjies, kudit

FUNGI HAVE BEEN RENOWNED MEDICINES IN MANY FAR EASTERN COUNTRIES FOR HUNDREDS OF YEARS, AND ONE OF THE MOST CAPABLE AND EASIEST TO IDENTIFY OF THEM ALL BEING THE SPLIT GILL MUSHROOM.

THIS RUGGED LITTLE FUNGUS GROWS WORLDWIDE, ON EVERY CONTINENT EXCEPT ANTARCTICA - THE SPECIES NAME COMMUNE ACTUALLY MEANS COMMON OR WIDESPREAD. IT IS EXTREMELY HARDY, GROWING IN BOTH ICY AND ARID LAND - THIS MUSHROOM GROWS ESPECIALLY WELL IN SOUTH AFRICA, SOAKING UP MOISTURE IN RAINY SEASONS AND THEN GOING INTO A SUSPENDED STATE SIMILAR TO HIBERNATION, ALLOWING IT TO SURVIVE FOR MONTHS AT A TIME WITHOUT DYING.

SPLIT GILL MUSHROOMS ARE A FAVORED TRADITIONAL FOOD THROUGHOUT SOUTHEAST ASIA, INDIA AND MANY PARTS OF AFRICA, USUALLY FRIED WITH LEGUMES AND SEEDS, IT IS SAID TO HAVE A SWEET TASTE. ON A MEDICINAL LEVEL, SPLIT GILLS TRULY SHINE. THIS MUSHROOM HAS TRADITIONALLY BEEN USED TO TREAT GENERAL WEAKNESS, DEBILITY, GYNECOLOGICAL DISEASES, LEUKORRHEA, CANCERS AND MORE.



ABOVE: SPLIT GILL SPECIMEN

BELOW: WILD SPLIT GILL MUSHROOM GROWING ON A MOSS COVERED LOG

BESIDES NUTRIENT SUBSTANCES SUCH AS PROTEIN, FIBER, AND MINERALS, ANALYSIS OF SPLIT GILL MUSHROOMS SHOW THAT THEY PRODUCES THREE NOTABLE BIOPOLYMERS - HYDROPHOBIN, KDA PROTEIN, AND BY FAR THE MOST WIDELY RESEARCHED GLUCAN IN THIS MUSHROOM BEING A WATER-SOLUBLE TRIPLE-STRANDED HELIX KNOWN AS SCHIZOPHYLLAN.

SCHIZOPHYLLAN IS A POLYSACCHARIDE COMPOSED OF GLUCOSE POLYMERS OF DIFFERENT SIZES AND DEGREE OF BRANCHING, BUT OFTEN CONSISTING OF  $\beta$ -D-GLUCANS WHICH ARE SIMILAR TO THOSE FOUND IN THE CELL WALLS OF OTHER MEDICINAL FUNGI

LEFT: ILLUSTRATION OF SPLIT GILL MUSHROOMS

BELOW: BOTANICAL ILLUSTRATION OF THE TOP AND BOTTOM OF A SPLIT GILL MUSHROOM





LEFT: UGANDAN POSTAGE STAMP - PICTURED ARE WILD ZEBRA, THE TOUGH LANDSCAPE AND SPLIT GILL MUSHROOMS

SCHIZOPHYLLAN HAS SHOWN ANTITUMOR ACTIVITY AGAINST BOTH SOLID AND ASCITE FORMS OF SARCOMAS AND CARCINOMAS. THIS AMAZING COMPOUND CAN REDUCE TUMOR GROWTH BY INCREASING LYMPHOCYTIC INFILTRATION, CYTOTOXIC T CELLS, AND NK CELL CREATION WHICH LEADS TO A STRONGER ANTITUMOR IMMUNE RESPONSE AT TUMOR SITES

THIS TOUGH LITTLE MUSHROOM CAN ALSO INDUCE THE PRODUCTION OF LAK CELLS - LYMPHOKINE-ACTIVATED KILLER CELLS ARE WHITE BLOOD CELLS THAT MEDIATE THE IDENTIFICATION AND DESTRUCTION OF CANCER CELLS.

SCHIZOPHYLLAN HAS ALSO BEEN PROVEN TO INCREASE CELLULAR IMMUNITY BY RESTORING SUPPRESSED KILLER

CELL ACTIVITY. IT CAN ALSO PROVIDE PROTECTIVE EFFECTS AGAINST MANY DIFFERENT INFECTIONS AND EVEN ACTIVATE MACROPHAGES WHICH RESULTS IN AUGMENTATION OF T CELL WHICH IS THE MOST IMPORTANT MEDIATOR OF SYSTEMIC IMMUNOMODULATION.

SPLIT GILL FUNGI ARE ALSO GREAT AS AN ADJUVANT FOR CHEMOTHERAPY PATIENTS AS SCHIZOPHYLLAN CAN INHIBIT CHROMOSOMAL DAMAGE CAUSED BY CHEMOTHERAPEUTIC AGENTS AND RADIATION.

SPLIT GILL MUSHROOMS ARE EXCEPTIONALLY POWERFUL BUT SCARCE - THEY ONLY GROW IN SMALL COMMUNITIES ON DECAYING WOOD, AND FOR THIS REASON WE ONLY PRODUCE SMALL BATCH ETHICALLY HARVESTED HYDRO-ETHANOLIC EXTRACTS TO PRESERVE AND INCREASE THE BENEFICIAL COMPOUNDS OF THIS MUSHROOM



LEFT: SPLIT GILL MUSHROOMS HAVE A HAIRY LOOKING CAP THAT FRAYS AND SPLITS TOWARDS THE MARGIN



LEFT: BEAUTIFUL FLOWER LIKE TUFTS OF THE FUNGUS BLOSSOM WHEN CONDITIONS ARE RIGHT, PRODUCING LARGE AMOUNTS OF GROWTH



# TRIPHALA

Latin: Chebulic myrobalan,  
Belleric myrobalan, Phyllanthus emblic  
Other Names: triphala churna

TRIPHALA, WHICH LITERALLY TRANSLATED MEANS THREE FRUITS, IS ONE OF THE OLDEST AND STILL MOST USED MEDICINES IN THE AYURVEDIC MEDICINE PRACTICE.

ACCORDING TO THE ANCIENT TEXTS OF AYURVEDA, WHEN THE THREE FRUITS - AMALAKI, BIBHITAKI, AND HARITAKI ARE COMBINED AS TRIPHALA, THEY FORM A VERY POWERFUL RASAYANA. A RASAYANA IS THE MOST HIGHLY REFINED AND POWERFUL HERBAL AND FRUIT COMBINATION IN AYURVEDA, AND IS KNOWN TO PROMOTE LONG LIFE AND REJUVENATION. A RASAYANA PROMOTES OJAS, THE MATERIAL EQUIVALENT OF BLISS. OJAS, ACCORDING TO AYURVEDA, IS THE FINEST PRODUCT OF DIGESTION, AND PREVENTS DISEASE, CREATES LUSTER IN THE SKIN AND REJUVENATES THE WHOLE BODY.

TRIPHALA'S OLDEST HISTORICAL REFERENCE IS FOUND IN THE SUSHRUT SAMHITAS, WHICH CONTAINS DESCRIPTIONS OF OVER 1,120 ILLNESSES, AS WELL AS SEVERAL HUNDRED TYPES OF DRUGS, MADE FROM PLANTS AND MINERALS.



ABOVE: TRIPHALA BERRY PREPARATION

IN THE FIRST CENTURY AD, IT WAS ADMINISTERED BY THE FAMOUS AYURVEDIC PHYSICIAN ACHARYA CHARAK TO THE KING OF THE KUSHAN EMPIRE. CHARKA PREPARED TRIPHALA FOR THE KING ON A REGULAR BASIS WHO, AS A RESULT, IS SAID TO HAVE LIVED TO THE RIPE OLD AGE OF 100.

THE INGREDIENTS THAT MAKE UP TRIPHALA ARE POWERFUL INDIVIDUALLY BUT WHEN COMBINED CORRECTLY, SYNERGY ENHANCES THE HEALING QUOTIENT EXPONENTIALLY

FAR LEFT: EXTRACT FROM THE THE SUSHRUTA SAMHITA

BELOW RIGHT: BOTANICAL ILLUSTRATION OF TRIPHALA DEPICTING ALL THREE FRUITS USED TO MAKE THE MIXTURE





ABOVE: AYURVEDIC MANUSCRIPT FROM ANCIENT TIMES

TRIPHALAS THREE FRUITS ARE MADE UP OF MANY POWERFUL COMPOUNDS LIKE TERPENES, POLYPHENOLS, TANNINS, ANTHOCYANINS, RUTIN, CURCUMINOIDS AND EMBLICOL, AS WELL AS GALLIC, PHYLLEMBELIC AND ELLAGIC ACIDS

TRIPHALA IS MOST COMMONLY KNOWN FOR ITS USE AS A GENTLE BOWEL TONIC, BEING HELPFUL IN DIGESTION, AND SUPPORTING REGULAR BOWEL MOVEMENTS. THE COMBINATION OF THE THREE FRUITS BOLSTER MANY OTHER SYSTEMS AS WELL. IN ADDITION TO THE GI TRACT, TRIPHALA IS USED TO SUPPORT HEALTHY RESPIRATORY, CARDIOVASCULAR, URINARY, REPRODUCTIVE, AND NERVOUS SYSTEM HEALTH.

TRIPHALA HAS ALSO BEEN SHOWN TO BE A POWERFUL ANTIOXIDANT, PROTECTING CELLS FROM THE DAMAGING EFFECTS OF FREE RADICALS. THIS AMAZING MEDICINE ALSO PROMOTES HEALTHY LIPID AND CHOLESTEROL LEVELS. TRIPHALA'S MAIN ACTION IS TO PROMOTE NORMAL HEALTH (RATHER THAN TREATING A SPECIFIC ILLNESS)

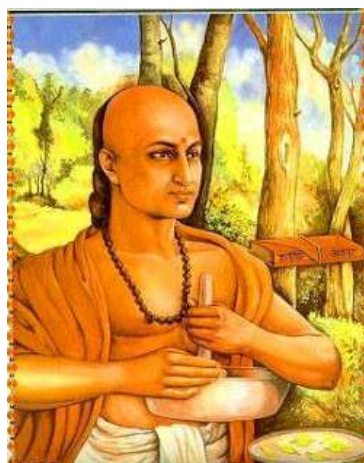
RIGHT: ILLUSTRATION OF AN AYURVEDIC PHYSICIAN TEACHING SCHOLARS ABOUT THE PRACTICE



BELOW LEFT: TIBETAN MEDICINAL POSTER USED TO IDENTIFY THE CORRECT DOSHA IN A PATIENT. TRIPHALA IS NOURISHING FOR ALL 3 DOSHA TYPES

AND IS THEREFORE OFTEN ADMINISTERED ALONGSIDE A SPECIFIC REMEDY TO INCREASE ITS EFFECTIVENESS. WE PRODUCE AN EQUAL RATIO POWDERED SUPPLEMENT OF ALL THREE FRUITS.

BELOW: PAINTING OF ACHARYA CHARAK - THE FATHER OF AYURVEDIC MEDICINE



# TURKEY TAIL

Latin: *Trametes Versicolor*

Other Names: many-zoned polypore, cloud fungus

BEAUTIFUL AND MEDICINAL. THIS VIBRANT AND COLOURFULLY BANDED MUSHROOM IS APTLY NAMED TURKEY TAIL FOR ITS RESEMBLANCE TO THE SEMI-CIRCULAR, BANDED TAILS OF WILD TURKEYS.

THIS EXQUISITE MUSHROOM WAS FIRST RECOGNISED IN 200 B.C (HAN DYNASTY) IN ONE OF THE MOST IMPORTANT MEDICAL BOOKS IN TRADITIONAL CHINESE MEDICINE (TCM) - THE SHENNONG BEN CAO JING - THE DIVINE FARMERS MATERIA MEDICA. IT IS CONSIDERED TO BE THE EARLIEST COMPLETE CHINESE PHARMACOPOEIA REFERENCE.

TURKEY TAIL HAS AN ANCIENT HISTORY OF USE AS A MEDICINAL MUSHROOM. IN MANY ASIAN CULTURES, TURKEY TAIL'S CLOUD LIKE FORMS SYMBOLIZE LONGEVITY AND HEALTH, SPIRITUAL ATTUNEMENT AND INFINITY. IT WAS TRADITIONALLY BREWED INTO A SOOTHING TEA AND DRUNK TO TREAT MANY DIVERSE MALADIES.

THESE MUSHROOMS ARE USED IN TCM AS IMMUNOMODULATORS THAT BOOSTS IMMUNE FUNCTION AND FIGHT INFECTIONS. THIS ABILITY TO SUPPORT THE HEALTH OF BOTH AN UNDERACTIVE AND OVERACTIVE IMMUNE SYSTEM IS UNIQUE AND VALUED AMONG PHYSICIANS. TURKEY TAIL MUSHROOMS ARE ALSO REVERED FOR THEIR POTENTIAL ANTITUMOR MECHANISMS AND ABILITY TO TREAT PULMONARY DISEASE

THIS COLOURFUL MEDICINE IS HIGH IN THE PROTEIN BOUND POLYSACCHARIDES PSK ( POLYSACCHARIDE KRESTIN) AND PSP( POLYSACCHARIDE PEPTIDE) WHICH ARE THE PRINCIPAL IMMUNE ENHANCING AND ANTI-TUMOR FRACTIONS.



ABOVE: TURKEY TAIL SPECIMEN

BELOW: SHEN NONG THE DIVINE FARMER - THE FIRST EMPEROR OF ANCIENT CHINA, WHO NOT ONLY INVENTED FARMING TOOLS FOR HIS PEOPLE, BUT ALSO HERBS FOR TREATING HIS PEOPLE'S ILLNESSES



RIGHT: BOTANICAL ILLUSTRATION OF TRAMETES VERSICOLOR

BELOW: ANCIENT TEAPOT DECORATED WITH TURKEY TAIL MUSHROOM ARTWORK







ABOVE: TURKEY TAIL MUSHROOMS COME IN MANY COLOR VARIANTS INCLUDING; BROWNS, GREYS, BLUES, GREENS, PURPLES AND MORE

BELOW: OUR TURKEY TAIL TRIPLE EXTRACT TINCTURE



PSK HAS IMMUNE ENHANCING ACTIVITY AND A BROAD ANTINEOPLASTIC SCOPE. IT HAS BEEN SHOWN TO STIMULATE PHAGOCYTOTIC ACTIVITY OF MACROPHAGES AND IMPROVE THE FUNCTION OF THE RETICULOENDOTHELIAL SYSTEM ALONG WITH ITS ABILITY TO RESTORE ANTIBODY PRODUCTION IN CANCEROUS PATIENTS WITH SARCOMA 180.

PSK ACTS DIRECTLY ON TUMOR CELLS AS WELL AS INDIRECTLY ON THE HOST TO BOOST CELLULAR IMMUNITY. IT HAS SHOWN ANTI TUMOR ACTIVITY WITH REGARDS TO FIBROSARCOMA, MELANOMA, MAMORY, COLON, LUNG CANCERS AND MORE.

THIS AMAZING MUSHROOM HAS ALSO DEMONSTRATED ANTIVIRAL ACTIVITY. IT IS USEFUL FOR UPPER RESPIRATORY, URINARY, AND DIGESTIVE TRACT INFECTIONS, AS WELL AS A CURATIVE TO LIVER AILMENTS, INCLUDING HEPATITIS B AND CHRONIC ACTIVE HEPATITIS.

TURKEY TAIL IS AN ANCIENT INDIGENOUS MEDICINE FROM MANY DIFFERENT CULTURES AROUND THE WORLD AND CAN BE FOUND GROWING ON NUMEROUS TYPES OF WOOD SPECIES IN WARM AND COLD CLIMATES ALIKE - INCLUDING RIGHT HERE IN SOUTH AFRICA. WE USE WILD HARVEST TURKEY TAILS WE FIND TO PRODUCE A LIQUID EXTRACT, WITH ETHANOL AND WATER - THIS ENSURES ALL THE ESSENTIAL PHYTOCHEMICALS HAVE BEEN EXTRACTED FOR OPTIMAL BENEFIT

BELOW: A HAN DYNASTY PAINTING DEPICTING A TEA CEREMONY WHERE TURKEY TAIL MUSHROOMS WOULD HAVE BEEN DRUNK



# USNEA

Latin: *Usnea* Spp.

Other Names: old man's beard,  
beard lichen

USNEA, OR BETTER KNOWN AS OLD MAN'S BEARD IS THE MOST MEDICINAL OF ALL LICHEN, AND FOR THIS REASON IT HAS BEEN A STAPLE IN MANY PHARMACOPOEIA'S THROUGHOUT HISTORY.

LICHEN ARE A SYMBIOTIC RELATIONSHIP BETWEEN AN ALGAE AND A FUNGUS. THE ALGAE IS ABLE TO PHOTOSYNTHESIZE AND THEREFORE PRODUCE FOOD FOR THE ORGANISM, WHERE AS THE FUNGAL STRUCTURE SUPPORTS THE ALGAE AND STOPS IT DRYING OUT. THIS DUAL PARTNERSHIP ALLOWS THIS ORGANISM TO THRIVE WHERE OTHER ORGANISMS STRUGGLE.

A DISTINGUISHED TRAVELER MAKING HIS WAY THROUGH THE VALLEY OF THE NILE IN 1864 DISCOVERED A VASE FROM THE 18TH DYNASTY (1700- 1600 B.C.), WITH CONTENTS UNDISTURBED FOR 3000 YEARS. IN THE VASE WERE BERRIES AND A LICHEN, THIS IS THE FIRST KNOWN USE OF LICHENS AS FOOD AND MEDICINE BY ANCIENT CIVILIZATIONS. THE CHINESE HAVE ALSO USED DIFFERENT USNEA SPP FOR THOUSANDS OF YEARS. EARLY CHINESE HERBALISTS RECOMMENDED USNEA LONGISSIMA AS AN EXPECTORANT AND AS A POWDER TO HEAL EXTERNAL ULCERS,



ABOVE: USNEA SPECIMEN

AND HIPPOCRATES OF ANCIENT GREECE RECOMMENDED USNEA BAT·BATA, FOR UTERINE COMPLAINTS.

WITH MODERN RESEARCH WE CAN SEE THAT USNEA SPP. HAVE ANTIBACTERIAL, ANTIBIOTIC, ANTI-FUNGAL, ANTI-PARASITIC, ANTI-SEPTIC, AND AN IMMUNE ENHANCING BENEFITS.

USNEAS CHEMISTRY IS COMPLEX AND VARIED - MORE THAN 200 COMPOUNDS HAVE BEEN IDENTIFIED INCLUDING POLYSACCHARIDES, MUCILAGE, ANTHRAQUINONES, ENDOCROCIN, CAROTENE AND THE HIGHLY STUDIED LICHEN ACIDS

FAR LEFT: USNEA BOTANICAL ILLUSTRATION

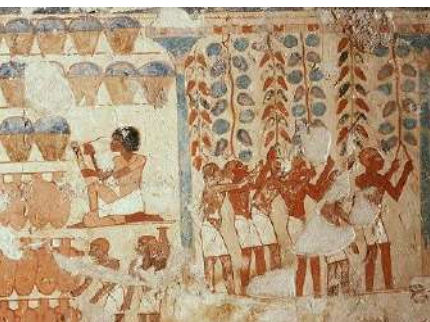
LEFT: DIFFERENT LICHEN SPECIES SIMILAR TO USNEA BUT NOT THE SAME MEDICINAL BENEFITS

BELOW: WILD TREE COVERED IN USNEA LONGISSIMA





LICHEN ACIDS ARE EFFECTIVE AGAINST GRAM POSITIVE BACTERIA, SUCH AS STREPTOCOCCUS (STREP THROAT ETC.) STAPHYLOCOCCUS (IMPETIGO, ETC.), MYCOBACTERIUM TUBERCULOSIS, AND OTHER FAST-GROWING SPECIES. USNIC ACID INHIBITS A PROCESS CALLED OXIDATIVE PHOSPHORYLATION WHICH IS CRUCIAL FOR THE BACTERIA'S METABOLISM. USNEA IS ALSO ANTI FUNGAL, SO IS EFFECTIVE AGAINST CANDIDA, ATHLETE'S FOOT, DANDRUFF, AND RINGWORM



THE POLYSACCHARIDES HAVE ALSO BEEN STUDIED AND ARE SHOWN TO BE IMMUNE STIMULATING, INCREASING THE PHAGOCYTTIC POTENTIAL OF THE RETICULOENDOTHELIAL SYSTEM (RES). THUS THE IMMUNE SYSTEM MAY BE BETTER PREPARED TO CLEAR THE BODY OF CANCER CELLS, BACTERIA, TOXIC WASTES AND VIRUS-INFECTED CELLS.

USNEA SPP. ARE VERY SLOW GROWING. THEY ARE MOSTLY FOUND ON OLD GROWTH TREES WITHIN UNPOLLUTED HABITATS. THEY ARE VERY POLLUTION SENSITIVE, SO WE ONLY HARVEST FROM PRISTINE AREAS, AFTER HEAVY RAINS BREAK OFF OLD TREE BRANCHES. THE LICHEN CAN THEN BE GATHERED FROM THE WOODLAND FLOOR. WE CREATE A HYDRO-ETHANOLIC EXTRACT TO CONCENTRATE THE CHEMICALS FOUND WITHIN THIS POWERFUL HERB

FAR ABOVE: USNEA'S COMMON NAME OF OLD MANS BEARD LIKELY CAME FROM THE NATURE DIETY CERNUNNOS WHO HAD THE LICHEN TANGLED IN HIS BEARD

ABOVE LEFT: ANCIENT EGYPTIANS HAVE USED MANY HERBS SINCE THE DAWN OF THEIR CIVILIZATION, INCLUDING DIFFERENT LICHENS



# HERBAL GUIDE

## AFFRICAN POTATO



ADAPTOGEN. STRESS & ANXIETY. BOOSTS ENERGY. INCREASES FERTILITY. MUSCLE MASS & STRENGTH.

## ASTRAGALUS



TONIC. IMMUNE BOOSTER. ANTIBIOTIC. ELIMINATES COUGHS. REDUCES PHLEGM. ANTI-CANCER



## ASHWAGANDHA

POWERFUL IMMUNE BOOSTER. ANTI INFLAMMATORY. ROTECTS THE CARDIOVASCULAR SYSTEM.



## ARTIST CONK

## BAOBAB



NOOTROPIC. BOOSTS BRAIN FUNCTION. ADHD. ANXIETY & STRESS. LOWERS BLOOD PRESSURE.

SUPERFOOD. RICH IN VITAMINS & MINERALS. ANTI INFLAMMATORY. ANTIOXIDANTS.



## BRAHMI

## BUCHU



HIGH IN VIT C. IMMUNE BOOSTER. ANTIOXIDANTS. COLLAGEN PRODUCTION. REDUCES BLOOD PRESSURE.

ANTI-INFECTION. ANTI-BACTERIAL. ANTI-FUNGAL. DIURETIC. STOMACH TONIC.

## CANCER BUSH



IMMUNE BOOSTER. ANTIVIRAL. ARTHRITIS. ANTI-CANCER. HIV/AIDS. FIGHTS CROHN'S DISEASE.

## CAMU CAMU



ADAPTOGEN. IMMUNE BOOSTER. ANTI-CANCER. TB. HIV/AIDS. CHRONIC FATIGUE. APPETITE STIMULATION.

## CHAGA



ARTHRITIS & GOUT. PAIN MANAGEMENT. REDUCES HUNGER. FOLLICULAR LYMPHOMA.

## CATS CLAW



GENERAL TONIC. IMMUNE BOOSTER. ANTI- CANCER. LOWERS CHOLESTEROL. ANTI INFLAMMATORY.

## ELEUTHERO



NOOTROPIC. MEMORY & FOCUS. CIRCULATION. HEART HEALTH. ALZHEIMER'S & DEMENTIA.

## DEVILS CLAW



ADAPTOGEN. INCREASES STAMINA & MENTAL ALERTNESS. IMPROVES MEMORY. ANTIVIRAL.

## GINKGO



## GOKSHURA



MENS HEALTH. PHYSICAL STRENGTH. SEXUAL FUNCTION & LIBIDO. APHRODISIAC. PROSTATE.

TONIC. BOOSTS COGNITIVE FUNCTION. ALZHEIMER'S DISEASE. ANTIDEPRESSANT. CIRCULATION



## GOTU KOLA

## LIQUORICE



ADAPTOGEN. SOOTHES G.I. PROBLEMS. HEARTBURN & ACID REFLUX. STRESS. COUGHS & SORE THROAT

ADAPTOGEN. STRESS & ANXIETY. BOOSTS ENERGY. INCREASES FERTILITY. MUSCLE MASS & STRENGTH.



## MACA

## MORINGA



SUPERFOOD. HIGH IN VITAMINS & MINERALS. ANTIOXIDANTS. DIABETES. CHOLESTEROL.

MOOD LIFTER & ANTIDEPRESSANT. PARKINSON'S DISEASE. ADHD. INFERTILITY.



## MUCUNA

## PAU D'ARCO



ANTIBACTERIAL & ANTIFUNGAL. FIGHTS CANDIDA. ULCERS. ANTI-CANCER & CHEMOTHERAPY.

TONIC. BOOSTS TESTOSTERONE. INCREASES ENERGY & STAMINA. DETOXIFIES THE BODY. ANTIOXIDANTS.



## PINE POLLEN

## REISHI



ADAPTOGEN. IMMUNE BOOSTER. ANTI-CANCER & TUMOR. CHRONIC FATIGUE. HEART HEALTH.

ADAPTOGEN. STRESS & ANXIETY. BRAIN FUNCTION. EXERCISE PERFORMANCE. CARDIOVASCULAR HEALTH.



## RHODIOLA

## SCHISANDRA



TONIC. LONGEVITY. SKIN HEALTH. ANTI INFLAMMATORY. LIVER FUNCTION. DIGESTIVE HEALTH

SUPERFOOD. HIGH IN VITAMINS & MINERALS. HIGH IN IODINE. OMEGAS. TREATS BONE LOSS.



## SEA BAMBOO

## SHATAVARI



WOMENS HEALTH. REPRODUCTIVE HEALTH. MENOPAUSE. HORMONAL IMBALANCES. LIBIDO.

POWERFUL IMMUNE BOOSTER. ADJUNCT TREATMENT FOR CHEMOTHERAPY. ANTI-CANCER & TUMOR.



## SPLIT GILL

## TRIPHALA



PANACEA. G.I. TRACT. INFLAMMATION. CHOLESTEROL. IMMUNE SYSTEM. COLON CLEANSER.

IMMUNE MODULATOR. INFECTIONS. ANTIVIRAL. G.I TRACT. ANTI-CANCER & TUMOR.



## TURKEY TAIL

## USNEA



ANTI BIOTIC. ANTIMICROBIAL. ANTIBACTERIAL, ANTIFUNGAL. COUGHS. IMMUNE BOOSTER.



## BACK TO OUR ROOTS

Mankind has utilized plants and mushrooms as medicine for many millennia - however, over the past few decades we as a species have strayed far from the knowledge we once possessed, the knowledge of living in accord with Nature's laws. A resurgence towards a more natural way of healthcare has emerged, the age-old practice of herbalism. Through herbalism we emphasizes first and foremost the promotion of health above the elimination of disease - after all prevention is better than cure. We truly hope that by utilizing the abundance nature has provided, you can in turn cultivate radiant health, fortifying your system and imbuing you with the necessary tools required to promote over-all wellbeing.

**NATURE ITSELF IS THE BEST PHYSICIAN**  
- HIPPOCRATES

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