

Herbal Benefits Page 1

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Sea moss/ Irish Sea Moss- Heart Health, Lower Cholesterol, Natural Weight Loss Supplement, Good Source of Iodine, Boost Immune System

Pau' D Arco- Treat Arthritis, Pain, Inflammation, Fever, Boils, Ulcers, Various Cancers, Dysentery

Burdock Root- Blood Purifier, Lymphatic System Strengtheners, Skin Healer, Natural Diuretic, Helps Combat Cancer, Defends Against Diabetes, Helps Treat Enlarged Spleen, Improves Arthritis, Fights Tonsillitis.

Liquid Chlorophyll- Heals Damaged Skin, Boosts Red-Blood Cells, Helps with Weight Loss, Neutralizes Toxins, Prevent Cancer, Boost Energy, Fight Against Illness.

Elderberry- Treats Cold & Flu, Helps Fight Cancer, Fights Harmful Bacteria, Support Immune System, Protects Against UV Radiation.

Black Cohosh- Used for Menopause Symptoms: Hot Flashes, Night Sweats, Vaginal Dryness, Heart Palpitations, Tinnitus, Vertigo, Sleep Disturbances, Nervousness, Irritability.

Ginkgo Biloba- Fights Against Inflammation, Reduce Anxiety, Treats Depression, Improves Brain Function, Improves Circulation & Heart Health, Supports Vision & Eye Health, Reduce Symptoms of Psychiatric Disorders, Alzheimers, Dementia, Diabetes.

Turmeric- Stop DNA Mutations, Skin Disorders, Preventing Cancer, Improve Digestion, Preventing Asthma Attacks, Improves Digestions, Helps with Weight Loss, Detox for Liver, Stimulating the Immune System, Managing the Cholesterol.

Primrose Oil- Helps with PMS, Mild Skin Conditions, Breast Pain, Menopause, Inflammation, Multiple Sclerosis, Blood Pressure.

Flax Seed- Decreasing Obesity, Regulating Blood Pressure, Preventing Colon Cancer, Inflammation, Hot Flashes.

Tea Tree Oil- Acne, Athletes Foot, Cuts, Dandruff, Insect Bites.

Grape Seed Extract- Edema, Cancer, Lowering Cholesterol, Blood Pressure.

Lavender- Anxiety, Stress, Blood Pressure, Migraine.

Chamomile- Anxiety, Stress, Insomnia, Cancer

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Bay leaves- Rich in Vitamin A, C, Iron, Potassium, Calcium, Magnesium. Help with Migraines, Improves Digestion, Relieves Sinus Pressure or Stuffy Nose, Relieves Upset Stomach.

Cloves- Antioxidants found in Cloves can help reduce risk of developing Heart Disease, Diabetes & certain Cancers, Improves Digestion and relieves Gas & Bloating, Can help Detoxify the Body and Boost the Immune System.

Ginger- Loaded with Antioxidants & Compounds that prevents Stress & Damage to your Body's DNA, Reduces Nausea & Swelling, Menstrual Cramps, Osteoarthritis, Diabetes, Migraine Headaches.

Rosemary- Boost Immune System, Increase Blood Circulation, Reduce Anxiety, Boost Moods, Improves Concentration & Memory, May help with Lowering Blood Sugar, Supports Brain Health, Protects Eye & Vision Health.

Peppermint- Improves Irritable Bowel Syndrome, Reduce Indigestion, Decrease Breast Feeding Pain, Mask Bad Breath, Improves Cold Symptoms.

Basil Leaves- Help maintain Skin Health, Supports Liver Health & Detoxify Body, Boost Digestive System, Anti- Inflammatory, Fights Depression, Diabetes Management, Promotes a Healthy Gut.

Dill- Helps Reduce Risk of Heart Disease & Stroke, Rich in Antioxidants, May help Lower Blood Sugar, Contains Anticancer Properties, Bone Health, Menstrual Cramping.

Echinacea- Used to Strengthen Body's Immune System, Prevention against Common Cold & Flu.

Ginseng- Elevate Body's Energy Levels, Stress.

Goldenseal- Antiseptic/ Germ Stopping qualities, Used for Colds & Flu.

St John's Wort- Recommended for Minor Depression, Used to Treat Mental Disorders.

Saw Palmetto- Used for Enlarged Prostate.

Hawthorn- Used for Several Heart Related Conditions, Supportive in treatment of Angina, Atherosclerosis, Heart Failure, High Blood Pressure.

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Thyme- Full of Vitamin C for Immune Support. Potassium for healthy Cells, Manganese for Bone Development & Clotting.

Sage- Loaded with Antioxidants, Support Oral Health, Protect against certain Cancers, Ease Menopause, Reduce Blood Sugar Levels.

Chickweed- Reduce Inflammation, Fight Germs, Weight Loss.

Lemon Balm- Headache & Tension.

Cinnamon- Helps Neutralize Free Radicals preventing them from damaging Cells in the Body, Improve Fungal Infections, Influence Blood Sugar Levels, Helps to Prevents Alzheimers, Helps with Protecting against HIV, Helps to prevent MS, Lowers effect of High Fat Meals, Helps to Treat & Heal Chronic Wounds, Helps to prevent Cancer, Helps to reduce the risk of Cardiovascular Disease.

Coconut Water- Aids in Hydration, High in Potassium, Kidney Stone Prevention, Healthier Skin, Low in Calories, May support Heart Health, Beneficial after Prolonged, Exercise.