



# Herbals & Health

## **Ashwagandha**

### **Energy, strength and stress relief**

Ashwagandha -*Withania somnifera*- has been referred to as Indian ginseng; its roots are used in Ayurvedic medicine in much the same way as ginseng is used in traditional Chinese medicine. This magnificent herb is very useful for raising energy, strength, stamina, the total rejuvenation of the body, and for its capacity to relieve stress. It helps to strengthen the nervous system and is also very successfully used to avoid premature aging. It helps to normalize the functioning of the body by stabilizing and maintaining the secretion of enzymes. Ashwagandha has anti-stress adaptogenic action that leads to improved physical fitness and helps cope with life's daily stress. It raises physiological endurance and protects against the effects of stress. It is particularly beneficial for stress related disorders such as arthritis, hypertension, diabetes, and premature aging.

usage: 2 to 6 capsules daily or one measuring spoon with hot water or milk. Consume the entire amount or divide into two or three doses throughout the day. Not recommended for people suffering from liver diseases, or digestive disorders.

## **Brahmi**

### **Mental performance support**

Brahmi -*Bacopa monnieri*- traditionally used in Ayurveda, has gained worldwide fame as a memory booster, promoting mental awareness and concentration. It is widely used as an antioxidant and for improving brain cell function. It helps relieve nervous congestion. This herb is used to better the process of learning, improve the power of speech and imagination, ease nervous and mental strain, and is employed in cases of nervous breakdowns. Taking Brahmi can assist you in experiencing a better sense of well-being during periods of restlessness, anxiety, fatigue, cloudiness of thought, and an overactive mind. Very useful in the cure of Attention Deficit Disorder, this herb induces a sense of calm and peace while facilitating concentration by stimulating neural activity.

It is also used as a blood cleanser and is considered useful for any inflammations, and for controlling blood pressure. Brahmi is considered the main rejuvenating herb for the nerve and brain cells.

Usage: 2 to 6 capsules daily or one measuring spoon with hot water or milk. Consume the entire amount or divide it into two or three doses throughout the day.

## **Neem**

### **Purifier - immune system**

The Neem tree - *Azadirachta indica* – is known as “the reliever of sickness” and is represented by every aspect of traditional Indian science and culture. The earliest Sanskrit medical writings refer to the benefits of the fruits, seeds, oil, leaves, roots and bark of the Neem tree. Each of these has been used since ancient times in the Ayurvedic and Unani systems of medicine. Neem boosts the immune system at all levels while helping the body fight infections. It has anti-bacterial, anti-fungal and blood purifying properties. Neem is useful for skin disorders and keeps the skin healthy and glowing.

Usage: 2 to 6 capsules daily or one measuring spoon with hot water. Consume the entire amount or divide it into two or three doses throughout the day. Not recommended during pregnancy or when trying to conceive.

## **Triphala**

### **Complete body cleanser - digestion**

Triphala - three fruits- is an Ayurvedic herbal formula consisting of equal parts of three herbs: Amla (Indian Gooseberry), Bibhitaki (*Terminalia bellirica*) and Haritaki (*Terminalia chebula*). Triphala is used in Ayurveda as a complete body cleanser. Triphala help to detoxify and cleanse the colon. It also purifies the blood and removes toxins from the liver. Other cleansing benefits of Triphala include reducing some forms of cholesterol (serum cholesterol), and reducing high blood pressure. Triphala is used for immune system stimulation, improvement of digestion and relief of constipation. A popular folk saying in India says: “You do not have a mother? Don’t worry, as long as you have Triphala in your life.”

Usage: 2 to 6 capsules daily or one measuring spoon with hot water or milk. Consume the entire amount or divide it into two or three doses throughout the day. Not recommended during pregnancy.

## **Amla**

### **Vitamin C - anti-oxidant**

In Ayurveda the importance of Amla, also known as Indian gooseberry, has been described by the Rishis, the ancient sages of India, as having detoxifying, anti-aging properties and improving overall immunity . The health benefits of Amla can be attributed to the high vitamin C content. Amla has anti-oxidant properties and helps combat free radicals. It is considered one of the strongest rejuvenators, particularly for your blood, bones, liver, heart and skin. Amla balances stomach acid, nourishes the brain and mental functioning, supports the heart, strengthens the lungs, promotes healthier hair, acts as a body coolant, flushes out toxins, increases vitality, strengthens the eyes and improves muscle tone The high amount of Vitamin C in Amla helps the body to better digest food and to assimilate minerals like iron; it also enhances metabolism.

Usage: 2 to 6 capsules daily or one measuring spoon with hot water or milk. Consume the entire amount or divide it into two or three doses throughout the day.

## **Stevia**

### **Natural sweetener - stabilizes blood sugar**

Stevia (*stevia rebaudiana*) or sweetleaf - a genus of the sunflower family - has been used nutritionally and medicinally for centuries by the Guarani Indians of Paraguay. Stevia’s most obvious and notable characteristic is its sweet taste. However, the sweet taste is not due to carbohydrate-based molecules, but to several non-caloric molecules called glycosides. Medical research has shown possible benefits of Stevia in treating obesity and hypertension (high blood pressure). Because Stevia has a negligible effect on blood glucose, even enhancing glucose tolerance, it is attractive as a natural sweetener to people on carbohydrate-controlled diets and diabetics, as it has properties which help stabilize the blood sugar level. It inhibits the bacteria that causes plaque on teeth, and is thus effective for cavity prevention.

Usage: Add one measuring spoon to a cup of hot water or milk or add to your chai or herbal tea.

## **Shatavari**

### **Women’s Health**

Shatavari (*Asparagus racemosus*) is a climbing plant which grows in low jungles areas throughout India. Shatavari, which means “she who possesses a hundred husbands” in Sanskrit, is considered to be the most beneficial herb for balancing the female hormonal system. Shatavari cleanses the blood and nourishes the female reproductive organs. It supports the natural fertility of the body, it provides nourishment to the womb and ovum, it supports the female organs in protecting the foetus in the early stages of pregnancy and it is useful as a post-partum tonic. Shatavari enhances estrogen hormone production, thereby helping to ward off many diseases while promoting milk production in lactating mothers. Shatavari is very useful for women who suffer from low natural estrogen levels as a result of menopause.

usage: 2 to 6 capsules daily or one measuring spoon with hot water or milk. Consume the entire amount or divide into two or three doses throughout the day.