

# TOP 20 CHINESE HERBS FOR ENERGY, STAMINA AND STRESS RELIEF

Discover The Herbs Used  
For Centuries To Activate  
Powerful Qi In The Body

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mind body spirit

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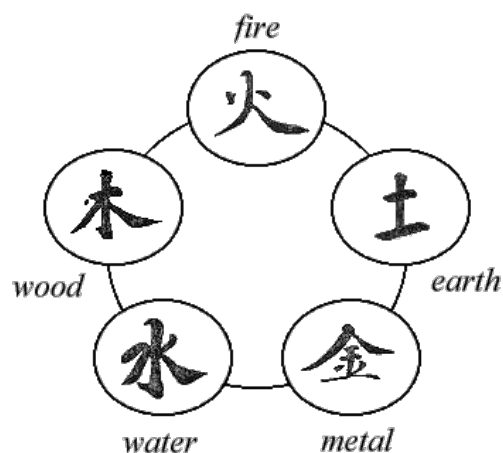
# Introduction

## Qi Explained

‘Qi’ or Chi can be loosely defined as the life force or prevalent energy in every living thing. The Qi concept is the core of Chinese philosophy, particularly Chinese martial arts and medicine. The term literally translates to ‘gas, air, or breath’. A person’s Qi is often believed by many alternative and holistic medicine practitioners and spiritualists to be the most telling yardstick of a person’s health.

In traditional Chinese medicine, any disruptions in one’s health are considered to be the outcomes of imbalanced Qi in specific organs. The remedial measures in this regard seek to get the patient’s Qi back on track through solutions such as *Tai Chi*, acupuncture, *Feng Shui*, acupressure, food therapy, and herbology, to name a few.

## The Five Elements of Qi



The five elements of Qi are water, metal, earth, fire, and wood. These represent the elements of nature and wax and wane as per the daily and seasonal phases of the Earth. According to traditional Chinese medicine, each individual has a unique ‘blend’ or proportion of these five elements, which means that any disease or health condition can only be controlled or cured after the person’s Qi has been rightly identified. Natural remedies like

Chinese herbs and medicinal mushrooms are often used in such cases to eliminate the root cause of the problems.

### Water:

The water element governs the urinary bladder and the kidneys. When the water in one's Qi is well-balanced and strong, the person has no kidney problems and is also believed to be courageous and determined, and most likely to live a long life.

A person with weak Qi in this area will be most prone to health problems associated with fertility and sexuality, urination, and metabolism. Since bladder function gets compromised with age, older people often tend to have a weak water element. The symptoms of weak Qi in this region are hot flashes, dark bags or circles under the eyes, dry skin, and night sweats.

### Metal:

The metal element governs the large intestines and lungs. One with a healthy metal Qi is considered to be organized and disciplined. A person with weak Qi in this region may be very prone to depression and lung problems such as asthma, concurrent colds, rashes, allergies, diarrhea, and other bowel diseases.

### Earth:

The Earth element governs the spleen and stomach. A well-balanced earth Qi is well-grounded and calm. However, a person with imbalanced


earth Qi may have frequent stomach problems, weight problems, anxiety issues, and lack of mental clarity.

## **Fire:**

The fire Qi is located in the pericardium, heart, and small intestines. Those with a strong Qi in this area are charismatic, passionate, and born socializers. Individuals with a poor fire Qi are most likely to suffer from insomnia and restlessness, nervousness, hypertension and other cardiovascular problems, and a very low tolerance toward heat.

## **Wood:**

The wood Qi rules the gallbladder and liver. A well-balanced energy force in this area reflects the person's ability to make decisions and partake in meticulous planning. Those with a poor wood Qi are likely to experience conditions like gas and bloating, addictive tendencies like alcoholism, and anger management issues. The symptoms of imbalanced energy in this region are brittle and dry nails, migraines, menstrual problems in women, sinus, and eye problems.



# Medicinal Mushrooms





# Chaga Mushroom

## Chaga

When Nobel Laureate Alexandr Solzhenitsyn wrote about the amazing beneficial properties of the Chaga mushroom in his book Cancer Ward, he quite literally put this amazing herbal mushroom on the medicinal map where it has occupied a very special and exalted space since then. Of course, the benefits of the Chaga mushroom have been well known since time immemorial and it has been considered a very special herb especially in alternative medicine.

From treating cancer to tuberculosis, the Chaga has been credited with many more important cures and has been quite a discovery for the Western world. What is the Chaga mushroom and where can you find it. More importantly, what are its uses limited to and how much can it help you in treating different ailments? Read on to find out.

Chaga, also referred as *Inonotus Obliquus*, is a pore fungus that usually grows on birch trees. Occasionally, this medicinal herb is also found growing on alder, beeches, elm and ironwood.

Chaga helps in balancing the 'Qi' levels of the body. Moreover, in addition to cancer, Chaga mushroom has been used for ages for treating various health conditions such as:

- Tuberculosis
- Various stomach problems
- Viral infections

- Diabetes
- Cardiovascular disease

In addition, the proponents of Chaga mushroom claim that this 'nature's gift' can also be used as an alternative therapy for HIV infection.

## What is the Chaga mushroom?

The Chaga mushroom doesn't resemble conventional mushrooms. It is a parasitic fungus that grows on birch trees and resembles a lump of burnt charcoal. The Chaga eventually causes the death of the host tree. The Chaga is solid, black and crumbly and is very well known in folk medicine. In the US, the Chaga is not considered as a medicine but rather as a food with a GRAS (Generally Rated As Safe) FDA rating. Nevertheless, there is greater understanding about the Chaga today than there was earlier and therefore, it's being discovered as one of the best options for many diseases.

## Origins and properties

The Chaga is typically found in the birch forests of Russia, Eastern and Northern Europe and Korea. It is also found in North Carolina in the US and in Canada. Chaga is an extremely rich in anti-oxidants. It is also known for its anti-cancer, anti-inflammatory, anti-ulcer and pain relieving properties. This is however, just the tip of the iceberg. There are plenty of ways in which Chaga is known to alleviate the symptoms of many diseases and help people live a better and healthier life.

## Benefits

Chaga has numerous benefits and some of them have been in use since the 16<sup>th</sup> century. While it has become increasingly popular for its effects on cancer, Chaga has various other uses as well. Here's a look at the different benefits that the Chaga mushroom offers:

- **Anti-cancer** – For years, people in folk medicine have been using the Chaga to cure cancer and while its efficacy is still being debated, there is also research being done to corroborate the findings. The Chaga mushroom is known to be effective in the case of liver cancer, gastric cancer, uterine cancer, breast cancer, melanoma, colon cancer and lung cancer.

It is also advised that the chaga be used along with conventional cancer treatments to make the immune system stronger and have reduced side effects. Chaga contains betulinic acid which is the core ingredient that stops cancer and prevents tumors from forming.

- **Antioxidant** – We all know about the importance of antioxidants in our lives. It might amaze you to learn that Chaga has the highest ORAC (Oxygen Radical Absorbance Capacity) of any natural food! In fact it is said to be better than even Acai berries or Chinese wolfberries.

- **Stronger immune system** - Consuming Chaga mushrooms regularly can make your immune system stronger and your body won't be susceptible to various diseases. Typically, Chaga can be consumed as a tea and if this habit is continued over a period, you can find your general health to improve considerably.
- **Anti-diabetic** – Studies have shown that the Chaga mushroom is also useful to lower the levels of blood sugar in diabetic mice. The Chaga extract has anti-hyperglycemic properties although it has not yet been verified in human subjects.

## Side Effects

Beneficial as it is, health experts still recommend that you must keep a few things in mind before using Chaga mushroom. There are two reasons for this:

- a) Chaga mushroom may cause some side effects, especially if you take other drugs that can potentially interact with it
- b) The scientific studies done on this natural herb in terms of human use are limited

Chaga mushroom may cause the following two side effects in some people:

- **Increase the risk of bleeding:** Chaga mushroom may increase the risk of bleeding if taken with anti-platelet medicines or anticoagulants.



This is because this medicinal herb can accentuate the effects of the aforementioned drugs.

- **Increase the risk of hypoglycemia:** Hypoglycemia, in simple terms, is low blood sugar levels. Chaga mushroom can magnify the effect of diabetes medicines such as insulin and increase patient's risk to hypoglycemia. Common symptoms that occur during a hypoglycemic episode include the following: increased hunger, weakness, shakiness, dizziness, confusion, trouble speaking, and anxiety.

Health experts recommend that pregnant and breastfeeding women should use Chaga mushroom only after consultation with their doctor.

## Research

A lot more research needs to be conducted on Chaga to understand just how much this mushroom can help us medicinally. Unfortunately, most of the research that has been done is still in the in-vitro stage and that is not enough basis for conclusions. Nevertheless, the need for Chaga has indeed become stronger and it's one of nature's most wonderful bounties that has prompted researchers to look into its various properties more deeply.

## Harvesting the Chaga

The Chaga mushrooms do not resemble conventional mushrooms and appear like a lump of charcoal adhering on the bark of birch trees. The fact is that Chaga is a parasitic fungus and can stay on a tree for sometimes even more than 15 years, taking off all the nutrients from the tree, and causing its death eventually. When the Chaga is ready to be harvested, the outer surface bulges out and looks like coal. As you continue digging into the Chaga, the appearance, color and texture begin to resemble that of cork. Furthermore, these mushrooms are very dry.

## Consumption

The Chaga mushroom can be consumed as tea, which is quite like regular tea or coffee. The mushroom can be crumbled and brewed for many hours or days to ensure that all the active ingredients are extracted. The brewed concoction could either be boiled or left as is. If all this sounds rather tedious, a simpler and more convenient way to enjoy the benefits of Chaga would be to purchase its supplements.



# Cordyceps

## Cordyceps

Cordyceps was a well-kept Chinese secret until the Beijing Olympics in 1993 when the world got to know how cordyceps had boosted the performance of some of the Chinese athletes and enabled them to break world records. However, this wasn't always a secret, as ancient Chinese texts have always extolled the virtues of cordyceps and outlined its amazing medicinal properties.

There are over 400 species of cordyceps, but for our purposes, we will consider *cordyceps sinensis* to understand how it can be beneficial to us. *Cordyceps sinensis* is commonly known as the caterpillar fungus. It is typically found in China, Tibet, Nepal, and the Himalayan regions of India. The caterpillar fungus germinates in living organisms, typically larvae, kills the insect, and then mummifies it, after which the cordyceps emerges from the body of the insect.

*Cordyceps sinensis* has been used in traditional Chinese medicine for various purposes. In Chinese, it is known as dong chong xia cao, which means 'winter worm, summer grass' – a perfect explanation for describing how the *cordyceps sinensis* starts out as a worm in the winter to become a plant in the summer.

The ancient Ming Dynasty of China knew this magical herb as a Tibetan potion. Cordyceps was used to reinvigorate the 'Qi', or the energy flow.

## Benefits

*Cordyceps sinensis* has a number of benefits for overall general health, but there are some specific reasons as to why it is favored by many. Here are some of the benefits provided by *cordyceps sinensis*:

- **Improved Immune system** – *Cordyceps sinensis* is commonly used to boost the immune system and make people stronger. Chinese medicine practitioners believe that cordyceps increases the white blood cell count and thus protects the body against viruses and bacteria that cause illnesses. The elderly in Chinese society also use it as a form of ‘super ginseng’ to improve their stamina and health.
- **Better physical performance** – In the context of the Chinese athletes in the Olympics, cordyceps was used to improve their performance and to build up muscle. The results of their performance were there for the whole world to see. Cordyceps helped these sports people by increasing their stamina and energy levels and is now a popular supplement in the sports community.
- **Improved libido** – Here’s good news for those who think they need Viagra. Cordyceps stimulates the production of sex hormones in men and improves sexual function as a result. The regular intake of cordyceps also ensures that female fertility is boosted.
- **Anti-aging functions** – Cordyceps has plenty of antioxidants which prevent the free radicals from oxidizing the cells and thus prevent aging. Also interesting to note is that the composition of cordyceps



essentially affects gene clusters and actually reverses the effects of aging. For older patients, cordyceps is a good supplement to keep their minds fresh and revived.

- **Reducing fatigue** - Another amazing function of cordyceps is that it soothes the nervous system and promotes sleep so that people can feel refreshed. It lowers anxiety levels and helps you feel at ease.
- **Respiratory functions** - Cordyceps is an anti-inflammatory substance and can relax the bronchial walls. This makes it a great option for preventing coughs and other respiratory diseases.
- **Boosting organ performance** - Cordyceps ensures that the blood flow to organs such as the liver and kidneys is increased, thereby making them perform better. Due to this, these organs are able to fight diseases better by keeping chronic kidney disease and hepatitis at bay.
- **Fighting cancer** - Cordyceps affects the development of cell proteins and prevents the formation of mRNA molecules which are essentially required by cancer cells to survive. When these basic needs are eliminated, cancer cells are effectively terminated. It's interesting to note that cordyceps was used as part of a cancer treatment drug called Cordycepin in the 1950s; however, it did not prove to be that effective.

## Side effects

The amount of research that has been conducted on cordyceps is still rather minimal, so it's definitely not safe for pregnant women or nursing mothers to consume cordyceps. Also, it's not advisable to give it to children. One of the effects of cordyceps is that it induces weight loss, which might not be viewed as a bad thing by many people. Since cordyceps causes the immune system to become more active, people suffering from autoimmune diseases such as multiple sclerosis, lupus, or rheumatoid arthritis may find the symptoms to be more pronounced.

## Research

A research done at The University of Nottingham shows how cordycepin, a cancer drug made from Cordyceps, works. Researchers believe is an exciting and important finding as it could be used to make the cancer drug more effective.

Other recent researches on Cordyceps have shown that this exotic herb can:

- Enhance physical endurance
- Improve your response to stress by boosting functions that are related to the adrenal cortex
- Work as an immune-potentiating and immune modulating agent
- Enhance respiratory efficiency and capacity

## Harvesting

Cordyceps grows naturally in high-altitude Himalayan regions. This magical herb requires high-altitude air composition and low temperatures. Although many manufacturers in U.S. offer cultivated Cordyceps, often these cultivated versions are not as good as wild Cordyceps. The main reason for this is that it is not easy to replicate the natural growth conditions in which Cordyceps thrive. It is important to point here that it is not that cultivated Cordyceps is not beneficial; it is just that cultivated Cordyceps is not as good as wild Cordyceps.

## Consumption

Cordyceps supplements are easily available for those who want the benefits without the hassles. These supplements make it easier to consume the mushroom. However, cordyceps can be converted into a powder as well, which can be used as part of a capsule. Traditionally, cordyceps mushrooms were boiled with chicken and made into a soup. Today, however, it's easier to sprinkle the brown powder over chicken soup or broth to fortify it immeasurably.



# Reishi Mushroom

## Reishi

Some of the most marvelous advances in science are made with the help of things that have been around since the ancient times. Consider for instance, the Reishi mushroom or Ling Zhi as it is known in Chinese. This remarkable herb is known for its near miraculous properties in curing various diseases and has become widely accepted by most Western practitioners as well.

*So, what is Reishi?* It is an herbal mushroom typically found in East Asia. Reishi is found to be extremely useful in traditional Chinese medicine to cure and heal a number of ailments. Traditional Chinese medicine is a holistic form of medicine that relies on the concept of treating the patient in their entirety and not merely removing the immediate cause of their distress. In this, the Reishi mushroom has served to be invaluable and is found in many different herbal mixtures.

There have been numerous studies and research programs conducted with Reishi mushrooms, which have identified them as being safe and free from side effects. These studies orchestrated by Asian doctors, and carried out by their Western counterparts as well, have gone to prove the efficacy of Reishi mushrooms in healing and curing numerous diseases.

One of the main reasons why herbalists rate Reishi mushrooms so high is because it enhances “Qi”, or the life energy. This ability of Reishi mushrooms is what makes it so beneficial in numerous health conditions.

## Components of the Reishi Mushroom

After plenty of research that has been conducted on Reishi mushrooms, it has been found that it contains water soluble polysaccharides which are known to reduce blood pressure and prevent the formation of tumors. It also has triterpenes, particularly ganoderic acids that are very effective when it comes to treating allergy related diseases and enhance the function of the liver.

## Benefits of Reishi

Reishi, or Ling Zhi as it is commonly known is a very powerful herbal medicine that has been used in traditional Chinese medicine from time immemorial. Some people believe in taking Reishi every day because it strengthens the immune system and this is quite true. Meanwhile, here are some of the other benefits of Reishi and how they can help you lead a normal and healthy life.

- Consuming Reishi regularly can help you have better blood circulation, increasing your chances of living a healthy life.
- Reishi is known to help in the treatment of anxiety, blood pressure, hepatitis, asthma and insomnia.
- Specifically, Reishi is known to alleviate the symptoms of those who suffer from respiratory problems and studies have shown that those who have a persistent cough have found great relief from taking Reishi syrup.

- Reishi is also an antioxidant and helps prevent the formation of tumors and the accumulation of other cancerous cells. It also improves the efficacy of other antioxidants such as vitamins A, E and C, so that they become more powerful when taken with Reishi.
- While Reishi can help improve the quality of your physical life, it is also good for your mental health as it helps improve your mood and make you feel better.
- Reishi when combined with brain food like ginkgo, gotu kola and blueberry is fantastic for improving your memory and making your brain more sharp.

## Side effects

Classic Chinese literature has demarcated Reishi as a superior herb. To make things more clear, it will be helpful to know that superior herbs in Chinese medicine are those that are not poisonous and that can be taken over a long period without any side effects. Nevertheless, studies even in the Western world have indicated that Reishi does not have any side effects. However, some people might experience the typical detoxification effects of skin rashes and stomach upset, which is a way of showing that indeed, the Reishi is doing its job and cleansing your body of toxins.

## Harvesting and cultivating Reishi mushrooms

Typically, Reishi mushrooms are found growing on tree trunks in damp and warm areas. However, they are not easy to find and in China,

they were mostly used by royalty as they were extremely expensive. Today however, Reishi mushrooms can be cultivated as well, and can be found in countries as diverse as the US along with most parts of Asia.

If you are harvesting wild Reishi from a tree, you need to hunt for a reddish orange fungus that has a smooth edge, sometimes having striations on the outer edge. It would be wise to venture out equipped with a picture for reference although Reishi mushrooms are known to curve out from the bark and back towards the tree where they curl deeply into themselves. The stem is long and tapered. Ensure that the Reishi is free from holes and or bruises and then loosen it from the bark by passing a knife under the stem so you can pop it out from the bark.

On the other hand, if you prefer to cultivate Reishi mushrooms at home, it's quite possible with some of the Reishi kits available in the market these days. Reishi kits come with comprehensive and step-by-step instructions that help remarkably when it comes to growing a Reishi crop.

## Consumption

The triterpenes in Reishi make it a very bitter mushroom. Also, it is highly advisable not to take it raw because of the bacteria that can be present on it. Reishi is available as a tablet, capsule or syrup, which can be used as medicinal supplements.

Reishi is indeed an amazing herb and a wonder medicine, the benefits of which are only now being discovered by the Western world.





# Maitake Mushroom

## Maitake Mushroom:

Maitake mushroom is a Japanese mushroom that is a common constituent in traditional Japanese and Chinese medicine. Also referred to as Sheep's Head Mushroom, Dancing Mushroom, and Hen of the Woods, this fungus stands out due to its small, overlapping fan-shaped caps that are fused at the base of the host oak tree at the roots. This fungus grows in clusters and can weigh as much as 100 pounds at the time of cultivation.

This mushroom, which is native to northeast Japan, is both a culinary delicacy and replete with medicinal benefits. For one, it is considered to be one of the many effective natural remedies for cancer. Let's take a look at the numerous health benefits Maitake mushrooms are thought to offer, and whether there's enough scientific evidence to back such claims:

Herbalists rate Maitake mushroom as one of the top adaptogenic herbs as its ability to prevent aging is almost unparalleled. Herbalists explain this effect by stating that this magical herb enhances "Qi", or life energy.

## Benefits of Maitake Mushroom: Backed by Scientific Research

- **Maitake mushroom and cancer:** Maitake mushrooms have been known to aid the fight against cancer. In numerous laboratory tests over the years, this fungus, in its powdered form, has triggered the activity of macrophages, T-cells, and natural killer (NK) cells, which

are the three types of immune cells with anti-cancer properties. Maitake mushroom was observed to boost macrophage, NK, and T-cell activity by 140, 186, and 160 percent respectively.

A number of researchers have found that Maitake mushroom has the ability to curb the growth and spread of breast cancer cells even in the post- metastasis stage and prevent the development of liver cancer when taken in tandem with chemotherapy drug mitomycin.

- **Maitake mushroom and better immunity:** Modern science has established that Maitake mushrooms are replete with a polysaccharide referred to as beta-glucan. Polysaccharides are active chemical components that have the ability to trigger and boost the activity of white blood cells known as T-lymphocytes. T-lymphocytes are a critical part of the immune system, which plays a major role in warding off diseases and fighting invading organisms, as well as preventing cell damage.

Maitake mushroom increases the mobility of white blood cells and as a result, strengthens the immune system. However, that is not all. The benefits of a healthy immune system have far-reaching effects even when it comes to the prevention of terminal illnesses and lifestyle diseases like:

- High cholesterol and high triglycerides
- Obesity
- HIV/AIDS
- Hypertension
- Diabetes

- Constipation
  - Tumor development
- **Maitake mushroom and Hepatitis B:** A study in China which was carried out on 32 subjects diagnosed with Hepatitis B showed that the group that had been treated with Maitake mushrooms experienced a recovery rate as high as 72 percent, as compared to the group that had not been treated with the fungus and witnessed a 57 percent recovery rate. In the group treated with Maitake, it was discovered and noted that at least 40 percent patients enjoyed a dip in Hepatitis antigens, as well as the purging of Hepatitis from the liver.

In addition to the Chinese study, researchers have discovered that Maitake mushrooms also have the ability to eliminate Hepatitis caused due to environmental toxins such as paracetamol and carbon tetrachloride.

- **Maitake mushroom and bladder health:** A research study conducted in China revealed that Maitake mushrooms were capable of decreasing the need for repetitive bladder surgery from 65 percent to 33 percent.
- **Maitake mushroom and colon health:** Maitake mushrooms provide nutritional support to the colon by enabling it to absorb micronutrients like zinc and copper in a better way.

## Side Effects and Other Precautions

Despite its bevy of benefits, Maitake mushroom can prove to be a hindrance if an individual is on an interferon prescription since it can lead to interferon production. Additionally, many manufacturers that sell Maitake mushrooms as health supplements and other forms do not have clearances by the U.S. Food and Drug Administration (FDA) for their products since most of their claims have not been adequately researched or backed by science.

There's also the question of verified and genuine products interacting with certain prescription and non-prescription drugs, other supplements and herbs, and even foods. Moreover, Maitake mushrooms still need to undergo rigorous testing when it comes to their effectiveness against cancer since the findings are few and far between.

It has been found that Maitake mushrooms should be used with caution by people with hypoglycemia since the fungus lowers blood sugar.

Last but not least, many people are allergic to mushrooms. In light of the above precautions, it is pertinent to consult a healthcare practitioner before using Maitake mushroom for any health condition.

## Consumption

Maitake mushroom can be purchased dried or fresh from Asian stores or large supermarket chains.

All parts of the mushroom are used in holistic Eastern medicine and are available in several forms, such as:

- Capsules
- Powders
- Tinctures
- Teas
- Liquid herbal extracts
- As a common ingredient in cooking



# Agaricus Blaze Mushroom

## Agaricus Blaze Mushroom

The Agaricus Blaze (*Agaricus subrufescens*) mushroom is a species of mushroom that is known by several different names such as:

- Royal Sun Agaricus
- Mushroom of Life
- God's Mushroom
- Almond Mushroom
- Mushroom of the Sun

Agaricus Blaze has several medicinal properties and has been used in traditional Eastern medicine for centuries to both prevent and cure many diseases and health conditions. It grows in clusters in rich, fertile soil, and can be found in Hawaii, Taiwan, Brazil, California, and Philippines.

## Benefits of The Agaricus Blaze Mushroom

The Agaricus Blaze mushroom is commonly believed to provide many health benefits, some of which are listed below:

- **Better immunity:** Agaricus Blaze mushrooms have high concentrations of beta glucans, compounds that boost immunity. In addition to beta glucans, this fungi is also rich in alpha glucan polysaccharides, other active components that are vital for immune system health. Owing to its ability to strengthen an individual's immunity, this mushroom has become a very common constituent in oncological treatment in nations like Brazil and Japan. In fact, Agaricus Blaze is the most common non-conventional treatment measure against cancer in Japan.



In a study published by researcher Watanabe and his team in *Biological and Pharmaceutical Bulletin*, it was revealed that the potency of *Agaricus subrufescens* could be increased by as much as 10 to 3000 times if it was hybridized with another mushroom. This has led to an even greater possibility of Agaricus Blaze mushrooms being used to prevent a bevy of diseases and even terminal illnesses with great success rates.

In laboratory tests conducted over a span of 50 years, it has been noted that Agaricus Blaze can stimulate the production of immune system cytokines and cells. Various studies carried out on animal and in vitro subjects have established that this fungus also triggers macrophage, granulocyte, natural killer cell, and dendritic cell production, all of which are types of white blood cells- the critical components of the immune system.

To summarize, *Agaricus subrufescens* betters a person's overall health by thwarting the onset of illnesses like high cholesterol, diabetes, hypertension, cancer, chronic hepatitis, osteoporosis, and even stress.

- **Cancer prevention and control:** Perhaps no benefit has been as greatly attributed to *Agaricus subrufescens* as its ability to fight cancer in various forms such as the following:

- Stomach cancer

- Prostate cancer
- Colorectal cancer
- Sarcoma
- Skin cancer
- Lung cancer
- Ovarian cancer
- Leukemia
- Hepatocarcinoma

As a whole, the consumption or application of Agaricus Blaze mushroom has been known to produce anti-cancer properties. For instance, in a 2004 Korean study on clinical cancer, it was found that Agaricus Blaze significantly improved the quality of life of chemotherapy patients and boosted the activity of their NK cells.

Agaricus Blaze has been the subject of many studies over the decades, and several findings have made scientists deduce that this mushroom promotes tumor regression in mice.

Such findings encouraged a gamut of clinical trials on isolated cancer cells as well. In other related studies, it was established that the beta glucan present in Agaricus Blaze mushrooms was responsible for curbing or slowing down the spread of cancerous tumors in the case of lung cancer and sarcoma in mice. However, that's not all. In a range of clinical trials focused on acute non-lymphotic lymphatic leukaemia patients, it was discovered that *Agaricus subrufescens* had the potential to significantly inhibit leukemia cells.

All in all, Agaricus Blaze mushroom can ease the side effects of chemotherapy and enable cancer patients to enjoy a better quality of life.

- **Antiviral properties:** Agaricus Blaze mushroom has the potential ability to inhibit the spread of viruses in the body.

## Side Effects

*Agaricus subrufescens* is generally safe, and the mushrooms grown and cultivated in Japan are thought to be the safest and most effective of the lot. However, since mushrooms and other fungi more often than not tend to be full of toxic heavy metals, it is imperative for patients and other consumers to ensure that Agaricus Blaze mushrooms are sourced only from manufacturers that ensure the fungus is grown in uncontaminated soil.

It has been observed that Agaricus Blaze can likely hamper liver function to some degree in a few patients. However, the reports are conflicting, and as such, patients are advised to consult their doctors about the issue and undergo liver function tests to make sure no hepatic impairment in any form develops over time.

## Harvesting and Consumption

Agaricus Blaze mushrooms are rare, but grow best in a rainforest-type environment, which means it needs abundant humidity, heat, and rainfall.

This fungus is available in different forms, namely:

- Liquid extract
- Powder
- Food supplement
- Capsules
- Dried/fresh from specialty stores
- As a cooking ingredient



# Healing Herbs



# Ginseng

## ginseng

Ginseng is more than just an aphrodisiac as is commonly believed by many people. In fact, there are as many as 11 species of Ginseng that fall under the *Panax* genus, of which *Panax Ginseng* and *Panax Quinquefolius* are of primary importance to us. The former variety is typically found in Asia (China, Korea and Siberia), whereas the latter can be found growing on American soil.

The botanical name of this plant, *panax*, is itself quite revealing, as the word is derived from the Greek word, *panacea*, which means an all healing restorative. Apart from this, ginseng has some remarkable curative powers that have made it an important part of traditional Chinese medicine.

Typically, the root of the Ginseng plant is taken for various purposes. Ginseng is an adaptogen, which means that it fortifies the body's resistance and promotes general health and vitality. Traditional Chinese medicine holds the belief that each type of ginseng has its own specialty. American ginseng is known for its cooling properties and is useful in curbing fevers, while Asian ginseng is the opposite and provides heat, thereby improving circulation.

Ginseng, as well as ginseng root, possesses the ability to reinvigorate 'Qi', or life energy. Due to this reason, herbalists, over the years, have prescribed ginseng for the treatment of deficiency syndrome of Qi.

## Benefits of ginseng

Here's a look at some of the ways in which ginseng can be beneficial when used as a medicine:

- **Sharper mental processes** – Ginseng is an adaptogen, and because of that, it sharpens mental processes and increases resistance to physical, chemical, and biological stress. It helps people think better on their feet, and they are less prone to being tired.
- **Better immunity** – Ginseng helps people build better immune systems and makes them more resistant to common colds and other such illnesses that affect our normal lives and our productivity.
- **Aids diabetics** – Ginseng is also known to be helpful for people suffering from diabetes. Studies have shown how people who just been diagnosed with diabetes showed a vast improvement when given a 200 mg dose of ginseng for a period of eight weeks.
- **Prevention of cancer** – Certain cancer cells can be prevented from forming with the consistent use of ginseng. Ginseng contains specific substances called ginsenosides which are potent chemical compounds believed to even cure cancer in certain cases.
- **Lowering cholesterol** – Ginseng is one of the best herbal ways to lower the cholesterol levels in the body. When taken regularly over a period of time, it is known to act positively on high cholesterol levels, resulting in positive effects.
- **Erectile dysfunction** – One of the most common problems that men suffer from is erectile dysfunction. Research studies have shown that



around 60% of all men have noted improvements with the regular usage of ginseng.

- **Promotes vitality** – Dullness and tiredness are symptoms that most people go through every day thanks to the tedium of every day work. However, with the regular usage of ginseng, users have found that it alleviates stress and improves the mood.
- **Increased fertility** – Ginseng is known to directly act upon the central nervous system and the gonadal tissues, which in turn promotes the production of sperm in males and lengthens the ovulation window in females. Of course, these studies are yet to take off because they have been conducted on mice, but the ideas behind these studies are quite revolutionary.
- **Reduce effects of stress** – Ginseng is a potent tonic. It is effective in reducing the effects of stress. In addition, this medicinal herb is used for stimulating immune system, improving performance, and boosting energy levels.
- **Normalizes physical functioning as per individual need:** Ginseng is an effective adaptogen and normalizes physical functioning as per patient's need. For instance, hypertension (high blood pressure) patients can use this medicinal herb to lower blood pressure and, at the same time, hypotension (low blood pressure) patients can use Ginseng to raise their blood pressure.

## Side effects

It's always advised that pregnant and nursing women avoid ginseng. Also, people who have illnesses related to hormones such as endometriosis, fibroids, and even cancer related to the female reproductive system should avoid ginseng as it can boost estrogen levels.

Diabetics should take ginseng only under a doctor's supervision, as it can lower blood sugar levels. Furthermore, people suffering from insomnia should avoid it, as it can only aggravate the problem. Some of the typical side effects of ginseng include agitation, diarrhea, insomnia, headaches, palpitations, and high blood pressure. Ginseng is a non toxic herb, but it should be used within its limits nevertheless.

## Harvesting

Today, Ginseng is mainly found in the forests of the eastern United States. In America, there are certain laws pertaining to harvesting of Ginseng. These laws may vary in different states. If you decide to harvest wild Ginseng, it is recommended that you apprise yourself with the laws of your state regulating the harvesting of this herb. Also, before you venture out get hold of a picture of Ginseng plant. This will come handy in identifying this medicinal herb.

It is possible to recreate the environment and conditions that Ginseng requires for growing in your garden. However, you must remember that growing Ginseng involve a lot of hard work, commitment, and patience. The

Ginseng roots are best when they are allowed to mature for 6-9 years.

## Consumption

Although ginseng is an herb, it is the root which is important and is used in medicinal preparations in many forms. Apart from fresh ginseng, the dried, treated, and cured form is also used in many cases. Ginseng is also available as a powder or extract which can be mixed in boiling water and consumed as a tea. Ginseng tea can also be prepared by pouring boiling water over thinly sliced fresh ginseng. The easier option is to simply take it in a capsule form every day or as required.

Ginseng powder or capsules are available at herbal stores, while the natural root form can also be purchased. When purchasing a fresh root, make sure you buy those which are firm and do not have soft spots or any discoloration. Typically, the dosage should be around 200 mg a day, and ginseng should not be used for more than three weeks at a time, followed by a rest period of a week or two.

Please bear in mind that ginseng does not figure in conventional medicine. If you have a health condition for which you are taking medication, then you need to verify with your doctor as to whether it is safe for you to take ginseng, considering that it may have adverse effects when used in conjunction with certain medicines.



**Dong-quai Root**

## Dong Quai root

Dong Quai, also known as Chinese Angelica, is an herb that belongs to the celery family and is typically found in China, Japan and Korea. The plant is usually found near mountains, meadows and in coastal areas. The dong quai root however is the part that has medicinal value and has been used by Chinese herbalists throughout the ages for various purposes.

The most prominent use of dong quai has been for helping women in menstruation problems. However, there are many uses of dong quai other than this. The connection of dong quai with women is so strong that in traditional Chinese medicine, it is referred to as female ginseng because of its rejuvenating properties. Like many other wonderful herbs, Dong-quai-root is believed to invigorate “Qi”, or life energy.

## Benefits of Dong Quai root

Dong Quai root has plenty of benefits and most of them are for women. An important point to note – Dong Quai may help women but it doesn't mean that it can be considered as a replacement for estrogen. It alleviates all these symptoms because it can control the spasms in internal organs, which is often the root of these problems in the first place.

- **Menstruation problems** – Dong Quai root is often used with different herbs to help treat menstruation related problems. This could refer to irregular or abnormal bleeding, uterine bleeding, suppressed menstrual flow and dysmenorrhea. The latter is a common problem

with women, in which they suffer from painful periods. The pain being largely concentrated to stomach cramps and lower back pain.

- **Menopause treatment** - Women undergoing menopause are often suffer from hot flashes that can be uncomfortable, embarrassing and very disruptive. They also experience vaginal dryness, which can be uncomfortable for various reasons. Dong Quai root can help alleviate these symptoms considerably.
- **Endometriosis** – For some women, the endometrium grows outside the uterus and as a result it can cause scarring, pain and heavy bleeding. Dong Quai helps in improving the health of the uterus and the ovaries and is typically used to treat endometriosis.
- **Central Nervous System activity** – Dong Quai has been associated with increased activity of the central nervous system, which increases mental energy and strength and helps cope with headaches that occur as a menstruation related problem.
- **Cardiovascular disorders** - Traditional Chinese herbalists prescribe dong quai root for both men and women to treat cardiovascular disorders such as high blood pressure or problems related to circulation.
- **Blood purifier**- Dong quai is considered as a blood purifier as it can remove the toxins from the blood stream and stimulate the circulation of blood. This aspect of the dong quai root is helpful for both men and women. Dong quai is known to contain vitamin B 12, folic acid,

nicotinic acid and biotin and is used in traditional Chinese blood building formulas.

- **Male fertility** – Although known as the female ginseng, dong quai can also boost male fertility because of ferulic acid, which is found in it. This antioxidant can improve the quality of the sperm.
- **Anemia treatment** – Anemia or low hemoglobin count has become a common feature today, especially for women. The Dong Quai root is often prescribed to treat anemia because it is rich in iron and with regular use it can even prevent anemia.
- **Blood sugar** – Research is being conducted to verify this aspect, but so far, it has been seen that the dong quai root can be used to regulate blood sugar levels and thereby help diabetics.
- **Mild sedative** – It's interesting to note that the dong quai root can be used as a mild sedative and this, in turn, helps people to calm down and handle stress better.
- **Skin conditions** – Dong quai is known to improve blood circulation and one of the advantages of this is that it can aid in healing common skin conditions such as eczema, hives, vitiligo, etc.
- **Other uses** – Some have been known to use it to stimulate the uterus during labor, to banish insomnia, for migraines and even to relieve constipation.

## Side Effects

Dong quai root is not without its side effects. As it is often stated, pregnant or lactating women should not consume the dong quai root. It's also advisable for women who have excessive menstrual bleeding to avoid the dong quai root because it can exacerbate the symptoms greatly.

Those who have diarrhea and infections such as cold or flu should also stay away from it. Dong Quai can cause photosensitivity, especially in fair-skinned people, so it's best to stay away from sunlight and avoid ultraviolet radiation.

## Consumption

Dong Quai is a root that you can grind into powder and consume as a capsule or tablet. It can also be taken as a liquid extract or in its natural root form. In traditional Chinese medicine, dong quai is either boiled or soaked in wine and then the root is removed, while the liquid that has been enriched by the dong quai can be consumed.





**Schizandra Berry**

## Schizandra berry

For years, men and women in China have relied on the Schizandra berries to preserve their youth and beauty. But we only have to delve a little into some of the details to find out just how much this amazing berry can benefit us. Native to China and Japan, this fruit is also called wu wei zi, which means the fruit of the five flavors. Indeed, bite into a Schizandra berry and you will be assailed by flavors such as sweet, salty, bitter, hot and sour! All rolled into one marvelous little berry!

Since the old ages, Chinese medical practitioners have recognized the various different benefits of Schizandra berries that put it on par with ginseng when it comes to offering vitality and numerous anti ageing benefits. These luscious looking red berries are part of a rather attractive plant with very beautiful flowers. The Schizandra plant is a woody vine, a creeper that is very comfortable to climb walls and arbors. The vine can reach a length of 25 feet and grows best in moist but well-drained soil in partial shade.

The Schizandra berries have been put to numerous uses, be it as part of teas, juices or other health drinks. However, below the surface there's a whole lot more to the Schizandra berries than your average beauty or health drink. Here's a look at some of the diverse benefits it offers.

Schizandra-berry in Chinese is known as Wu-Wei-Zi, meaning “the fruit of five tastes”. The five tastes of this medicinal herb pertain to its beneficial effect on the ‘Qi’, of the 5 visceral organs

## Benefits of Schizandra berry

Schizandra berries are considered to be adaptogens, which means that they can help the body to come back to its normal state even during a stressful period. By doing this, it helps in increasing the body’s resistance to disease. It’s also believed that these berries stimulate the RNA and DNA molecules into rebuilding cells.

- **Protecting the liver** – One of the primary uses of Schizandra berries in traditional Chinese medicine, has been to protect the liver and cure liver diseases. Schizandra berries increase the production of bile in the liver and also prevent liver cirrhosis into deteriorating into liver cancer. This marvelous berry is also believed to undo the damage caused by chronic hepatitis and it can also protect the liver from chemicals as well.

Also interesting to note is that Schizandra berries contain lignin compounds that can lower the levels of GPT in the blood, high levels of which indicate hepatitis. This liver friendly berry also contains gomison- A, a constituent that prevents liver inflammation and supports the formation of healthy liver tissue after surgery.

- **Improved mental function** – Consistent use of Schizandra berries can improve mental function greatly, helping you to be more alert and

increase brain activity. This berry is believed to reverse the effects of depression and improve brain efficiency as well as reflexes. It's also believed that this berry can help people remember better.

- **Reducing fatigue** - Schizandra berries have been used over the ages to help fight tiredness and fatigue. This natural pick me up works better than caffeine and helps improve your stamina and strength. It can demolish physical exhaustion and improve your general health.
- **Cosmetic uses** – The Schizandra berry is well known for its cosmetic purposes because it helps people maintain youthful skin. It's used as a tonic to combat aging and enhance skin tone and elasticity.
- **As an aphrodisiac** - Both men and women use the Schizandra berry as an aphrodisiac, to improve sexual experiences. In men particularly, it is believed to increase sexual stamina and endurance.
- **Mild sedative** – For people suffering from insomnia, stress, dizziness and motion sickness, the Schizandra berry can soothe and induce sleep. Most anxiety related problems such as headaches, palpitations and sweating can also be resolved with the help of these berries.
- **Better digestion** – One of the good effects of increased flow of bile is that it ensures there is better digestion of fatty foods. Usage of Schizandra berries also ensures that most gastric problems are laid to rest.
- **Treating cardiovascular diseases** – Schizandra berries contain phytoestrogens which is why they have been used to fight

cardiovascular diseases successfully in women who have attained menopause.

## Side effects

Schizandra berries are a uterine stimulant and therefore, should not be used by pregnant or nursing women. Also, those who suffer from stones in their kidneys or gall bladder, people suffering from peptic ulcer and high BP should avoid this berry as it can exacerbate their symptoms greatly.

## Harvesting

Native to China, Schizandra is also grown in different parts of the world such as Korea, Russia, and Japan. Schizandra is also cultivated in warmer regions of the USA, specifically USDA zones 7 through 9. If you are cultivating Schizandra, you need to remember a few things such as:

- You need to plant seedlings in early spring to late spring as this is when there is no danger of frost
- Select an area with well drained soil. The area where you plant the seedlings should have part shade to full sun
- Plant the seedlings 3-4 inches apart
- The plant requires about 1 inch of water per week. You must ensure that you give the plant enough water

## Consumption

Today, many different types of supplements offer the benefits of the Schizandra berry. However, you can also opt for the natural goodness of these berries directly. Dried Schizandra berries are available at most health food stores or online, and these can be steeped in hot water to make a very healthy tea, which can be flavored with lemon, honey or sugar. Schizandra berries are also made into nutritious and tasty juices.



**Astragalus Root**

## astragalus root

Among the many gems of Chinese medicine is the astragalus root, which is also known as *huang Qi* in Chinese. The astragalus plant is harvested particularly for its roots as it is known to have numerous medicinal properties. As a matter of fact, this root has been used in Chinese medicine for centuries, and Western herbalists are only now getting acquainted to its many amazing benefits.

Practitioners of Chinese medicine use astragalus root to enhance the *Qi*. Ancient people used astragalus root to enhance strength and regulate metabolism.

The plant is slender and often described as flowing and graceful, while the roots are white when they are freshly dug up. As they dry, they take on a yellow hue.

Ancient Chinese texts describe how the efficacy of the astragalus root is enhanced when combined with other herbs and medicines. The benefits are many, but the main reason why the astragalus root is consumed is because it positively impacts the immune system.

## Benefits of astragalus root

According to traditional Chinese medicine, the astragalus root is good for problems that arise in the body because of spleen deficiencies. However, here's a look at some of the other ways in which it can benefit us:



- Astralagus root has been used since time immemorial to infuse the body with energy, gain more strength, and enhance metabolism. Moreover, it has been credited with making the immune system stronger as well.
- People suffering from night sweats seem to have benefited from the astralagus root. It also helps keep away colds and prevents diarrhea, thus making it an overall excellent medicine.
- Wounds and injuries seem to heal faster when astralagus root is mixed in with the medicine and consumed.
- Some of the other functions performed by the astralagus root include improving lung function, bettering the health of the adrenal glands and the gastrointestinal tract, and reducing fatigue greatly.
- There has been some research conducted on the effects of astralagus root, which shows that it can reduce some of the severity of atopic dermatitis and even asthma. However, these studies have mostly been conducted on rodents, and human trials haven't yet been performed to ensure the accuracy of these claims. Nevertheless, there is plenty of hope with the astralagus root.

Research on the benefits of the astralagus root has been conducted in China extensively, but it hasn't been corroborated as yet by Western medical practitioners. Despite some skepticism on this subject, it's good to know that the astralagus root is being used for the following health problems as well:

- Astragalus can help control the hazardous effects of chemotherapy, which is the standard procedure to kill cancerous cells. These studies have also claimed that astragalus root induces the production of interferon, an important chemical of the immune system which also helps fight cancer.
- Some studies have indicated that astragalus can be used in the fight against AIDS. It is also known to be helpful against lupus and can even prevent aging.
- Clinical studies in China have shown that astragalus root can be used to treat chronic aplastic anemia. The results were indeed very favorable.
- The astragalus root is mainly composed of polysaccharides, which have some beneficial effects on insulin resistance and hyperglycemia.
- There are some studies that have shown that the astragalus root can protect the heart tissue and prevent heart failure as well.
- In some cases, the astragalus root can act as a diuretic and be of great help to those suffering from kidney problems.
- The astragalus root contains cycloastragenols and astragalosides, two powerful molecules that have been shown to activate telomerase enzyme production.

All these studies have claimed that there are no side effects on humans. However, the results of these studies have mostly been published in obscure journals in the Far East, and the promises of the efficacy of this

root haven't yet breached Western barriers. Nevertheless, the astragalus root appears to be a wonder herb, and much is to be said for all these studies that have been conducted by Chinese scientists.

## Research

Various scientific studies have, time and again, confirmed the health benefits of astragalus. Here is a brief description of a few such studies:

- A scientific study, in which astragalus was given to patients suffering from ischemic heart disease, found astragalus root decreased angina symptoms and led to better EKG results.
- A study done to understand the ability of astragalus in improving endurance and strength found participants who were given astragalus decoction showed better endurance in swimming tests and gained weight quickly.
- Numerous studies have supported the ability of this medicinal herb to prevent cardiovascular complications, specifically damage to heart, due to viral myocarditis.

## Harvesting

The astragalus plants are typically native to China, Mongolia, and Korea and grow well in the northern and eastern parts of China.

## Side effects

Typically, astralagus is completely safe and non-toxic and does not have any side effects. However, when taken along with certain other medications, there may be some complications because of the interaction of Astralgus with the drug. Also, the astralagus root can increase the effects of immune system suppressants, anticoagulants and hypoglycemic agents, so it's better to consult a doctor before taking astralagus root.

## Consumption

The astralagus root is available in many forms that have been made convenient for easy consumption. There are capsules, extracts, and powders which are easily available online and in the market. A tincture of the astralagus root is also available, while it can even be used topically for the skin. Meanwhile, the actual root can also be used in different ways to derive the maximum benefits and effects.



# Atractylodes Root

## Atractylodes Root

Atractylodes root is one of the most widely used energy boosters and digestive tonics used in traditional Chinese medicine. It is also popular as a weight control solution since it has a mild diuretic action. Since it is such an important constituent of Chinese herbalism, it is prevalent in a number of tonics and other formulations that are used to boost the 'Qi' of one's body.

As an energy stimulant, Atractylodes root is believed to be even more potent than ginseng. When it comes to digestion and assimilation, this root has the ability to increase the appetite in those who need to gain weight and curb the appetite in those who want to lose or maintain their weight.

Apart from the above, Atractylodes root has a bevy of other health benefits. Let's take a look at them in detail:

## Benefits of Atractylodes Root

- Atractylodes root can induce muscle growth if a person partakes in intensive physical activity while taking the root in any form. Due to this, it is used by a number of athletes for endurance and muscle building or muscle toning purposes.
- Atractylodes root is often recommended in traditional Chinese medicine as a sexual stimulant that can better one's drive when used along with certain Yang tonics.
- As mentioned above, Atractylodes root is widely used to improve digestion. More specifically, it is a common remedy for bloating,

vomiting, abdominal pain diarrhea, and fatigue, especially in hot temperatures.

- This root is also used to treat vertigo, edema, and phlegm retention when used as part of a healing formula.
- White *Atractylodes* is also utilized by many Chinese women who are expecting a child since the herb is supposed to strengthen the mother by curbing pregnancy-related fatigue, anemia, and indigestion, as well as protect the fetus. Additionally, it can treat post-childbirth or gynecological constipation if used along with ready *Rehmannia* in a 2:1 ratio. The white root can also control fetal movement.
- *Atractylodes* root, when combined with *Scutellaria*, can treat heat syndrome. It can also treat cold syndrome when combined with *Artemisia*. The root can effectively treat blood deficiency or imbalanced-Qi induced weakness.
- This herb has also been used for centuries in China to control diabetes.

## Research

Several studies on *Atractylodes* root, more specifically, both its variants *Atractylodes macrocephala* and *Atractylodes ovate*, have shown that this herb increased the swimming endurance and weight of mice. It boosts the phagocytic function of the reticuloendothelial system and also increases leukocyte count in those who suffer from a condition called leukopenia.

White *Atractylodes* has been found to encourage the production of a-interferon in humans.

However, it must never be used as a standalone treatment and is best taken along with:

- Poria and ginseng to better water transformation and transportation functions in the spleen
- *Codonopsis*, ginseng root, licorice root, and astragalus to build Qi and detoxify the spleen
- Ginseng root and dried ginger for indigestion

*Atractylodes macrocephala* spikes the rates of rosette formation and lymphocyte transformation, which in turn strengthens cellular immunity and subsequently leads to an increase in serum IgG levels. These findings have shown that the *macrocephala* variant of *Atractylodes* root can be used as a highly effective spleen tonic which balances Qi energy and increases one's ability to fight illness and disease.

According to other clinical studies, it has been noted that *Atractylodes* root has diuretic properties and actions in patients suffering from edema, but little or no diuretic action in those who do not have edema. This herb has also shown mild liver protective and hypoglycemic action in pharmacological experiments.

In the case of *Atractylodes* root's ability to control diabetes, researchers from China's Shanghai Institute of Organic Chemistry concluded that the use of this root could lower blood sugar levels. Their



experiment was published in the June 2003 edition of the *Acta Pharmaceutical Sinica* medical journal. According to the study, the hypoglycemic activity of *Atractylodes* is owing to the presence of AMP-B in the herb, which is a complex polysaccharide known for its potential to control blood sugar.

In another diabetes-related study using *Atractylodes japonica*, researchers from Japan's Tohoku University revealed that the herb had hypoglycemic actions of attractans A, B and C in both normal and hyperglycemic mice.

*Atractylodes* root also has analgesic and anti-inflammatory properties. In a clinical study, aqueous extracts of *Atractylodes japonica* were noted to subdue nitric oxide production and prostaglandin E2 synthesis by inhibiting lipopolysaccharide-based enhancement of inducible nitric oxide synthase and cyclooxygenase-2 mRNAs expressions in RAW 264.7 macrophages.

## Side Effects

Atractylodes root is not recommended to those who suffer from dehydration.

## Selection and Consumption

Quality white Atractylodes roots must be clean, light-colored, aromatic, and large. It must not be confused with red Atractylodes, which is smaller and of a red-brownish color



**Polygala Root**

## polygala root

Polygala Root is an extraordinary super herb. It was first used by Daoist monks who had firm belief of polygala benefits on the mind and spirit.

Polygala root is traditionally used as natural calmate as it helps relax the mind, calm the emotions and aid the sleep process. Many believe that it also assists with creative thinking and manifestation of ideas. Another unique quality that it possesses is an important libido stimulant for both men and women through deepening of sexual experience.

Polygala root is considered to be effective in tranquilizing the mind, promoting emotional stability, and restoring coordination between the two vital organs, the heart and the kidneys. The aforementioned proven benefits of polygala root are attributed to its ability to affect Qi, or the life energy. This medicinal herb relieves mental stress by effectively dispersing the heart-Qi. The emotional stability promoting ability of polygala root is result of its ability to effectively trigger the flow of kidney-Qi.

Polygala Senega has a perennial branching root, from which grows smooth, round and leafy stems that are about 9 to 12 inches in height. The leaves are alternate or scattered, pointed, smooth and are usually bright green on the surface. Fresh polygala root has a fresh smell, similar to wintergreen. (This fragrance is actually 0.1% methyl salicylate.) The active ingredient in the root is a complex mixture of triterpenoid saponins.



## Benefits of polygala root

These saponins have been analyzed and are believed to assist in the following:

- Polygala root is a natural calmative that works on the nervous system and aids in anxiety relief
- As a stimulant that mainly affects the respiratory membranes, it promotes the flow of saliva and expectoration of phlegm
- It can assist in the treatment of asthma and bronchial problems, facilitating the coughing up of mucus from the chest
- Its stimulatory properties extend to all the secretory organs, the uterus and circulation

Ancient beliefs claim polygala root aids in sexual vitality by opening the flow of energy between the kidney and the heart. If this “energy channel” is blocked, there is a loss of connection between our sexual energy and our emotional feelings. Polygala assists in the increase of sexual satisfaction and thereby brings greater levels of happiness into our minds and lives. This natural aphrodisiac is proving popular as a natural remedy for loss of vitality and libido.

Schisandra Berries are also regarded as “super herbs”. These berries are also renowned as being of benefit to the sexual organs, the liver, the nervous system, the kidneys and in the cleansing of the blood. The direct correlation of Schisandra Berries and Polygala Root is

therefore evident. These two super herbs work on similar parts of the body, giving the user unparalleled assistance in their health and vitality.

Schisandra berries grow on beautiful vines that are native to Korea, Russia and China. The plant is appreciated due to its attractive flowers and fruit (the berries).

## Benefits

The berries are dried and used medicinally to assist in the following:

- Toning of the kidneys and sexual organs
- Strengthening of the nervous system and increasing speed of reflexes
- Improving mental clarity and assisting in treatment of forgetfulness
- Protection of the liver and cleansing of the blood
- Treatment of depression, irritability and lack of concentration
- Builds sexual fluids for both men and women, and assists in controlling premature ejaculation
- Helps to strengthen the immune system
- Increases stamina and aids physical exhaustion

Schisandra is held in extremely high regard in China due to its beauty enhancing qualities. It also assists in beautifying the skin and the astringent qualities help the skin retain moisture.

In summary, using both Polygala Root and Schizandra berries together can increase libido and sexual satisfaction, improve circulation, strengthen mind, body and central nervous system.





**Goji Berries**

## Goji berries

We all know how important antioxidants are for our well-being and for our general good health. In fact, antioxidants are most important for preventing diseases and even keeping cancer at bay. A superfood that does this job remarkably is the goji berry.

Goji berries are typically found in China and Europe and in traditional Chinese medicine, they have been used in many medicinal preparations for thousands of years, proving its efficacy as a medicinal herb/plant.

These longish red berries also go by the name Wolfberry, desert thorn and matrimony vine while the Chinese name is gou Qi zi. These berries are often dried and eaten like raisins. Goji berries grow well in harsh weather and can even survive the desert environment. These deep red berries are chockfull of nutrients and have a huge number of benefits.

Goji juice has gained a lot of popularity in recent times as people in the West are waking up to the fantastic benefits offered by this plant. The good thing about Goji berries is that it can be consumed directly or incorporated into recipes and used as food.

In Chinese medicine, Goji berries are known to be highly effective in promoting long life and youthful appearance. These benefits of Goji berries are attributed to its ability to positively affect the 'Qi', or the life energy.

Here's a list of the benefits offered by this amazing berry which puts it right at the top of the list of superfoods.

## Benefits Goji berries

The benefits offered by Goji berries are numerous and a few studies have been conducted on human patients as part of research to determine the efficacy of these berries. However, here are some of the amazing benefits offered by the goji berries and going by the look of them, it's no wonder they've become so popular on the health front:

- As we all know, goji berries are rich in antioxidants, particularly carotenoids such as beta carotene and zeaxanthin. These carotenoids are greatly helpful in protecting the retina of the eye and improving eye sight. In fact, foods rich in zeaxanthin have been known to prevent loss of eyesight in people over the age of 65.
- Goji berries are also a good choice when it comes to protecting the liver and kidneys. One of the primary benefits of goji berries is that they help in boosting the immune system and help us stay healthy for longer.
- The polysaccharides in goji berries works wonders with the pituitary gland and stimulates it to release HGH, the Human Growth Hormone. This is in fact the main hormone which controls others and can even reverse the effects of aging, making us look and feel younger. Goji berries also have a high ORAC value which is extremely important in preventing oxidation and in preserving the cells thereby preventing aging.

- Goji berries prevent fatigue and tiredness which are the most common by product of a busy and full life that most of us lead today. It also helps in relieving headaches and insomnia.
- Health and fitness freaks consume goji berries regularly because they help greatly in weight loss and keep the body fit and young.
- Research has shown that goji berries are exceedingly good to enhance fertility and improve sexual function, particularly in men.
- Goji berries are known to improve circulation and help people live longer lives.
- With their high vitamin and mineral content, goji berries reduce blood pressure and cholesterol. Some people claim that goji berries can even prevent cancer although this aspect still needs more verification.

### Research

The researches done on goji berries to understand its efficacies are limited. As a matter of fact, till date, this medicinal herb has been tested on humans in only two printed studies.

The Chinese Journal of Research published a report in 1994 which stated that researchers found the response of 79 patients to cancer treatment improved when goji berries was included in their regime.

Some test tube studies have revealed that this medicinal herb is rich in antioxidants. The same studies also indicate that goji extracts may be effective in preventing growth of cancerous cells, lowering cholesterol, and reducing blood glucose levels. Exciting as this may sound, scientists

believe a call for rejoice at this point in time will be anything if not premature. More studies needs to be done to ascertain if goji berries is indeed an effective anti-cancer agent. Moreover, scientists reckon that goji berries when consumed in form of juice or tea may not be as beneficial as goji extracts.

## Harvesting

Goji berries are native to China and Tibet. With that said, the herb is cultivated in various other regions also. Needless to say, high-altitude regions are best-suited for cultivation of these medicinal herbs.

If you have decided to grow goji berries in your garden, the following pointers will come handy:

- The fruits of this plant grow only after the plant is about 2 years old
- You can expect a heavy crop of this herb only after 4-5 years
- In the northern hemisphere, goji berries are usually harvested in July, August, September, and October
- Goji berries are delicate, and their color turns dark upon coming in contact with the human hands. So, ensure that you do not touch the berries while harvesting the plant.

## Side effects

Goji berries are known to be mostly safe but the usual precautions prevail. In addition, goji berries could possibly interact with anticoagulant

drugs or blood thinners such as warfarin and it could lead to some adverse effects.

## Consumption

The ways in which goji berries can be consumed are several. Since it is pretty much like raisins, it can be munched as a snack directly or from a trail mix that is available at most health stores. Many people are making goji berries a part of their lifestyle by incorporating it into their breakfast by using it as a topping for cereal instead of raisins. Some people also swear by goji juice and how beneficial it is. Health stores are full of variants of goji juice available in bottles and people can consume them as juice.

Some people also brew goji berry tea and drink it as it provides the same amount of benefits. In traditional Chinese medicine, goji berries can be added to soups or its liquid extracts are often provided to the patient. There are numerous other goji berry products available in health stores, such as goji berry powder etc. Most people use these to add to their milkshakes or smoothies for the extra zing and the burst of health it offers.

There are numerous ways in which goji berries can be used but it's always ideal to consult a doctor if you fear that there could be some interaction with medicine that you're taking.



**Rehmannia**

## Rehmannia herb

Traditional Chinese medicine relies heavily on herbs, shrubs, mushrooms, as well as animal based medicine to cure various ailments. One of the well-known herbs used in Chinese medicine is Rehmannia, or what is known as Di-Huang in Chinese.

Technically speaking, Rehmannia is an herb, more along the lines of foxglove, and has yellow hued flowers. However, the part of the Rehmannia which is more medicinal is the root.

The root of the Rehmani herb is the most useful part of the plant. The botanical name of this plant is Rehmannia Glutinosa. The second half of the name is indicative of the kind of root it actually is, which is sticky and cloying when cooked. Studies on the Rehmannia have revealed that it is largely comprised of simple sugars which give it its sweet taste.

The Rehmannia can be used raw or cooked (steamed) based on one's requirement. Ancient Chinese texts describe it as a cure for broken bones by replenishing bone marrow and helping the growth of muscles. The herb was also believed to treat yin deficiency.

Eventually, Rehmannia became well known for treating fevers and bleeding and even for helping those who had irregular menstrual cycles. Here's a list of some of the benefits provided by Rehmannia:



## Benefits of Rehmannia herb

The Rehmannia herb is pretty much a wonder medicine because of the numerous ways in which it can help us. For instance:

- Rehmannia is used widely to **treat renal disorders**. This medicinal herb is known to supplement the kidney 'Qi', or energy. Rehmannia is also useful in the treatment of disorders of the adrenal glands. It is also one of the few herbs used to treat autoimmune diseases such as lupus, fibromyalgia, rheumatoid arthritis, and multiplesclerosis. Patients suffering from **rheumatoid arthritis** noticed a vast improvement in joint pain and swelling after taking Rehmannia.
- Rehmannia is known to have **anti-inflammatory** properties which make it highly useful in treating asthma and skin diseases.
- **Hormone deficiencies** cause irregularities in the body such as menopause, impotence, and alopecia which can be regulated and controlled with the help of Rehmannia.
- Some of the applications of Rehmannia are centered on traditional Chinese beliefs which focus on correcting the internal heat and other related disorders. Rehmannia is often prescribed to **rejuvenate the yin** in the body and bring it to the correct balance.
- Rehmannia is also considered to be a **general restorative** for overall good health, and it promotes the production of body fluid and marrow.
- Rehmannia **protects the liver and lowers blood sugar**. It also promotes blood clotting and reduces high blood pressure.

- It is a great **tonic for the blood** and also acts as a diuretic while rejuvenating the overall health.
- Fevers caused by heating in the body, hot flashes during menopause, and extreme thirst can be cured with the help of Rehmannia. Some health practitioners consider it to be a refrigerant, which means that it **helps the body cool down** especially in the aftermath of a fever.
- One of the problems that occur due to menopause is osteoporosis, where women progressively lose bone strength. Studies have shown that the intake of Rehmannia **controls bone loss** to a great extent. It is also considered to enhance fertility.

## Research

A Scientific study has indicated that Rehmannia may be beneficial in kidney diseases. The study concluded that Rehmannia glutinosa improves the progressive kidney failure triggered by 5/6 nephrectomy.

Another study done to understand the hypoglycemic (lowering of blood sugar levels) effect of this herb in diabetic rats have also yielded positive results. The study concluded that Rehmannia glutinosa demonstrated noticeable hypoglycemic effect in diabetic rats.

## Side effects

No medicines are without side effects, and while herbal medicines are usually free from adverse side effects, it doesn't mean that they are not without their own set of pitfalls. In the case of Rehmannia, there are the

pitfalls you have to be aware of, though it goes without saying that you should not take any herbal medicine without consulting a doctor if you have a serious medical condition.

Some of the side effects that could possibly emerge as a result of Rehmannia use could be bloating and diarrhea. In some rare cases, there could also be nausea and abdominal pain. Some others may experience dizziness and heart palpitations as well. Furthermore, it is advised that pregnant and breastfeeding women should not consume Rehmannia.

## Consumption

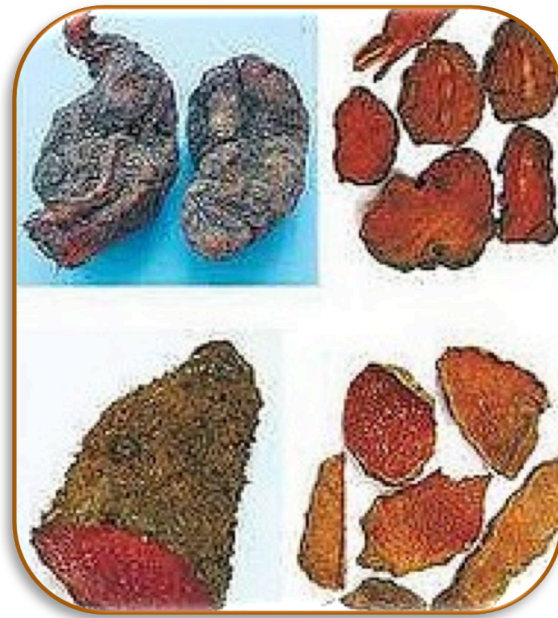
Typically, Rehmannia can be found in China, Korea, and Japan, although it is also grown as an ornamental plant in the United States as well. The medicinal part of Rehmannia is the root, and there are three ways in which it can be used.

The first is the fresh root, which is harvested and cleaned. The second method involves baking the freshly harvested root until it is dry, after which it is kneaded into balls. Lastly, the third method involves a process in which Rehmannia roots are dried, steamed till they are black, and then dried again.

The Rehmannia root can also be prepared as a decoction, with cardamom and ginger added to prevent indigestion. The dosage depends on the kind of Rehmannia preparation you are taking, so it's better to consult a health practitioner before you consume it. If you are taking it in

the form of dried powder, it is recommended to start with 9 to 30 grams a day.

Although many studies have been conducted with Rehmannia, it has not yet been certified by the FDA. Of course, most herbal supplements and medicines are perfectly safe, but it is still advisable to contact your health practitioner before you opt for it.



Fo-ti

## Fo-Ti

Long regarded as the ‘fountain of youth’ in Chinese medicine, Fo-Ti is believed to be nothing short of a miraculous herb. With science proving the medicinal properties of Fo-Ti, an increasing number of Western practitioners are also becoming its evangelists.

*So what is Fo-Ti?* Fo-Ti is a climbing herb native to China. It is also found in Taiwan and Japan. The Latin name of this plant is *Polygonum multiflorum*. Fo-Ti has pink and white flowers, a red stem, and heart shaped leaves. It can grow as high as 30 feet.

In Chinese, the plant is known as *He Shou wu*, meaning “black-haired Mr. He”. Legend has it that in 9<sup>th</sup> century A.D., an old man named Mr. He used Fo-Ti daily to restore his vitality, youthful appearance, and black hair. As luck would have it, Mr. He lived for 130 years. What’s more, his hair was still black when they laid him to rest.

Fo-Ti is particularly rich in two compounds- chrysophanol and emodin. The herb also contains rhein (also known as cassic acid) in small amounts. In addition, Fo-Ti also contains anthraquinones, polydatin, physcion, aloemodin, resveratrol, chrysophanol, physcion, tetrahydroxystibene, noreugenin, daucosterol, apigenin, stearic acid, and beta-sitosterol.

The unprocessed root of this plant is believed revitalize the kidneys and liver, enhance ‘Qi’ (life energy), and strengthen the blood. In Chinese

medicine, the ability of Fo-Ti to restore vitality is attributed to the positive effect that it has on 'Qi'.

## Benefits of Fo-Ti

Fo-Ti has been used in traditional Chinese medicine as a longevity tonic. It is also understood to be beneficial in limiting grey hair. In addition, Fo-Ti is helpful in treating premature aging, erectile dysfunction, vaginal discharge, strengthening the kidneys and liver, and restoring vitality.

There are clear signs that Fo-Ti is effective in reducing hardening of the arteries, cholesterol, and enhancing immune function. Fo-Ti is beneficial for the following medical conditions:

- High blood pressure
- Diabetes
- High cholesterol
- Cancer
- Knee pain
- Premature hair loss and grey hair
- Prostatitis
- Stomach upset
- Constipation
- Erectile dysfunction
- Insomnia
- Alzheimer's disease
- Parkinson's disease
- Atherosclerosis
- Immune function

## Side Effects

Fo-Ti is largely considered safe for human consumption. With that said, some people may experience unwanted side effects due to Fo-Ti. In rare cases, an allergic reaction may occur after using Fo-Ti.

Until now, three cases of hepatitis have been recorded after using Shou-wu-pain, a product that contains Fo-Ti. However, it was never established if this side effect occurred because of a contaminated product or Fo-Ti.

Fo-Ti may not be safe during pregnancy as it has characteristics of a strong laxative. So, if you are pregnant, you should consult your doctor before using it.

Fo-Ti contains chemicals that mimic the action of a strong laxative. That is why this herbal medicine may not be safe for breastfeeding mothers. In rare cases, it is possible that consumption of Fo-Ti by the mother may cause diarrhea in breastfeeding child. That is why breastfeeding women should use Fo-Ti only if their doctor approves its use in their condition.

A study conducted to understand the estrogenic activity of 32 herbal plants considered to be useful during menopause in Chinese medicine found that estrogenic activity in Fo-Ti was the greatest. As such, it is



recommended that people suffering from uterus, breast, prostate, or ovary cancer should take extra precautions while using Fo-Ti.

## Research

Fo-Ti faces the same problem that besieges other herbs with medicinal properties: limited funds have restricted the number of scientific researches to just a few. The brighter side of an otherwise not-so-happy situation is that every research done on Fo-Ti till date has yielded positive results.

Here are the results of 3 such scientific studies:

- In an independent study, 36 people with grey hair were given Fo-Ti. A whopping 66.7% of participants, that is 24 participants, completely recovered their dark hair after treatment. In addition, 8 patients showed considerable improvement after treatment.
- In a scientific study conducted on aged animals, a traditional medicinal formula that had Fo-Ti as its main ingredient demonstrated, clearly and conclusively, the ability of the herb in slowing down the aging of vital bodily organs. In human clinical trials, the formulation too yielded encouraging results.
- In another independent study, an oral formulation of Fo-Ti was administered to 60 patients with average age of more than 50 years. A Chinese clinic had diagnosed these participants as undergoing “kidney deficiency”. The study revealed a success percentage of

83.3%, nearly 30% of participants were ruled “very effective”, and 53.3% were considered “effective”.

## Harvesting

You can grow Fo-Ti in your own garden. For this purpose, it is recommended that you procure the seeds of the plant from a reputable plant shop in your neighborhood. This herbal plant can grow in the shade as well as in the sun.

## Consumption

Traditionally, the root of Fo-Ti is prepared by cooking it in black bean soup until the liquid is completely exhausted, after which the roots are left to dry.

You can also consume prepared (also known as processed or cured) Fo-Ti in the form of supplements. The supplements are available as herbal tea or oral capsules.

The unprepared (also known as unprocessed) Fo-Ti also has certain medicinal properties. Additionally, the herb can have unwanted side effects if it is taken for unintended purposes. This is why you must consult an experienced herbalist before using unprocessed Fo-Ti.



# Burdock Root

## Burdock Root

Long before diuretic pills came into existence, people depended on herbs such as burdock root for blood purification. The ability of burdock root to purify the blood is well known. In fact, in earlier times, the term 'blood purifier' was synonymous with burdock root. Today, however, thanks to new studies, numerous other important health benefits of burdock root are coming to light.

So, what is burdock root? Burdock root is the root of the burdock plant, a native of some parts of Asia and Europe. Burdock, whose scientific name is *Arctium lappa*, is a perennial plant with prickly-edged leaves that can grow as high as 8-9 feet. Burdock's active ingredients include calcium, arcigen, essential oil, inulin, chlorogenic acid, iron, flavonoids, lactone, potassium, tannin, resin, taraxosterol, and mucilage.

In traditional Chinese medicine, burdock root is used for strengthening liver-Qi and for dissipating heat from the liver.

## Benefits of Burdock Root

- **Flushing out toxins from the blood stream:** As listed above, burdock root is an efficient diuretic. It removes toxins from the bloodstream by enhancing urine output.

By allowing the body to get rid of excess water weight, burdock roots help in reducing swelling around the joints, making it beneficial for

treating inflammatory conditions like arthritis, rheumatism, scrofula, and gout.

- Besides being a diuretic, burdock root is also an excellent diaphoretic agent. It helps release toxins through the skin by promoting sweating.
- **Treating fungal and bacterial infections:** Fresh burdock roots contain a type of plant chemical known as polyacetylenes, which are effective in killing certain types of fungi and bacteria. Owing to the presence of polyacetylenes, burdock roots are effective in treating both fungal and bacterial infections such as infections of the urinary tract and ringworm. In addition to the aforementioned benefits, burdock roots are also helpful in the treatment of ulcers.
- **Treating stomach ailments:** Burdock root can treat stomach ailments and certain gastrointestinal conditions. It is known to stimulate the digestive organs and improve digestion, owing to high inulin and mucilage content.
- **Controlling liver damage:** Burdock roots are thought to be effective in controlling liver damage as well as healing a damaged liver. It also triggers the flow and release of bile. This, in turn, cleanses the liver, improves liver function, and aids the digestive process. In addition to the above-listed benefits, burdock roots are beneficial in flushing out the toxins from the gallbladder and kidneys.
- **Treating skin conditions:** Research shows that burdock roots are also beneficial to the skin. It is known to be helpful in treating skin conditions such as acne, psoriasis, and eczema. To relieve irritation

caused by the aforementioned skin conditions, you can use burdock roots in form of a topical treatment or in the form of a poultice created using dried burdock roots and water.

- **Treating diabetes:** Consumption of burdock roots increases fiber content in the digestive tract. This, in turn, helps reduce the absorption of sugar into the bloodstream.
- **Treating cancer:** Burdock roots are also found helpful in treating cancer. This herbal product is an important constituent in Essiac, which is an alternative treatment of cancer.
- **Promoting a healthy scalp:** Regular use of burdock root oil promotes a healthy scalp, reduces dandruff, and controls hair loss.

## Side Effects of Burdock Root

Burdock root is largely considered safe when used in recommended amounts for a short period of time. With that said, it is possible that burdock roots, like many other herbal products, may cause certain side effects in some people.

Here is a list of potential side effects of burdock root:

- According to *the University of Maryland Medical Centre*, people who have a known hypersensitivity to certain plants, like chrysanthemums or daisies, may also be hypersensitive to burdock root. You must consult your physician immediately if you experience any symptoms associated with hypersensitivity reactions such as shortness of

breath, wheezing, hives, swelling, trouble swallowing, and red or purple spots under the skin.

- Some studies reveal that consumption of burdock roots that were contaminated with belladonna, a perennial plant native to Western Asia, Europe, and North Africa, during harvesting may lead to side effects such as an altered heart rate and dryness in the mouth.
- Burdock root tea may cause eye inflammation. Some people who consume burdock root in the form of tea have reported experiencing symptoms of burdock root tea poisoning such as slurred speech, blurred vision, and dry mouth.
- Burdock root may cause uterus stimulation. Due to this reason, and also because it is a potent diuretic, consumption of burdock root is not recommended during pregnancy.

## Research

Various scientific studies have shown, time and again, that burdock roots are beneficial in treating various health conditions.

- Studies done on animals to understand the blood-sugar-lowering ability of burdock roots have yielded positive results.
- Burdock roots are an important ingredient in Essiac. According to the *Masonic Cancer Center at the University of Minnesota*, cancer patients who use Essiac have reported slow progression of cancer and reduction in inflammation and pain.

- Researchers in Japan have identified an ingredient in burdock root called the “B-factor”, which reduces cell mutation.

## Harvesting

Typically, burdock roots are found in the wild. If you are harvesting burdock roots in the wild, it is recommended that you venture out with a picture of burdock root for identification. Burdock plants grow up to 8-9 feet and have arrow-shaped leaves. On the other hand, if you wish to cultivate burdock plants in your garden, you can easily procure the seeds from the market.

## Consumption

You can use burdock roots in various ways. You can add fresh burdock roots to soups or teas. To treat skin conditions, you can use it in form of a poultice by making a decoction. In addition, you can also use burdock root in the form of oil.





**Pau Darco**

## Pau d'Arco

For centuries, natives of South America have regarded Pau D'Arco as a panacea for innumerable health conditions. Even though scientific research on Pau D'Arco is limited, its proponents in the Western world have grown exponentially over the years.

*So, what is Pau d'Arco?* Pau D'Arco (Avellanedae or Tabebuia Impetiginosa) is the inner bark of a majestic flowering Amazonian tree, and is native to the rainforests of South and Central America. The tree grows up to 30 meters in height, and the base can measure up to 3 meters in diameter.

Indigenous people noticed that the Pau D'Arco tree does not rot, even when it is dead. The natives of South America found that Pau D'Arco bark contains intrinsic chemical factors that fight fungus. As a result, they started using the bark medicinally to fight fungal conditions.

In addition, the indigenous population used Pau D'Arco to treat a variety of other conditions such as arthritis, prostatitis (a condition marked by the inflammation of the prostate gland), dysentery, ulcers, various types of cancers, and fever.

Overall, *Pau d'Arco* enhances the body 'Qi' by strengthening the immune system and ensuring overall health benefits.

## Benefits of Pau d'Arco

Pau d'Arco is a wonderful herb with many documented properties, and may provide the following benefits:

- Improves toxic blood related conditions such as acne, hepatitis, environmentally produced allergies and asthma, and poisons attacking the liver.
- Stimulates the immune system to such a positive degree that it has been traditionally used as a primary treatment for viruses, such as flu, herpes or hepatitis.
- Eliminates Candida and Candida-type problems from the body as a systemic anti-fungal by stimulating the body's own Candida scavengers.
- Inhibits free-radical induced cell-mutation, especially those within the blood or skin. It may also decrease the spreading of mutated cells and the formation of new malignant growths.
- Balances blood sugar levels and reduces the amount of insulin needed by diabetics.

## Side Effects

At high doses, Pau D'Arco may trigger severe side effects such as internal bleeding. Other side effects associated with high doses of this herbal medicine include severe diarrhea, nausea, and vomiting. If you are

using Pau d'Arco, ensure that you do not exceed the recommended dosage listed by the manufacturer.

Patients with bleeding disorder should consult their doctor before using Pau D'Arco. This is mainly because of two reasons:

- It can affect blood clotting.
- It has the potential to interfere with blood thinning drugs such as clopidogrel, aspirin, and warfarin.

## Research

Lapachol is one of the active components of Pau d'Arco. In animals, Lapachol has demonstrated certain anticancer properties. A study found it to be effective against certain types of tumor cells found in animals, like sarcoma. However, this study alone does not prove if Lapachol is an effective anticancer agent for humans. For this, the effects of Lapachol in humans need to be monitored intensively.

In humans, only a few studies have been conducted so far to understand the efficacy of the anticancer properties of Lapachol. One such study, sponsored by the *National Cancer Institute*, was conducted in the early 1970s. Unfortunately, the results were controversial. The study found that Lapachol prevented blood clotting.

The risk of bleeding was severe when Lapachol was administered in the dosage required to affect tumors. Researchers found that clotting function became normal when the administration of Lapachol was

discontinued. Based on this finding, further researches on efficacy of Lapachol as an anticancer agent in humans were not conducted.

In addition to Lapachol, Pau d'Arco contains other naphthaquinones. An animal study conducted in 2004 revealed that two compounds derived from naphthaquinones can help in malaria treatment. However, scientists warn that this does not imply that Pau d'Arco can be used as antimalarial agent.

This is because that the results of studies of the raw bark are likely to be different, possibly by a lot, from the results of studies done on extracted compounds.

## Harvesting

Harvesting Pau d'Arco in most parts of the United States may not be easy. This is because this herb requires a climate and environment similar to that in the rainforests of South and Central America. With that said, it may be possible to grow Pau d'Arco in the southern areas of Florida.

## Consumption

Pau d'Arco teas make a fantastic base for cacao drinks. Simply add cacao beans or nibs and blend. Also adding some form of sweetener (such as raw yacon root syrup, agave cactus nectar, stevia, honey, fruit, etc.) makes for a wonderful tasting beverage. However, you must take note that the more sweetener that is used in the formulation, the less effective it is.

Pau d'Arco tea possesses a wonderful flavor and has a naturally sweet taste, yet contains no sugar. Pau d'Arco is a great herbal base for all teas. Experiment by mixing it with other herbs.



**Vanilla bean**

## Vanilla beans

Famous for its aromatic uses, vanilla beans also offer many important health benefits. Read on to know more about this age-old herb.

*So, what are vanilla beans?* From the exquisite blooms of the vanilla orchid come the pods that yield one of the world's greatest flavors. Vanilla beans (pods) are the cured, dried fruit of the only fruit-bearing orchid. Although there are about 150 species of vanilla orchids, only a few are used commercially.

Vanilla is one of the oldest, most expensive, and one of the most familiar spices which is best known for its flavor-enhancing and aromatic qualities.

Among the purported health benefits of vanilla by ancient peoples was that it could act as an aphrodisiac. In the 1700's it was recommended by physicians to be drunk as an infusion or tincture to increase male potency.

## Benefits of Vanilla beans

Vanilla beans can provide the following health benefits:

- **Induce relaxation:** The aroma of vanilla induces a calming effect. Proponents of natural medicine believe that vanilla beans can effectively complement traditional treatments used for treating anxiety.



- **Improve sleep:** Studies have shown that vanilla can help people fall asleep faster and enter into deep REM sleep or dream state.
- **Prevent cancer:** Vanilla is rich in antioxidants. This fact forms basis of the belief of many herbalists that vanilla beans can prove effective in preventing cancer. Cancer and many other diseases are caused by free radicals. As antioxidants are known to block free radicals, vanilla beans may help prevent cancer.
- **Treat sickle cell anemia:** Scientists believe that a form of vanilla may help develop a drug to treat sickle cell anemia.
- **Kills bacteria:** Vanillin, a compound that forms an essential ingredient of vanilla, is known to prevent the growth of bacteria. Adding vanilla to food products, especially foods that have low pH values, can improve their safety.

## Side Effects

Vanilla beans are well tolerated by humans, and there are no well documented side effects of vanilla beans. That said, like other herbs, vanilla beans, too, in rare cases, may trigger an allergic reaction.

## Research

Scientific studies confirm that vanilla beans have numerous health benefits. Here are the findings of a few such scientific studies.

- Scientists evaluated the anticancer ability of vanilla bean extract in mice infected with breast cancer. The study revealed that relative to a

placebo, vanillin (a chemical compound that is essential for vanillic acid) leads to a decrease in the number of cancerous cells without triggering toxicity.

- An independent study was conducted to study the ability of vanilla to promote relaxation. In the study, several participants were asked to inhale vanilla bean samples. A majority of participants confirmed enhanced feelings of happiness and relaxation after inhaling vanilla bean samples.
- A study conducted at the Spices and Flavour Technology Department of the Central Food Technological Research Institute in Mysore, India reveals that vanilla is particularly rich in antioxidants. Antioxidants, in turn, may help in preventing cancer as they block free radicals, chemicals that cause cancer.
- “Medical News Today” has stated that vanillin, an ingredient that forms an integral part of vanilla, may help produce a drug for treating sickle cell anemia. In a study conducted in 2004 by The Children’s Hospital of Philadelphia, MX-1520, a special compound, was administered to mice with sickle cell anemia. The results showed that MX-1520 synthesized vanillin and inhibited the release of sickle cells.
- According to HolisticOnline.com, the Memorial Sloan-Kettering Hospital in NY, USA has revealed that vanilla aromatherapy improved the symptoms of some patients suffering from claustrophobia.

## Harvesting

Today, vanilla is mostly cultivated in Madagascar, Indonesia, Tahiti, and Mexico. Other topical regions where vanilla is grown include: Philippines, India, Costa Rica, Tonga, Fiji, Papua New Guinea, and Guatemala.

If you reside in the United States or other parts of the world where vanilla cannot be cultivated, you can purchase vanilla beans from any reputable store. When purchasing vanilla, look for beans that are hand-cultivated and hand-picked without pesticides or synthetic fertilizers, and cured only in the sun.

Stay away from vanilla extract, especially artificial vanilla extracts, for when vanilla is processed in this form, it loses its health-enhancing herbal properties. Nothing compares to using whole, raw vanilla beans when you want real vanilla flavor!

## Consumption

You can use vanilla beans in all your favorite raw creations, including chocolate drinks, smoothies and desserts. If you have a Vita Mix or other powerful blender, you can snip (with kitchen scissors) small pieces of the whole bean right into your blended creations (the beans, flavor and nutrition gets enhanced this way).

You can also add half a vanilla bean into any tea recipe along with the other herbs for a delicious taste. Another way to use vanilla is to split the bean open lengthwise, scrape out the thousands of tiny black seeds, and add them to your meal.



# Chanca Piedra

## Chanca piedra

Herbalists have long regarded chanca piedra as a potent health supplement, and often bestowed it with the title of ‘superherb’. Today, more and more healthcare practitioners are forthcoming in acknowledging chanca piedra for what it is—a powerful herb that supplements the ‘Qi’ and combats numerous health conditions.

*So, what is chanca piedra after all?* Chanca piedra, with the generic name *Phyllanthus niruri*, is an herb native to the Amazon rainforest. This medicinal herb is also found in other tropical areas around the globe such as southern India, Bahamas, and China. Natives of these regions have been using chanca piedra for treating various medical conditions for centuries.

Chanca piedra is considered to be one of the most important superherbs discovered in the entire history of herbalism due to its effect on directly fighting calcium-forming organisms called nanobacteria.

Nanobacteria have been linked to inflammation and the production of “bad calcium” in the human body. Nearly every disease known to humans, mammals, reptiles, and birds involves calcification. Calcification is the overproduction of “bad calcium” due to the growth of nanobacteria.

Chanca piedra is also known by other names, none more famous and appropriate than ‘*stone breaker*’. This name is attributed to the ability of chanca piedra in breaking up calcium phosphate crystals (bad calcium).

Other common names of chanca piedra include: *quebra pedra*, *punarnava*, *carry-me-seed*, *yaa tai bai*, *gale-wind grass*, *cane peas senna*, *bhuin-amla*, *bhumyamalaki*, *para-parai mi*, *bhoomi amalaki*, and *shka-nin-du*.

The main phytochemicals present in chanca piedra are: astragalin, alkaloids, brevifolin, corilagin, carboxylic acids, cymene, ellagitannins, ellagic acid, geraniin, gallocatechins, hypophyllanthin, lignans, lupeols, lintetralins, methyl salicylate, nirtetralin, norsecurinines, niranthin, nirurin, nirurine, niruretin, nirurisode, phyllanthanol, phyllochrysine, phyllanthin, phyllanthine, phyltetralin, repandusinic acids, quercetol, quercetin, quercitrin, rutin, saponins, tricontanol, and triacontanal.

## Benefits of Chanca piedra

Chanca piedra strengthens body 'Qi' and helps in treating various urinary, liver, and kidney diseases effectively. Herbalists have hailed chanca piedra as the most effective herbal treatment for gallbladder and kidney stones.

The liver conditions that chanca piedra is purported to treat include the following:

- Anemia
- Jaundice
- Hepatitis
- Liver cancer

The urinary conditions that chanca piedra is purported to treat include the following:

- Urinary tract infections
- Cystitis

In addition to the above, chanca piedra is believed to be effective in preventing and treating the following medical conditions:

- Bronchitis
- Asthma
- Diabetes
- Colic
- Dysentery
- Diarrhea
- Stomach ache
- Constipation
- Indigestion
- Abdominal tumors
- Hypertension (high blood pressure)
- Muscle spasms
- Malaria
- Prostatitis
- Gonorrhea
- Syphilis
- Vaginitis
- Intestinal gas
- Dizziness
- Swelling
- Itching
- Tuberculosis
- Typhoid
- Cough
- Fever



## Side Effects

Chanca piedra is largely considered safe for human consumption. With that said, people suffering from certain conditions should consult their doctor before using this wonder herb.

As chanca piedra has demonstrated hypotensive effects (ability to lower blood pressure temporarily) in humans, people with heart conditions or those who take prescription heart medications should consult their healthcare practitioners before taking this herb. This superherb is generally not recommended for those with hypoglycaemia symptoms.

Chanca piedra has demonstrated diuretic effects (ability to lower blood pressure by increasing urination) in humans. The long-term use of diuretics may increase the risk of mineral and electrolyte imbalance. If you are using chanca piedra regularly for over three months, it is best that you consult your doctor. This will help you avoid side effects that are usually associated with the chronic long-term use of diuretics.

The safety of chanca piedra in pregnant and nursing women has not been established. If you are pregnant, planning to become pregnant, or are breastfeeding a child, you should consult a physician before using this herb.

## Research

Over the years, chanca piedra has been subjected to innumerable scientific studies. Most of these studies have, time and again, validated chanca piedra's traditional uses.

In clinical research, chanca piedra, much to the delight of herbalists, has shown analgesic, antihepatotoxic, antilithic, antimutagenic, antispasmodic, antibacterial, antiviral, hypotensive, hypoglycemic, and diuretic properties.

Here is a brief description of a few clinical studies on chanca piedra:

- The *Paulista School of Medicine* in Sao Paulo, Brazil, conducted studies on rats and humans in 1990 to understand the efficacy of chanca piedra in treating kidney stones. Rats and humans with kidney stones were given a tea containing chanca piedra for a period of 1-3 months. The studies concluded that chanca piedra was notably effective in promoting the elimination of kidney stones.
- In 2002, Indian researchers studied the effect of chanca piedra on gallbladder processes. Studies stated that the herb significantly improved the secretion of bile acid and reduced cholesterol levels in rats.
- In 1995, Indian researchers studied hypotensive effects of chanca piedra. In the study, human hypertensive participants were given chanca piedra in form of capsules. Researchers reported that hypertensive subjects experienced a notable reduction in their systolic blood pressure (the highest number present in the blood pressure reading)

## Harvesting

If you live in an area where the climate is conducive to the growth of chanca piedra, you may consider growing this superherb in your garden. For this purpose, procure the seeds of the plant and sow them directly between late spring to summer. You can also buy chanca piedra in various forms.

## Consumption

This herbal plant, like many other herbs with medicinal properties, is usually consumed in the form of a tea. In addition, chanca piedra is also available in the form of oil.



# Chaparral

Chaparral, an herb native to Southwestern America, has been used for centuries as an herbal remedy. Read on to know more about this medicinal herb and its umpteen health benefits.

Chaparral is a medicinal plant found in southwestern United States. Chaparral grows up to 4-8 feet, and is also found in South America, Mexico, and western United States.

The scientific name of this medicinal herb is *Larrea divaricata coville* or *Larrea tridentata (DC) coville*. Chaparral is also known by different names such as jarilla, gobernadora, creosote bush, greasewood, and hediondilla.

**Chaparral's chemical composition is 12% resin and nordihydroguaiaretic acid.**

Native Americans believed chaparral was an effective herbal remedy and used it to treat various conditions, such as: bronchitis, venereal sores, skin disorders, coughs, skin wounds, and ringworm. In addition, chaparral was traditionally used as an herbal remedy to relieve symptoms of rheumatism and digestive problems.

Native Americans mainly consumed chaparral in the form of tea. The leaf and twigs of this medicinal herb were used to make chaparral tea. For treatment of external wounds, the natives heated the chaparral leaves and applied them directly to the skin wound.

## Benefits of Chaparral

Proponents of this medicinal herb, some of whom are leading practitioners of Western medicine, claim Chaparral exhibits following properties: anti-inflammatory, anti-oxidant, antibiotic, anti-tumor, and anti-amoebic.

Chaparral is believed to offer the following benefits:

- **Protect cell damage** – The high antioxidant content present in Chaparral, scientists believe, can provide protection against cell damage, which, in turn, causes cancer.
- **Prevent growth of malignant cells** – Chaparral contains Nordihydroguaiaretic acid, a chemical that has “anti-neoplastic” properties. Simply put, anti-neoplastic agents prevent the growth and proliferation of harmful cells.
- **Purifies blood** – Chaparral is highly effective in purifying blood.

## Side Effects

The efficacy and safety of Chaparral in humans has not been extensively studied. That is why all potential side effects of this medicinal herb are not known. What is known demands that caution be observed when using this herb. The use of Chaparral has been linked with severe liver damage. Therefore, always consult your doctor before using this medicinal herb.

Notify your doctor immediately if you experience abdominal pain, nausea, vomiting, yellow eyes or skin, dark urine, black stools, itching, loss of appetite, or unusual fatigue. These symptoms may be early indications of liver damage.

Certain drugs may interact with Chaparral. So, if you are taking any other medications, especially a monoamine oxidase inhibitor (MAO inhibitor), inform your doctor about them before using Chaparral.

The use of Chaparral, as well as other herbs, is not recommended during pregnancy and breastfeeding unless approved by a doctor.

## Research

The result of scientific studies on Chaparral has been a mixed bag. Some have backed the claimed medicinal properties of this herb, while others have found the claims to be untrue. Here are the findings of the two studies:

- Some studies involving laboratory rats indicate that this medicinal herb possesses effective anti-cancer properties. Laboratory rats that were given Chaparral lived significantly longer than the subjects in the control group.
- A 1970 study conducted by researchers from the *University of Utah* concluded that Chaparral does not possess effective anti-cancer properties. In the study, 45 participants suffering from advanced, incurable cancer were given Chaparral tea or pure Nordihydroguaiaretic acid (NDGA). Only 4 participants experienced

reduction in tumors, and the regressions lasted up to 10 days to 1 year and 8 months (20 months). However, the tumor of other patients who were administered Chaparral grew larger.

## Harvesting

People who live in the regions where Chaparral grows naturally can harvest the plant in the wild. The best time for harvesting Chaparral is April or early May. Although identifying this herb, unlike many other medicinal herbs, is not difficult, it is still recommended that you carry a photograph of the plant before venturing out.

## Consumption

You can use Chaparral in the form of a liquid, capsule, tablet, or powder. Given below are two ways in which you can prepare a Chaparral drink.

- Make a cold infusion of Noni Leaf Tea and Chaparral. Both Noni Leaf and Chaparral contain a wide range of antioxidants and work in combination to help protect our cells from free-radical damage. To make an even higher antioxidant drink, use this cold tea as a base for a smoothie or sauce made with Raw Cacao.
- Both Chuchuhuasi and Chaparral have the potential to relieve arthritic pain. Bring 3 cups of water with 2 teaspoons of Chuchuhuasi to a gentle simmer, and let simmer for one hour. At the end of the hour, steep 2 teaspoons of Chaparral in this tea. Cool the concoction to room temperature, strain, and drink slowly throughout the day.





**Sacha Jergon**

## Sacha Jergon

Found in the Amazon basin, Sacha Jergon is known to be a potent antidote to snake venom. Various other health benefits are also associated with this Amazonian herb. Read on to know more about this medicinal herb.

Sacha Jergon is one of the main herbs in traditional Amazonian herbalism. This herb is native to the Amazon forests, as well as to the rainforests of Suriname, Brazil, Ecuador, Peru, Guyana, and Colombia. Sacha Jergon is an herbaceous perennial plant that can grow up to 13 feet. Besides Sacha Jergon, this herb is known by names such as: hierba del jergon, taja-de-corba, erva-jararaca, milho-de-corba, jararaca-taia, jararaca, and jergon sacha.

Sacha Jergon helps improve the effectiveness of herbs that it is used with and is perhaps one of the best herbs in the world for liver 'Qi' and rejuvenation.

This perennial herb grows wild in the Amazon basin up to the lower elevations of the Andes Mountains. The active elements of this herb are found in the tuberous off-white colored root. In its native habitat, the root is pulverized in cold water and drunk immediately for the highest degree of therapeutic benefit. This herb earned its name due to its effectiveness in combating snake venom.

Sacha Jergon is as an activator of other herbs, as well as a liver rejuvenator. Sacha Jergon provides the key that unlocks the potential of many extraordinarily rich herbs of the Amazon basin. It can be used in

conjunction with any combination of herbs to help improve immunity, cleanse the body, and restore optimal health and well-being.

## Benefits of Sacha Jargon

This medicinal herb is widely used in the Amazon basin to treat snake bite. Sacha Jargon is perhaps the most popular and natural antidote to snake venom. In addition, the people of the Amazon basin and other areas where Sacha Jargon grows in abundance use it for healing wounds inflicted by poisonous arrows and darts. Sacha Jargon, as a matter of fact, is considered to be the best natural remedy for all types of venomous stings, which include, in addition to snake bite, scorpion stings and bee stings.

Herbalists strongly believe that Sacha Jargon possesses excellent cough-suppressant properties and a fair bit of anti-inflammatory qualities. This is why herbalists argue that Sacha Jargon is effective against bronchitis, whooping cough, asthma, and many other respiratory problems.

Much of the buzz around Sacha Jargon in the Western World, where venomous bites are not a common occurrence at all, was created by a claim from Peruvian doctor that Sacha Jargon could indeed be the cure for HIV and AIDS.

The doctor claimed that some HIV and AIDS patients who were given Sacha Jargon in combination with another herb tested negative for HIV after 6 months. However, it must be said here that no official report was filed by this Peruvian doctor. In addition, until date, no scientific study

involving clinical trials have been conducted to evaluate the ability of Sacha Jargon to treat HIV.

## Side Effects

The side effects of Sacha Jargon have not been studied. That is why no documented side effects of this herb are available. It is recommended that you consult your doctor before using this drug, especially if you:

- Have/have had a serious medical condition
- Are taking any other medications
- Are pregnant
- Are breastfeeding a child

## Research

The efficacy of this herbal medicine has not been studied.

## Harvesting

As listed above, Sacha Jargon is available only in a few regions of the world. Moreover, cultivating this drug in a home garden is not considered viable, mainly because of peculiar environmental conditions that the herb needs for growing. One thing you must remember while choosing Sacha Jargon is to select only those that have been harvested in the wild.

## Consumption

Sacha Jergon is usually available in powder form. Raw Sacha Jergon powder is in a form which can be easily mixed into any juice, smoothie, or beverage. This herb has traditionally been used in cold water infusions, so no special preparation is required. Sacha Jergon mixes easily into cold water and has a mildly sweet taste. It may even be mixed into a smoothie with Raw Cacao Beans to increase the antioxidant and heart-friendly effects of raw chocolate.



# Recipes

## Chaga Mushroom Recipes

### Chaga Tea

#### **Ingredients:**

5 cups of water

1 cup of ground Chaga mushrooms

#### **Directions:**

To prepare Chaga tea-

1. Cut some Chaga mushrooms and soak them in water for 6-8 hours.
2. Next, run the soaked chunks in a grinder to get the Chaga in powdered form.
3. Boil 5 cups of water and add 1 cup of ground Chaga to it while stirring the mixture.
4. Let the mixture stand for an hour or two so that it absorbs the flavor.
5. You can then filter and drink it, and even reheat it, if you want to.

Chaga tea has a rich color and a very mild flavor.

## **Chaga Tincture**

### **Ingredients:**

½ a liter of vodka

3 tablespoons of milled Chaga

### **Directions:**

To prepare Chaga liquor-

1. Add 3 tablespoons of milled Chaga to ½ a liter of vodka.
2. Store it in a cool, dark place for 14 days, shaking the contents from time to time.
3. After 14 days, filter the contents.
4. You should squeeze out the liquid from the remaining pieces of Chaga too.

Store this mixture and have 3 tablespoons of this liquid every day. The recommended dosage is between 3 and 6 times each day. It's advisable to avoid penicillin and intravenous glucose injections when you consume Chaga liqueur.



## Cordyceps Recipes

### Chicken soup with cordyceps, Chinese wolfberries and red dates

#### **Ingredients:**

2 cordyceps

1 chicken thigh

6 red dates

1000 ml of water

7 Chinese wolfberries

#### **Directions:**

For making this soup-

1. You will need to cut the chicken thigh into small pieces and boil these pieces for a brief period of 2 minutes.
2. Next, wash the pieces and remove the excess fat.
3. Rinse the Chinese wolfberries, cordyceps, and red dates.
4. Take a large soup bowl and place the chicken pieces into it along with the Chinese wolfberries, cordyceps, and red dates.
5. Add 1000 ml of water and cover the bowl with a food wrap.
6. Steam it for 1.5 hours and after adding salt to taste, your soup will get ready to be served.

## **Stewed angel-hair pasta with Chinese Cordyceps**

### **Ingredients:**

1/3 pound of lean pork

½ to 1/3 ounce of fresh Cordyceps (washed)

4 red dates, cored

2 cups of boiling water

¼ pound of angel-hair pasta, soaked until soft

### **Directions:**

1. Parboil the pork.
2. Next, remove it from the water. Rinse, drain and keep aside.
3. Put the pork in a large soup pot, and add the dates, Cordyceps, and 2 cups of boiling water.
4. Cover the stew and allow it to simmer for 3 hours.
5. Add the angel-hair pasta and let it simmer for another 30 minutes.
6. Add salt to taste and serve.

## Reishi Mushroom Recipes

### Reishi Tonic

#### **Ingredients:**

A bottle of rice wine

15 grams of Reishi mushrooms

#### **Directions:**

To make Reishi tonic, you will need to soak 15 grams of Reishi mushrooms in a bottle of rice wine. Although soaking the mushrooms for a minimum of 6 weeks would be fine, it would be better if you can soak them for a longer period.

You may even replace the rice wine with your favorite spirit or brandy and soak the mushrooms in it.

After 6 weeks or more, filter the liquid and store it in the refrigerator.

Having a small glass of the tonic every day will help you maintain your health.

### **Ginger Reishi concoction**

#### **Ingredients:**

7 slices of fresh ginger root  
1 tablespoon of ground Reishi mushroom  
1.5 cups of water

#### **Directions:**

To make this concoction-

1. Put the water in a pot and bring to boil.
2. Add the ginger root and ground Reishi mushroom.
3. Let the mixture simmer for about 10 minutes.
4. Drain and store in a cool dark place.

This concoction is known to promote blood circulation and boost immunity, apart from preventing cholesterol build-up. Every day, you can take a sip or two of this concoction to enjoy greater vitality and a long life.

## Maitake Mushroom Recipes

### Mugwort soba noodles (cooked with maitake mushrooms)

#### **Ingredients:**

1 packet of mugwort soba noodles (about 18-ounce)

1 chopped shallot and 1 tablespoon of sesame oil

A garlic clove (finely chopped)

1 tablespoon of ginger root (finely chopped)

8 ounces of thin, sliced fresh maitake mushrooms

2 teaspoons of tamari

Sliced scallions for garnish (optional)

#### **Directions:**

1. According to package directions, prepare the mugwort soba noodles and set aside.
2. Take a large skillet and use medium to high heat to warm the sesame oil.
3. Add the garlic and shallot and cook for a minute.
4. Put in the mushrooms, and cook for another 8-10 minutes until the mushrooms take on a slight brown tinge.
5. Next, add tamari and ginger, and continue cooking till the tamari gets evaporated.

6. Lastly, add mugwort soba noodles to the skillet, and toss quickly to let the mushrooms mix well.
7. Your noodles are ready to be served, and you may garnish them with scallions, if desired.

## **Asparagus stir fry with maitake mushrooms**

### **Ingredients:**

1 cup of maitake mushrooms

1 tablespoon of olive oil (extra virgin)

2 cloves of garlic (minced)

1 tablespoon Shoyu soy sauce

1 medium sized carrot (julienned)

A cup of organic sweet corn (frozen or fresh)

Juice of 1 tablespoon of finely grated, fresh ginger root

20 spears of asparagus, with trimmed ends that are sliced into 2-inch pieces

Half a cup of water, including reserved water for soaking maitake mushrooms

### **Directions:**

1. Soak maitake mushrooms in warm water for 20 minutes.
2. Remove, drain and set aside.
3. Retain the drained water to be used later as part of the cooking liquid.
4. Heat up a skillet, and sauté the maitake and garlic for 2-3 minutes.
5. Add Shoyu and water to the contents of the skillet.
6. Cover and let it simmer for 5-7 minutes.
7. Add the carrots, asparagus, and corn.

8. Cover and let it simmer for another 5 minutes.
9. Remove the cover and pour ginger juice over the contents.
10. Sauté for another 1-2 minutes, stirring occasionally. Serve hot.



## Agaricus Blazei mushroom Recipes

### Vegetable Soup

#### **Ingredients:**

½ liter of vegetable broth

½ a teacup of green beans, minced red pepper, and chopped cauliflowers (each)

2 small, coarsely grated carrots

Ground black pepper

Salt

½ a teacup of rehydrated Agaricus blazei mushrooms

10 small leaves of watercress

20 g of grated cheese (parmesan or cheddar)

#### **Directions:**

1. Use a medium pan to boil the broth.
2. Next, add the vegetables, and bring the mixture to a boil again.
3. Cover the pan, lower the heat, and let it simmer for 8-10 minutes, or until the vegetables get cooked, but are still somewhat firm.
4. Season the soup with pepper and salt, and serve with grated cheese sprinkled over it.

### **Agaricus Blazei Mushroom Tea**

½ cup of Agaricus Blazei Mushroom rehydrated

½ cup green beans

2 carrots, small in size, grated coarsely

½ cup chopped cauliflower

½ cup green beans

½ minced red pepper

10 small water cress leaves

½ liter broth of vegetable or chicken

20 grams of grated parmesan or cheddar cheese

Ground black pepper

Salt

### **Directions:**

1. Take a medium pan, add broth to it and bring it to boil.
2. Add all vegetables along with the rehydrated Agaricus Blazei Mushroom to the boiling broth, keep boiling.
3. Cover the pan, reduce the heat and then simmer for some 10 minutes or so. You need to make sure that vegetables are cooked, but stay firm.
4. Add seasoning of pepper and salt as per your taste.
5. Serve the dish on heated plates and sprinkle some grated cheese.
6. Serve right away.

## GinsenG Recipes

### Ginseng Porridge

#### **Ingredients:**

1 cup rice

2 cups of chicken stock

2 cups of water

2 ounces of ginseng root

10 dried chestnuts

10 dates

Pine nuts (for optional garnish)

Honey (to be used as an optional sweet topping)

#### **Directions:**

1. Take a pot and put all the ingredients in it including the water.
2. Bring it to a simmer until the mixture becomes pulpy and thick.  
Remember to stir the contents often or else they will stick to bottom of the pot.
3. Take the pot off the gas, remove the ginseng root, and serve.
4. If you decide to serve the porridge with honey and pine nuts, garnish it with nuts and put the honey on the side.

## **Ginseng chicken soup**

### **Ingredients:**

2 small whole chickens  
1 or 2 small ginseng roots  
Quarter cup of sweet rice  
A dozen cloves of garlic (peeled)  
2 green onions  
A few jujubes  
9 cups of water  
Pepper  
Salt  
2 chopped scallions (for garnishing)

### **Directions:**

1. Wash the chicken and rinse with running cold water.
2. Soak the sweet rice in water for an hour.
3. Stuff the chicken with 1 or 2 small ginseng roots, the soaked sweet rice, garlic and a few jujubes. You can use chopsticks for stuffing if you need to.
4. Place the stuffed chicken in a pot and pour water to cover it.
5. Bring it to a boil. Skim off any fat and foam that rises to the surface.

6. Next, turn the heat down and let it simmer.
7. Cook for about 1.5 -2 hours or until you find the thigh bones coming off easily. Remember not to cook for so long that the chicken starts to come apart. You should cook till the point where they stay intact.
8. Season with pepper and salt to taste.
9. Sprinkle with scallions before you serve.

## Dong-quai Root Recipes

## **Dong-quai soup**

### **Ingredients:**

For medicinal herb broth-

8 cups of meat or vegetable stock

16 cloves of garlic (whole and peeled)

1 ounce of Dong-quai root

For soup-

2 cups of chopped onions

8 cloves of fresh garlic

4 tablespoons of sesame oil

2 tablespoons of minced or finely chopped fresh ginger

5 teaspoons of cumin seed powder

4 teaspoons of chili and turmeric root powder

2 teaspoons of coriander seed powder

1 teaspoon of cardamom seed powder

A quarter teaspoon each of anise seed powder, and fenugreek seed powder

2 teaspoons of sea salt

4 whole bay leaves

**Directions:**

1. Place all contents for the medical herb broth in a large pot, put water, cover and let it simmer for 1 hour.
2. Strain the liquid by taking out all herbs with a slotted spoon and discarding them.
3. Put sesame oil in a skillet, heat it, and add the bay leaves. A few seconds later, add ginger and garlic, followed by the onions. Sauté on low heat for 2-3 minutes.
4. Add the rest of the ingredients, and sauté till the onions are fully cooked.
5. Add this mixture to the strained herb broth and serve warm.

## **Dong Quai Chicken Herbal Soup**

### **Ingredients:**

2 chicken drumsticks  
2-3 pieces of Dong Quai (sliced)  
10 red dates  
10 pieces of dried Yok Chook  
1.5 tablespoons of goji berries  
1000 ml of water  
6 dried longan  
Salt to taste

### **Directions:**

1. Rinse all the herbs in running water, drain and keep aside.
2. Add water to a stock pot and bring to boil.
3. Add the chicken drumsticks to the boiling water along with the rest of the ingredients excluding salt.
4. Let the mixture come to a boil again.
5. Turn the heat low and let the mixture simmer for about 3 hours.
6. Add salt to taste and serve hot.



## Schizandra-berry Recipes

### Schizandra-berry Tea

#### **Ingredients:**

1-2 tablespoons of dried Schizandra-berries

2-3 cups of water

Steeping bags

Lemon juice or honey for taste (optional)

#### **Directions:**

To prepare Schizandra-berry tea-

1. Bring 2-3 cups of water to boil in a kettle.
2. Place one tablespoon of dried Schizandra berries in the steeping bags, using one bag per cup of water. If you like your tea stronger, you can add 2 tablespoons per cup.
3. Place the steeping bags in the boiling water and reduce the heat. Allow it to steep for at least 15 minutes.
4. You can then pour yourself a cup.
5. You can add lemon juice or honey for taste, if you so prefer.

## **Schizandra-berry Jam**

### **Ingredients:**

200 grams of Schizandra berries

50 ml of sherry

500 ml of water

250 grams of sugar

### **Directions:**

To prepare Schizandra-berry jam-

1. Mix all ingredients together and boil the mixture, stirring regularly, on a medium flame.
2. When the berries break, mix it into a soupy consistency and take it off the heat.
3. Pour the mixture onto a muslin cloth or pillow case and leave it overnight, placing a bowl below the cloth, allowing the liquid to drain off into the bowl.
4. Once all the liquid has drained off into the bowl, pour the liquid into sterilized jar and seal it.
5. Place the jar in the fridge for a month, after which you can eat it as jam.

## Astragalus Root Recipes

### Astragalus Root Tea

#### Ingredients:

10 grams of dried Astragalus root

1 red tea bag or 1 gram red tea

A cup of water

#### Directions:

To make Astragalus Root tea-

1. Add the Astragalus root to the water and boil it for five minutes.
2. Place a red tea bag in a cup or pour red tea into a cup.
3. Remove the root from the water and pour the water over the red tea bag or into the cup.
4. Allow it to steep for a few minutes.
5. Filter it if required and pour it into a thermos.

The tea will have a mild licorice-like taste because of the Astragalus root. You can drink this tea throughout the day in small sips.

## **Astragalus Root Chicken Soup**

### **Ingredients:**

1 chicken thigh  
4 slices of Astragalus root  
8 red dates  
1 tablespoon Chinese wolfberries  
500 ml of water

Salt to taste

### **Directions:**

To prepare Astragalus Root chicken soup-

1. Cut the chicken thigh into pieces and parboil it. Wash and trim the excess fat while also removing the skin.
2. Wash and drain all the herbs that are to be used in the soup, including Astragalus root, red dates and Chinese wolfberries.
3. Core the dates and cut them into halves.
4. Place all the ingredients in a double boiler, including the water.
5. Pour water in the jar below and allow the soup to steam for an hour.
6. Season with salt and serve.

## Atractylodes Root Recipes

### Atractylodes Root Autumn Herbal Soup with Lemony Dill flavor served with White Fish and Rice

#### Ingredients:

8 cups of water or stock  
8-16 cloves of garlic, peeled but kept whole  
1 inch ginger, peeled and chopped  
1 ½ teaspoon of whole black peppercorns  
¼ ounce of Astragalus Root  
¼ ounce of Atractylodes Root  
¼ ounce of Eleuthero Root  
¼ ounce of Marshmallow Root  
3 cups of chopped carrots and turnips  
2 teaspoons of dried dill weed  
2 ½ teaspoons of lemon juice  
¾ teaspoon of lemon zest  
1 pound Whitefish, cooked in advance  
Cooked rice  
Salt

**Directions:**

To make the Autumn Herbal Soup-

1. Add the ginger, garlic, black peppercorns, Astragalus root, Atractylodes root, Eleuthero root and Marshmallow root to water in a large pot and simmer for two hours. Remove the herbs and strain the water.
2. Simmer the vegetables in the herb broth until tender. Puree the broth, if required, otherwise, enjoy a thin broth.
3. Add the whitefish to the broth and cook the broth. Add some more garlic, lemon juice, lemon zest, dill weed and sea salt and let the mixture simmer.
4. Add cooked rice at the last minute and serve.

This soup is served with several variations depending on personal preferences.

## **Atractylodes Root Soup with Asian Flavor**

### **Ingredients:**

8 cups of water or stock  
8-16 cloves of garlic, peeled but kept whole  
1 inch ginger, peeled and chopped  
1 ½ teaspoon of whole black peppercorns  
¼ ounce Astragalus Root  
¼ ounce Atractylodes Root  
¼ ounce Eleuthro Root  
¼ ounce Marshmallow Root  
Carrots and mustard greens  
Cold pressed sesame oil  
Black beans  
Tamari or Soy Sauce or Sea salt  
Fresh cilantro  
Barley, cooked previously

### **Directions:**

To make the Atractylodes Root Soup-

1. Add ginger, garlic, black peppercorns, Astragalus root, Atractylodes root, Eleuthro root and Marshmallow root to water in a large pot and simmer for two hours.

2. Remove the herbs and strain the water.
3. Sauté ginger and garlic in cold-pressed sesame oil.
4. Add the vegetables to it and sauté for some time.
5. Add the herb broth and simmer the vegetables in the herb broth until tender.
6. Puree the broth for an even taste.
7. Add black beans and cook further until tender.
8. Add the seasoning of your choice, whether soy sauce or tamari or sea salt, along with some fresh cilantro.
9. Finally, add the cooked barley just before serving as it will ensure that the grain does not soak up all the broth.



## Goji-berries Recipes

### **Goji berries bars**

#### **Ingredients:**

A cup of Goji berries

1 cup of rolled oats

1 cup of dried figs

A quarter cup of raisins

A quarter cup of almond butter

A quarter cup of liquid coconut oil

Half a teaspoon of salt

1 tablespoon of cinnamon

4 tablespoons of raw honey

#### **Directions:**

1. Soak the raisins, figs, Goji berries, and oats in water for about 20 minutes.
2. Remove the stem of figs and warm the coconut oil.
3. Put all the ingredients in a blender and mix them well.
4. Give the batter square shapes and then solidify them in a refrigerator for about an hour.
5. Take out the pieces and serve.

### **Goji berries smoothies**

**Ingredients:**

1 cup of dried Goji berries

A cup of orange juice

2 ripe bananas

5 ice cubes

1 cup of water

Sugar to taste

**Directions:**

1. Soak Goji berries overnight in water so that they become soft for blending.
2. Blend them with other ingredients in a blender for a minute.
3. Add sugar to taste.
4. Put the smoothie in refrigerator for about 20-30 minutes to let it chill.
5. Take out and serve in glass.

You can also make this smoothie by blending Goji Berries with cherries, apples or other berries, while substituting the orange juice with rice milk.

## Rehmannia Recipes

## **Rehmannia tonic**

### **Ingredients:**

2 cups of water

1 tablespoon of gynostemma

2 teaspoons of chopped Shisandra berries

2 teaspoons of chopped Goji berries

A few pinches of prepared He Shou Wu

A quarter cup of chopped and sliced reishi mushroom

2 teaspoons of Rehmannia root

### **Directions:**

1. Put all the ingredients in a large bowl.
2. Let the contents simmer on low heat for about 25 minutes.
3. Strain the liquid and store in a cool dry place.

A few sips of the tonic everyday will keep your kidneys in good functioning mode and enhance your longevity, thus letting you enjoy life to the fullest.

## **Nut and seed milk with Rehmannia**

## **Ingredients:**

2 teaspoons of Rehmannia root

2 and a quarter cups of water

2 teaspoons of almonds butter (preferably, use almond butter that has been soaked, dehydrated, and ground)

1 teaspoon of poppy seeds

2 teaspoons of chia seeds

A handful of hazel nuts and pecans (both soaked)

2 teaspoons of hemp seeds

2-3 ice cubes

## **Directions:**

1. Simmer 2 cups of water and Rehmannia roots for more than 20 minutes.
2. Strain and keep aside.
3. Use a high-speed blender to mix the remaining ingredients. Blend for 1 minute on high and strain into a large bowl using 3 nut milk bags (it's preferable to use one inside the other for reinforcement).
4. Pour the mixture back into blender and add the strained liquid from step 2.
5. Add the ice cubes and blend again for a few seconds until the ice mixes well and then serve in glass.

## Fo-Ti Recipes

### **Black Bean Soup with Fo-Ti**

#### **Ingredients:**

3/4 cup of black beans

1 or 2 dried black dates

5 dried red dates

200 grams of pork ribs

4 dried oyster

2 dried scallop

A small piece of Fo-Ti (He Shou Wu)

1 tablespoon of wolf berry (optional)

2 liters of water

Salt to taste

#### **Directions:**

1. On low heat, put an empty pan and let it get heated. Stir fry the black beans in it (without any oil) till the skin is split open.
2. Cool the pan fried black beans and store in air tight container.
3. Wash all the other ingredients.
4. Put all ingredients, including the black beans, in a soup pot with water.
5. Bring the mixture to a boil.
6. Turn down the heat and let it simmer for 3-4 hours.
7. Add salt to taste and serve hot.

## **Fo-Ti Herbal Tincture**

### **Ingredients:**

1 liter of vodka

50 g of Fo-Ti (He Shou Wu)

40 g of Huang Jing

50 g of Dang Gui

15 g of Chuan Xiong

20 g of Rehmanniae Radix

4 g of Amomi Fructus

14 g of Bai Zhi

2 g of Ding Xiang

5 g of Fo Shou

### **Directions:**

1. Take a clean, one liter jar.
2. Put the vodka and all other herbs in it.
3. Seal the jar and keep in a cool, dark place.
4. Let the herbs get soaked for about 4-5 weeks.
5. Pour a glassful of the liquid to consume each day.

## Burdock root Recipes

### **Burdock Root Soup**

#### **Ingredients:**

1 burdock root  
400 g of pork ribs  
4 -5 candied dates  
1 carrot (medium sized)  
A fresh, large corn of the cob  
1.8 liters of water  
Salt to taste

#### **Directions:**

1. Scald the pork ribs in boiling water for a short time.
2. Use running cold water to drain and rinse them. Set aside.
3. Use a kitchen metal scrubber or a knife to scrub off burdock root's outer layer. Rinse it and cut in slices that are about ½ inch thick.
4. In vinegar diluted water, soak the burdock root pieces immediately for 2-3 minutes so that they don't get discolored.
5. Remove the thin hairs and outer leaves of the corn, wash and rinse.
6. Cut the corn into chunks.
7. Peel the carrot, wash and cut into chunks.
8. Wash candied dates.

9. Take a large pot, put water in it, and bring to a boil.
10. Add all the other ingredients and bring to a boil again.
11. Turn the heat low and let the mixture simmer for about 2 hours.
12. Add salt to taste and serve.



## Pau d'arco Recipes

### Pau d'arco Mint Tea

#### **Ingredients:**

1 quart of distilled water

3 tablespoons of Pau d'arco inner bark

Crushed mint leaves, fresh or dried

#### **Directions:**

To make Pau d'arco mint tea-

1. Add the Pau d'arco inner bark to one quart of water in a stainless steel pot.
2. Bring the mixture to a boil while keeping the lid on.
3. Reduce the heat and keep boiling the liquid on gentle heat for about 25 minutes.
4. Cool and strain into sterilized jars and refrigerate for use in the future.
5. Add lemon juice and zest to the mixture.
6. Add stevia or honey, if you so prefer.
7. You may increase the amount of Pau d'arco if you want a stronger brew.

## **Fruity Pau d'arco**

### **Ingredients:**

1 quart water

3 tablespoons Pau d'arco inner bark

1 quart organic cherry juice

Whipped cream, almonds or nuts for decoration (optional)

### **Directions:**

To make fruity Pau d'arco-

1. Add the Pau d'arco inner bark to one quart of water in a stainless steel pot.
2. Bring the mixture to a boil while keeping the lid on.
3. Reduce the heat and let the liquid simmer for about 25 minutes.
4. Cool and strain into sterilized jars.
5. Add one quart of organic cherry juice to the mixture when it is cooling down.
6. Serve hot or cold, with some whipped cream, almonds or other nuts for decoration.

## Vanilla bean Recipes

### Vanilla Bean and Mango Jam

#### **Ingredients:**

- 3 peeled mangoes (large in size)
- 1 and a quarter cup of white sugar
- A quarter cup of lemon juice (fresh)
- 2 vanilla beans that have been cut lengthwise

#### **Directions:**

1. First cut the mango from the seed and chop it into smaller pieces.
2. Put the cut mangoes along with the lemon juice and sugar in a saucepan with a heavy bottom.
3. Stir to combine.
4. Add the vanilla seeds as well as the pods to this mango mixture.
5. Boil this mixture. Lower the heat and keep simmering until the fruits start softening. Make sure that you stir the mixture every ten minutes.
6. Allow the mixture to stand for 10 minutes after removing it from the heat and then remove the vanilla pods.
7. Ladle it into sterilized jars and seal it. Turn it upside down for two minutes, after which turn it straight and cool.
8. Store in a cool and dark place for about three months.

9. Once opened, refrigerate and use it within four months.

### **Vanilla Bean Buerre Blanc for Grilled Fish and Seafood**

#### **Ingredients:**

1 bottle of light and dry white wine, either Chablis or Sauvignon Blanc or any other

A pinch of saffron, about 20 strands

3 shallots, minced finely

1 pint heavy cream

½ vanilla bean, finely chopped or a teaspoon of Tahitian vanilla extract

2 pounds of butter, lightly salted

#### **Directions:**

To make vanilla bean buerre blanc-

1. Combine the dry white wine, saffron and shallots in a saucepan and bring it to a boil. Reduce it till it attains a syrupy consistency.
2. Add the cream and vanilla to this mixture, reduce the heat and let it simmer for about an hour. The cream should become really thick and coat the back of the ladle, reducing to nearly ¼ of the original volume.
3. Reduce the heat and add the butter at this stage, one tablespoon at a time, slowly whipping it into the cream until it is completely emulsified.
4. Now you can use the sauce over your grilled fish or seafood and enjoy.

## Chanca piedra Recipes

### Chanca Piedra Tea

#### **Ingredients:**

3 g of Chanca Piedra

7.5 g of Pau d'arco

2.5 g of cat's claw

15 g of Goji berries

1 teaspoon of vanilla powder or 1 raw vanilla bean

1 quart of water

#### **Directions:**

To make Chanca piedra tea-

1. Combine all the above ingredients with water in a stainless steel pot.
2. Bring the mixture to a boil while ensuring that the lid is on.
3. Reduce the heat and let the mixture simmer for some more time, for about 25 minutes.
4. Cool and strain in sterilized jars.
5. Store in a cool, dark place for future use.

## **Cacao Green Booster Smoothie with Chanca Piedra Tea**

### **Ingredients:**

4 cups of Chanca piedra tea

For Chanca piedra tea, you will need –

3 g of Chanca Piedra

7.5 g of Pau d'arco

2.5 g of cat's claw

15 g of Goji berries

1 teaspoon of vanilla powder or 1 raw vanilla bean

1 quart of water

For the smoothie, other ingredients needed are –

3 tablespoons of cacao powder

1 tablespoon of maca

1 tablespoon of cacao nibs

2 tablespoons of coconut butter

1 tablespoon of wild jungle peanuts

1-2 tablespoon of sweetener

1 tablespoon of hemp seeds

A pinch of Celtic sea salt

¼ or ½ fresh leaf aloe vera gel (optional)

½ tablespoon Spirulina

1-3 cups of frozen fruit (organic)

**Directions:**

1. To make Chanca piedra tea, mix all the necessary ingredients in a pot, bring it to boil, and then lower the heat to let it simmer for 25 minutes.
2. Cool and strain to get 4 cups of tea.
3. Blend all other ingredients for the smoothie, along with the tea, in a blender.
4. Make sure that you get your desired consistency.
5. Pour into a tall glass and serve.

## Chaparral Recipes

### Chaparral Tea

#### **Ingredients:**

Half a cup of Chaparral leaves

A quart jar filled with water

#### **Directions:**

1. In the jar full of water (at room temperature), add the Chaparral leaves.
2. Cover and let the mixture sit during the night.
3. Strain the tea in the morning.

You can drink this tea throughout the day. However, limit its intake as excessive consumption can cause stomach upset.

Chaparral tea is usually made with cold water or water at room temperature as the compounds and nutrients in chaparral can get damaged by boiling water.

So, you may even replace the water at room temperature in the above recipe with cold water.



## **Chaparral Superherb Tonic**

### **Ingredients:**

2.5 cups of water  
2 tablespoons of cacao powder  
2 tablespoons of chaparral leaves  
1 tablespoon of cat's claw  
1 tablespoon of goji berries  
1 tablespoon of guayusa  
2 tablespoons of cacao powder  
1 tablespoon of maca  
1 tablespoon of mesquite  
1 teaspoon of vanilla powder  
¼ cup agave, (you may substitute it with yacon syrup, raw honey or coconut palm nectar)

### **Directions:**

1. In 1 cup of water (at room temperature), steep the chaparral leaves overnight.
2. Strain the tea next morning and keep aside.
3. In 1.5 cups of hot water, steep goji berries and the rest of the herbs for about 15 minutes.
4. Put the liquid from step 3 in a blender, combine it with chaparral tea from step 2, and blend.
5. Add maca, mesquite, vanilla, cacao, and sweetener, and serve.

## Sacha Jergon Recipes

### Sacha Jergon Hemp Milk

#### **Ingredients:**

3 cups of water

Half a cup of hemp seeds

2 tablespoons of milk thistle seeds (ground finely using a blender)

1 teaspoon of vanilla powder

2 tablespoons of agave nectar

1 teaspoon of Sacha Jergon powder

A pinch of Kalahari Salt

1 tablespoons of protein powder

#### **Directions:**

1. Put all the ingredients in a blender.
2. Blend until the mixture is smooth.
3. Use a fine mesh strainer or nut milk bag to strain the mixture.
4. Pour in a glass and enjoy.

This recipe has several healing aspects. While the hemp seeds provide essential fatty acids and protein, Sacha Jergon and milk thistle seeds are miraculous detoxifiers and liver cleansers.

## **Sacha Jergon Smoothie**

### **Ingredients:**

- 1 liter of warm water
- 1 teaspoon of hemp seed oil
- 4 teaspoons of Sacha Jergon powder
- 2 tablespoons of coconut butter
- 1 tablespoon of Goji Berries
- 1 teaspoon of raw honey (people with blood sugar problems should not use it)
- A few ice cubes (optional)

### **Directions:**

1. Place the coconut butter and the warm tea in a blender.
2. Blend thoroughly till the coconut butter melts.
3. Add the remaining ingredients (along with the ice cubes if you prefer a cold smoothie).
4. Blend again till the mixture becomes homogenous.
5. Pour in a container and store in a cool, dark place.

A cup of this mixture can be consumed every day.

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