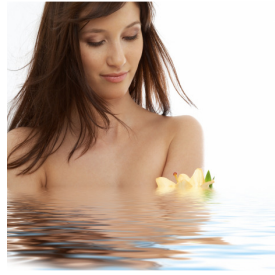


HERB STOP

July 2011 Highlight



Anti-Oxidant Herbs

Anti-oxidants are very popular these days, because of their health enhancing and anti-aging benefits. But, what are anti-oxidants? Anti-oxidants are actually chemicals produced by the body to keep free radicals in check. They achieve this by circulating throughout the body and neutralizing any unpaired electrons they encounter, thereby rendering them inactive. However, if the body is unable to produce enough anti-oxidants to meet the high demands caused by too much stress, pollution, poor dietary choices, as well as electromagnetic fields, free radicals continue to multiply, speeding up the aging process, as well as opening the door to many illnesses.

What are free radicals? Free radicals are molecules with unpaired electrons. These molecules are formed as part of the body's normal metabolic process and perform a number of important activities that promote health and well-being. They fight bacteria, help keep inflammation in check, and help regulate normal activity of the blood vessels and organs by keeping the smooth muscles in tone. However, daily stress and other irritants can generate an overabundance of free radicals. Many age-related conditions are attributed to excess free radicals roaming the body. Once formed, free radicals can start a chain reaction of cell damage and finally resulting in death of the cell.

Anti-Oxidant Herbs

To keep free radicals in check eat lots of fresh fruits and vegetables every day. Add one or more of the following herbs to your daily diet to support the body's inherent ability to produce anti-oxidants, increase the uptake of tissue oxygen and scavenge free radicals.

Acerola is high in vitamin C, known to be a free radical scavenger due to its anti-oxidant effects. Acerola is being used in cosmetics to fight cellular aging, not just for its high vitamin content, but also for its mineral salts, which have shown to aid in the re-mineralization of tired and stressed skin, while the mucilage and proteins have skin hydrating properties and promote capillary conditioning.

Acai has become popular because of its high anti-oxidant content. In addition, many people have noticed significant weightloss by taking just a couple of acai berry capsules a day.

Bilberry berries are high in anti-oxidant and bio-flavonoid properties, as well as anthocyanosides, which increase blood flow to the eyes. These berries can strengthen the tiny capillaries in and surrounding the eyes, to improve eyesight.

Cayenne increases digestive fire and circulation. Rich in flavonoids, these hot fruits have anti-inflammatory and anti-oxidant activity. Cayenne improves circulation, strengthens heart, arteries, capillaries and nerves.

Chaparral is also known as creosote bush and is a strong anti-oxidant. This Southwestern desert herb cleanses deep into the muscles and tissue walls, tones the system, and rebuilds healthy tissues. It is known to tone the liver, increasing dietary fat metabolism. Herbalists have long known that chaparral pulls heavy metals out of the body. Many people have used chaparral to treat rheumatism, radiation poisoning, parasites and other unfriendly bacteria/microbes.

Hawthorn is the best heart tonic and provides a strong concentration of anti-oxidants to fight free radicals. Hawthorn leaf, flower and berries nourish, strengthen, and tone the heart muscle and its blood vessels. Hawthorn dilates arteries and veins, allowing for free blood flow and release cardiovascular constrictions and blockages.

Mangostein is a fruit grown primarily in Southeast Asia and valued as the queen of fruits. The dried rind has shown to have a cleansing effect on the interstitial fluids, as well as increasing the vitality of every cell. Mangostein's benefits include: anti-oxidant, protection against free radicals, maintains immune system health, reduces joint inflammation and promotes joint flexibility, provides positive mental support, and reduces allergies. Mangostein also appears to have anti-histamine and anti-inflammatory properties.

Milk Thistle is another powerful anti-oxidant. It helps fight the damaging effects of free radicals, stimulates basic liver function, protect the liver against damaging chemicals, and rebuilds liver cells that have been damaged.

Mullein leaf and flower is a respiratory herb with anti-oxidant properties. This abundant and valuable herb increases the uptake of tissue oxygen and scavenges free radicals. Additionally, mullein root increases the absorption and assimilation of dietary nutrients. This combination increases life force vitality, hence anti-aging.

Rhodiola is known to increase physical endurance, enhances immune function, and has anti-oxidant properties.

Rosemary is a powerful anti-oxidant herb, with great memory enhancing, and heart strengthening properties. This beautiful garden herb stimulates blood circulation, tones the blood vessels, is invigorating, and increases awareness.

Turmeric is very popular these days and prescribed by many doctors for its valuable anti-oxidant and anti-inflammatory properties. This beautiful golden/orange herb is a traditional Indian cooking spice that stimulates and improves digestion and also purifies the blood. It is believed to act as a natural antibiotic, and at the same time improve intestinal flora. Good for all inflammatory conditions, turmeric is a metabolism regulator, assists in protein digestion, and known to be excellent for arthritis.

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Anti-Oxidant Herbal Formulas

The Herb Stop's anti-oxidant shakes, teas, as well as capsules are made from organic and certified organic herbs, fruits, and vegetables. These teas and blends have become very popular in our community and they include:

All C-ing Power Shake

Packed with all the natural C's containing anti-oxidants, known by herbalists to build a healthy immune system, collagen production and eye health, all for C-ing a new you. This power shake was created with natural vitamin C's in mind. The herbs and fruits in this shake are known to be the most valuable sources of Vitamin C on the planet! This shake is delicious without the addition of any flavor enhancers, and can be enjoyed simply mixed into water. Nice and tart! Mix 1/2 - 1 teaspoon in 8 oz of liquid (water, your morning shake, juice, etc.). Blend well and drink. Be creative - add to your cereals, oatmeal, yogurt, breads, etc.

Anti-Oxydant Tea And Capsules

The herbs in this formula are traditionally known for their anti-oxidant properties, giving you a gentle lift without caffeine. Sip and enjoy it as a tisane, or in a capsules form.

Fuel Source

Fruits, fruits and more fruits! This delicious shake is sure to boost your energy & replenish your fuel! This delicious shake gives a huge boost of energy and provides all the nutrients that come along with these amazing fruits! Try this shake before working out and notice increased energy! Mix 1/4-1 teaspoon in 8 oz of liquid (water, your morning shake, juice, etc.). Blend well and drink. Be creative - add to your cereals, oatmeal, yogurt, etc.

Young And Free Shake

Loaded in anti-oxidant ingredients, this delicious shake is sure to keep you feeling young and free! Simply mix one teaspoon in 8 oz of liquid (water, your morning shake, juice, etc.) and let sit for 20 minutes. Blend for one minute and drink.

Honeybush

Honeybush makes a deliciously sweet tea with many health benefits. Honeybush is caffeine free and rich in anti-oxidants, known to support immune function, lowering fat and cholesterol levels, as well as being an anti-depressant, anti-inflammatory and anti-diabetic.

Rooibos

Rooibos contains more anti-oxidant properties than green tea. These anti-aging properties have shown to slow down human aging processes and boost the immune system. For more information on Rooibos tea please read the June 2011 Monthly Highlight.

**These statements have not been approved by the FDA. This information is not intended to treat, diagnose or cure.*