

# HERB STOP

## May 09 Highlight



### Perfect Nutrients Found in Herbs

Many people believe vitamin and mineral supplements to be natural, but they are not. Although supplements – vitamin and mineral pills – have their place and are useful therapeutic agents, only foods and herbs provide whole-spectrum nutrients as only nature can. Most supplements, while useful in the same way as pharmaceutical drugs can be valuable, are generally made from unnatural substances – contrary to what the labels may claim. On the other hand, natural whole herbs are concentrated foods, containing vitamins, minerals, trace minerals, and many other substances. For example, ginger root contains over 300 natural substances, all perfectly balanced, for easy and effective absorption. If our bodies are lacking in certain nutrients, taking that one particular nutrient in a pill form does not guarantee absorption into our body chemistry. For example calcium supplements are either made from rocks, coral or industrial mineral compounds, which are very difficult for the body to absorb. Over time, calcium builds up in the joints, causing pain and deformities (it shows up especially in the hands) and therefore does not get absorbed into the bones, teeth, hair, etc., where it should go. Our bodies are designed to absorb nutrients from foods and herbs rather than from synthetic sources. Following is a list of known nutrients in herbs:

#### Calcium

Calcium is necessary for healthy bones, teeth, and nerves. It also helps regulate blood pressure, the excitability of nerves, and contractions of muscles and heart. The best herbal sources of calcium can be found in valerian root, alfalfa, kelp, oats, horsetail, skullcap, hawthorn berry, gotu kola and stinging nettles. Spirulina contains 26 times more calcium than milk.

#### Chromium

Chromium is needed by the body to produce glucose tolerance factor (GTF) which is necessary for the metabolism and regulation of blood glucose levels. Chromium also helps synthesize cholesterol, fats and protein. Recent studies are linking chromium to reduce risk of heart disease, as it may prevent plaque buildup in the arteries. The importance of this trace mineral may be a factor in reaching and maintaining many body functions and optimum body weight. The best herbal sources of chromium can be found in hibiscus, spirulina, gymnema, nettle, oat straw and stevia. Chromium may also help with losing weight as an appetite suppressant. It seems to help with the hunger center in the brain, reducing the false feelings of hunger or cravings for junk food.

#### Iron

Iron is necessary for the transportation of oxygen to the cells and carbon dioxide to the lungs. Iron gives strength, vitality, mental energy and clarity of mind. Iron from inorganic sources may not be absorbed well into the tissues and can cause constipation, yeast overgrowth and lead to auto-intoxication. Iron deficiency causes fatigue in over 25% of women. The best herbal sources of iron can be found in chickweed, mullein leaf, burdock root, chlorella, spirulina, nettles, dandelion leaf, red raspberry leaf, alfalfa, parsley and red clover. Foods and herbs grown in southern areas contain less iron than the ones grown in the northern areas, because of the amount of sunlight.

#### Magnesium

Magnesium is considered to be the finest relaxant, tranquilizer and laxative. The best herbal sources of magnesium can be found in: Irish moss, oats, licorice, turmeric, kelp, nettles, chamomile, dandelion, mullein leaf.

#### Potassium

Potassium is necessary for electrolyte balance, carbohydrate metabolism, protein synthesis, muscle tone and nerve impulse

conduction. Blood pressure increases when potassium levels are low. The best herbal sources of potassium can be found in celery herb, parsley, nettles, red raspberry, dandelion leaf and horseradish.

## Selenium

Selenium is most beneficial in the human body as an antioxidant. Apparently selenium performs many of the same antioxidant functions as vitamin E since the selenium deficiency symptoms of irritability, fatigue, nail, hair and teeth damage are mitigated by supplementations with either selenium or vitamin E. It strengthens the immune system by increasing antibody production in the body\*\*. The best herbal sources of selenium can be found in hibiscus, catnip, yerba santa, foti, milk thistle and buchu.

## Silica

Silicon feeds the nerve cells, nerve sheath, hair, nails, skin, eyes, teeth, brain cells and tissues. Silica brings magnetism to the nerves, radiance to the skin, luster to the hair, balance to the emotional system, and builds strong teeth and nails. The best herbal sources can be found in horsetail, oats, dulse and ginger.

## Zinc

Zinc is important for healthy skin, nails, proper wound healing, successful pregnancies, male virility, and our sense of taste. Certain cancers are being linked to zinc deficiencies. The best sources of zinc can be found in pumpkin seeds, bilberry, skullcap,

## Protein

Proteins are necessary to build new cells and repair damaged tissues. Protein is derived from the Greek meaning “the first quality”. The best herbal sources for protein can be found in dulse and quinoa. Spirulina contains four times the protein of beef. It is 65 - 71% protein as compared to beef, which is about 18%. \* Alfalfa helps with the assimilation of protein.

### Assist Protein Absorption With Protein Benefit©

Protein Benefit© may be helpful for anyone (especially vegetarians) to increase protein digestion and absorption. Increasing protein assimilation into the body may increase energy levels.

\* Taken from Jack Ritchason's book, *The Little Herb Encyclopedia*.

\*\* Taken from Mark Pedersen's book, *Nutritional Herbology*.

## Herb Stop Herbal Mineral

The Herb Stop Herbal Mineral contains carefully selected herbs and natural whole ingredients, which are known for their outstanding nutritional value. Herbal Mineral is easily digested and absorbed. Our Herbal Minerals are made with foods and herbs, available in capsule form or glycerite, and contain hundreds of nutrients, among those are:

- ⊗ Banana peel -potassium, magnesium, vitamin C, zinc, calcium.
- ⊗ Beet Tops - vitamin C, iron, copper, magnesium, chromium.
- ⊗ Blessed Thistle - selenium, copper, ferrous phosphate, vitamin C, manganese.
- ⊗ Bok Choy - iron, chlorophyll, copper, zinc, manganese calcium.
- ⊗ Carrot tops - vitamin C, vitamin B, iron, zinc.
- ⊗ Chamomile - vitamin C, iron, chromium, potassium, vitamin D, magnesium, zinc, chlorophyll, enzymes. Chamomile's calming effect increases nutrients absorption into the body.
- ⊗ Dandelion leaf – chlorophyll, iron, manganese, magnesium, trace of lithium, copper, phosphate, potassium.
- ⊗ Fennel seed – selenium, potassium, magnesium, vitamin C, traces of copper, chromium, phosphate.
- ⊗ Leek - enzymes, chlorophyll, zinc, iron, traces of chromium, nickel, copper, iron.
- ⊗ Melon (inner rind) - vitamin D, folic acid (works with the stomach acids to produce folic acid) copper, potash, potassium.
- ⊗ Mullein leaf - magnesium, chlorophyll, iron, chromium, copper, iron, phosphate, selenium, chromium, vitamin C.
- ⊗ Pineapple – enzymes, vitamin C, vitamin D, potassium, chromium, manganese, trace of nickel.
- ⊗ Radish tops - vitamin C, iron, magnesium, zinc, copper.
- ⊗ Red Clover –zinc, calcium, chromium, chlorophyll, manganese, iron.
- ⊗ Rosemary - iron, copper, selenium, manganese, vitamin E.
- ⊗ Rosehips - vitamin C, A, E, iron, copper, chromium, sodium (southern region, and some lithium (eastern region).
- ⊗ Spinach - iron, chlorophyll, copper, zinc, chromium.
- ⊗ St. John's Wort – B-12, iron, sulfur, chlorophyll, copper, manganese, magnesium, calcium.
- ⊗ Whey - protein, good calcium, a little magnesium.

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