



May Highlights



High Nutrient 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. Natural whole herbs are concentrated foods, containing vitamins, minerals, and many other substances. 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 food and herbs rather than from synthetic sources. The following herbal blends are known for their outstanding nutritional values:

Herbal Vitamin

Herbal Vitamins is a formula made entirely from natural whole foods and herbs known for their outstanding nutritional value. They are easy to digest and easy to take if you need a boost of energy and to promote well-being.

Calcium Plus Elixir

Unlike calcium supplements which are either made from rocks, coral or industrial mineral compounds and are very difficult for the body to absorb, Calcium Plus consists of high nutrient herbs known to assist in the delivery and uptake of minerals, in particular calcium.

Spirulina

Spirulina is known to be a highly concentrated nutritive food. Traditionally people take spirulina before meals to curb appetite. They eat less, feel nourished and energized, because the brain has recognized that the body is nourished. According to Dr. Ritchason ND., spirulina is the highest source of beta carotene. Spirulina also contains 250 % more vitamin B-12 than liver, four times the protein of beef, and 26 times the calcium of milk.

Bee Pollen

Bee pollen is a complete food and is often referred to as nature's "perfect" food containing all ingredients necessary for life. With 22 amino acids, it contains more protein than beef. It also contains carbohydrates, fats, enzyme precursors, vitamins minerals, Start with one grain and over several months build up to 1 tablespoon a day. (Do not use if you are allergic to bee products.)

Herbal C Elixir

The herbs in this elixir are used by herbalists because of their high vitamin C content. Traditionally, the herbs in Herbal C are known to strengthen the blood in cases of debility. It is also known to be an excellent tonic for the eyes, for rebuilding and maintaining tissues, to increase red blood cell count, as well as enhancing body's immune response against colds, flu and infections. Many people have enjoyed this formula because it enhances the vitality of every cell and assists in alkalizing the body.

Even though the amounts of vitamins and minerals found in herbs and foods may not match the amounts found in supplement pills, it is important to consider that the absorption rate is the key element here, and not how many milligrams you put into your mouth. It is easier for the body to digest and absorb nutrients from food and herbs than from a pill.