



Nervous Fatigue Formula

Chinese formula to reduce anxiety, fatigue, insomnia and mental confusion

Nervous Fatigue Formula is an herbal combination that Traditional Chinese Medicine would consider a fire-enhancing formula. Weakness in the fire element usually manifests itself as fatigue coupled with disturbed restless sleep, mental confusion and loss of short term memory, feelings of extreme stress, emotional sensitivity, loss of enthusiasm and sex drive and a general feeling of “burn-out.”

Nervous Fatigue Formula helps normalize nervous and glandular functions, relieving stress and promoting feelings of well-being. The formula enhances circulation, improves digestion, invigorates the body, relieves depression and promotes sleep. It has adaptogenic qualities, helping a person cope better with stress, and helping them to heal feelings of anxiety and “broken-heartedness.”

The ingredients responsible for these benefits are:

Schizandra Fruit (*Schisandra chinensis*) is the main herb of this combination. It helps the body function more efficiently by increasing blood circulation. It quickens the body’s response to stress and increases the contraction of cardiac muscles. It has been used to treat heart palpitation, nervous exhaustion, chronic diarrhea, insomnia and anxiety.

Dong Quai or Dang Gui Root (*Angelica sinensis*) is an adaptogen and a mild sedative. It increases the production of digestive fluids and lowers cholesterol. It nourishes the blood and is an excellent source of iron, magnesium and niacin. It has been used to treat constipation, palpitations, indigestion, anemia and headaches.

Cistanche Stem (*Cistanche salsa*) and **Biota Seed** (*Biota orientalis*) are herbal laxatives. Biota Seed is also a sedative that has been used to treat heart palpitation, insomnia and debility.

Succinum Amber (*Succinum resin*) is an aromatic sedative and diuretic that increases blood circulation. It has been used to treat insomnia and heart problems.

Ophiopogon Root Tuber (*Ophiopogon japonicus*) helps regenerate pancreas cells. It is a nervine and an expectorant that has been used to treat insomnia, coronary disease and fear.

Lycium Fruit (*Lycium chinense*) lowers blood sugar and cholesterol and promotes the regeneration of liver cells. It has been used to treat atherosclerosis, backache, vertigo, poor eyesight and diabetes.

Hoelen Sclerotium (*Poria cocos*) is a sedative that decreases blood sugar. It has been used to treat insomnia and heart palpitations.

Cuscuta Seed (*Cuscuta chinensis*) increases the flow of urine, detoxifies the kidneys, lowers blood pressure, enhances heart action and regulates the liver.

Ginseng Root (*Panax ginseng*) improves mental capabilities and energy levels as it stimulates the function of the adrenals and pancreas. It is adaptogenic and cardiogenic. It has been used to treat forgetfulness, fatigue, cardiac arrhythmia, chronic diarrhea and insomnia.

Polygonatum Rhizome (*Polygonatum sibiricum*) increases bile production and urine flow, lowers blood pressure and shrinks inflamed tissues. It has been used to treat urinary infections, dysuria (difficulty urinating), jaundice and inflamed skin.

Dioscorea Rhizome (*Dioscorea batatas*) speeds healing, has a nourishing effect on the lungs and increases the production of digestive fluids. It has been used to treat poor appetite, diarrhea, diabetes and inflamed skin.

Astragalus Root (*Astragalus membranaceus*) increases the production of digestive fluids and boosts immunity. It also increases heart action and lowers blood pressure and blood sugar. It has been used to treat fatigue, debility, nephritis and night sweats.

Lotus Seed (*Nelumbo nucifera*) is a mucilaginous herb that absorbs digestive toxins. It has been used to treat chronic diarrhea, poor appetite, insomnia, inflammation and heart palpitations.

Polygala Root (*Polygala tenuifolia*) is an expectorant and a sedative that lowers blood pressure. It has been used to treat insomnia, heart palpitations and nervous tension.

Acorus Rhizome (*Acorus gramineus*) is a sedative that increases the production of digestive fluids and lowers blood pressure. It has been used to treat nervous tension, depression, epilepsy, poor appetite, gastritis and muscle spasms.

Jujuba Seed (*Zizyphus spinosa*) is a sedative that relieves pain, reduces fever and lowers blood pressure. It has been used to treat insomnia, heart palpitations and nervous tension.

Rehmannia Root Tuber (*Rehmannia glutinosa*) reduces inflammation (especially in the digestive system) and strengthens capillaries. It has been used to treat ulcers, constipation and anemia.

Suggested Use

For feelings of “burn-out,” nervous exhaustion, restless sleep and other related symptoms, take three capsules three times daily with meals. The formula is also available in a TCM concentrate. Take one capsule twice daily of the concentrated formula.

Selected references:

Chinese Herbal Medicine: Materia Medica by D. Bensky and A. Gamble.
An Illustrated Dictionary of Chinese Medicinal Herbs by W. Yeow and H. Keng.
Nutritional Herbology by Mark Pedersen.

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Adrenal Support

Glandular formula to rebuild exhausted adrenal glands, reducing stress and anxiety

The adrenal glands, located on top of the kidneys, are extremely important for maintaining energy, stamina and strength. They help the body adapt to the stresses of life by producing stress-regulating hormones, such as epinephrine, norepinephrine and cortisol. These are three of the primary hormones responsible for regulating the body's fight-or-flight mechanism. The adrenals also help to maintain fluid and mineral balance.

In modern society, the adrenals often take a severe hit because of constant stress from excessive workloads, financial problems, relationship issues, lack of sleep and just fast-paced modern life. This, coupled with poor nutrition, and the consumption of alcohol, caffeine, nicotine and various legal and illegal drugs, can cause the adrenals to become severely depleted or even exhausted.

Exhausted, underactive adrenals will cause feelings of frequent or constant fatigue, coupled with difficulty sleeping. Anxiety, restlessness, difficulty concentrating, emotional sensitivity, loss of short-term memory, depression, moodiness, nightmares, sensations of pressure above the heart and craving for sweets and alcohol, blood sugar imbalances, difficulty breathing, allergic reactions, asthma, and tension headaches are just some of the symptoms that may involve adrenal exhaustion. Adrenal weakness is often involved in autoimmune disorders, hypoglycemia, chronic fatigue syndrome, generalized anxiety disorder, panic attacks, digestive problems and poor bowel function.

Some of the best indicators of adrenal exhaustion include: dark circles under the eyes, quivering tongue or hands, dryness of the mouth and excessive thirst, fatigue coupled with restless sleep, and disturbing dreams and chronic inflammation. In Chinese medicine, the kidneys are also associated with a person's power, courage and ability to master fear. So, frequent fear and excessive worry may also be signs of adrenal fatigue.

Adrenal Support feeds overworked and exhausted adrenal glands, helping to rebuild them. It may be helpful in overcoming some of the disorders listed above, while building strength and stamina to help one stand up to the stresses of life. It can even be effective for some people in overcoming inordinate fear and excessive worry. Adrenal Support contains the following ingredients:

Bovine Adrenal Substance is the most important ingredient in this formula. Derived from cattle raised in New Zealand (a largely pollution-free part of the world), this freeze-dried adrenal gland tissue is very powerful in helping to rebuild weakened adrenal glands. In hunter-gatherer cultures of the world, people typically consumed the adrenals and other glandular tissues from animals they killed, finding it helped improve health and endurance because of the rich amount of nutrients present in these tissues.

Licorice Root has been used for centuries in Chinese medicine and Western medicine. It helps stabilize blood sugar, increase energy and improve stamina and endurance. In addition, Licorice Root specifically supports and builds up the adrenals by prolonging the life of cortisol and aldosterone, two important adrenal hormones, so that they are not broken down too rapidly.

Schizandra berries are a well-known adaptogen used as a general tonic in Oriental medicine. By inhibiting the production of pituitary hormones that stimulate the adrenals, they lower the baseline stress level and allow the adrenals to rest. They are also used in Oriental medicine to balance and harmonize organ function and increase energy and stamina.

B-Complex Vitamins and **Vitamin C** are also a part of this formula. Vitamin C is critical to healthy adrenal glands, which have the largest store of Vitamin C in the body. The production of epinephrine and norepinephrine requires both Vitamin C and Vitamin B6. Along with these two vitamins, **Vitamins B1 and B2** are included in this formula because of the critical role they play in the production of other adrenal hormones. **Pantothenic Acid**, another nutrient critical to adrenal function, is included in this formula because it is depleted from the adrenals under long-term stress.

Other Ingredients: Protease, a protein-digesting enzyme, is included in this formula to aid in the breakdown of the glandular substances in the digestive tract. The minerals zinc and magnesium are depleted by regular use of caffeine and are needed to produce hormones and enzymes in the body. Zinc is also used at the body's adrenal hormone receptor sites. Other ingredients included in this formula are potassium, which is depleted from the body under stress, and borage oil powder, which supplies essential fatty acids.

Suggested Use

Recommended dosage of Adrenal Support is 1-2 capsules two times daily with a meal for 2-3 months, but under the advice of a qualified health practitioner, it can be taken at higher doses and for longer periods of time. Caffeine should be eliminated and refined sugar avoided when trying to rebuild the adrenals. After using Adrenal Support, it is often helpful to follow up with an herbal formula that provides milder, long-term adrenal support, such as Nervous Fatigue Formula, Suma Combination or Energ-V.

Selected References

The Comprehensive Guide to Nature's Sunshine Products by Tree of Light Publishing

The Encyclopedia of Medicinal Plants by Andrew Chevallier

Herbal Therapy and Supplements by Merrily A. Kuhn and David Winston

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Nutri-Calm

Antistress supplement that's food for your nerves

Nutri-Calm is an anti-stress vitamin supplement (in an herbal base) with a proven track record for easing nervous stress and anxiety. The formula does this without causing drowsiness or interfering with sensory and motor functions, making it far superior to tranquilizers and other medications commonly used to treat these problems. Nutri-Calm accomplishes this by feeding both the nerves and adrenal glands while balancing their function.

Nutri-Calm has been used to aid a wide variety of nerve-related disorders. It has been used to ease anxiety, chest pain due to anxiety, hyperactivity, insomnia, nervousness, restlessness, tossing and turning at night, and general feelings of stress. Nutri-Calm is particularly useful for anyone who has contraction furrows (nerve rings) in their iris.

Nutri-Calm has also been used in programs to help drug withdrawal, anorexia, alcoholism, schizophrenia, high blood pressure and Parkinson's disease. For these purposes, it needs to be combined with other remedies and therapies, however.

Combining the benefits of the B-complex vitamins and vitamin C to support the nervous system with herbs to relax and balance nerve function, Nutri-Calm is a good supplement for anyone who feels depleted by nervous stress. People usually feel calmer but have more energy when taking it. Specifically, the ingredients in Nutri-Calm are:

Vitamin C

The largest repository of vitamin C in the body is in the adrenal glands. This vitamin is absolutely essential for healthy adrenal function and is depleted under stress. It helps the adrenals make epinephrine and norepinephrine, the hormones that help us cope with stressful situations.

B-complex Vitamins

The various B vitamins are involved in numerous nervous and glandular system functions. Like vitamin C, they are also depleted under stress, which is why the combination of vitamin C and the B-complex has long been recognized as having stress-reducing properties. Many people are deficient in B-complex vitamins because they are depleted by the consumption of sugar and refined carbohydrates.

One of the B vitamins in Nutri-Calm, pantothenic acid, is a critical vitamin for rebuilding exhausted adrenals.

Wheat Germ

Wheat germ is the nutrient-rich part of the wheat kernel which is milled and discarded in producing white flour. It is high in the B-complex vitamins.

Schizandra Berries

In Chinese medicine, these small berries are considered an excellent tonic and restorative herb. Possessing adaptogenic properties, schizandra berries are believed to improve nervous system function, quiet restlessness, calm the heart and balance the fluids of the body.

Bee Pollen

Bee pollen, collected by bees, contains trace amounts of every known nutrient and is considered an energy-enhancing food.

Hops

As a mild central nervous system depressant, hops are able to reduce excess activity in the nervous system. The herb has a mild sedating effect, easing tension and restlessness, promoting sleep and relaxation.

Passion Flower

A gentle sedative, passion flower is used to ease tension, anxiety and irritability. It is helpful for insomnia and has a tranquilizing effect on many nervous conditions, including heart palpitations, panic, high blood pressure and muscle cramps.

Valerian Root

An extensively researched herb, valerian root has been demonstrated to encourage sleep, calm mental overactivity, lower blood pressure and ease a wide variety of nervous disorders. It can be helpful for anxiety, tremors, panic, heart palpitations and muscle tension.

Use and Dosage Information

Take 1 capsule with a meal three times a day.

Selected References

Herbal Therapy and Supplements by Merrily A. Kuhn and David Winston

Therapeutic Herb Manual by Ed Smith

Prescription for Nutritional Healing by James F. Balch and Phyllis A. Balch

Professional Guide to Conditions, Herbs and Supplements by Integrative Medicine

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Mood Elevator

Traditional Chinese formula for depression, sadness and “sagging” energy

Chinese Mood Elevator is a Traditional Chinese Medicine (TCM) formula that is used to relieve sagging energy (chi). It is helpful for sadness, depression, fatigue, insomnia and anxiety. Unlike modern Western approaches to depression which focus on the neurotransmitter serotonin, Mood Elevator works in a holistic manner to relieve depression and sadness by balancing liver, digestive, intestinal and nervous functions.

The formula supports the liver, expels mucus and toxins from the liver and digestive tract, relaxes muscle spasms, stimulates circulation and energy and eases indigestion. In TCM terms, it relieves sagging chi (or energy) and disperses stagnant chi. It also expels wind (constriction and spasm) and dampness (excess fluid). So, it is useful not only for depression, but for congestion and sluggishness of the liver, abdominal bloating and pain, lymphatic congestion, anxiety and nervous tension and muscle spasms.

Here are the ingredients in this formula and their benefits:

Perilla leaf (*Perilla frutescens*) is an aromatic herb with a pungent flavor. It is warming and stimulating, moving stagnant energy in the body and relieving intestinal bloating and distention. It helps improve the duration of sleep.

Cyperus rhizome (*Cyperus rotundus*) is used in TCM to relieve depressed liver function, depression of the chi (or energy), liver-stomach disharmony and distention and pain in the chest and the abdomen. It enhances energy, improves digestion and relieves depressed feelings.

Chih-shih fruit (*Citrus aurantium*) is the fruit of the bitter orange. It is used to expel phlegm and relieve constipation. It also breaks up and disperses stagnant energy. The formula also contains **aurantium peel**, which is the peel of the same fruit, expels mucus while increasing circulation.

Typhonium rhizome (*Typhonium flageliforne*) is pungent and warming, relaxes muscle spasms, and expels phlegm and dampness.

Bamboo Sap (*Phyllostachys nigra*) is a sap that comes from heated bamboo. It is sweet and cooling and affects the heart and lung energy. It clears heat and helps expel phlegm. It has been used to treat respiratory infections, lung congestion, fainting, vomiting and gastritis.

Bupleurum root (*Bupleurum chinese*) is a major liver remedy in TCM. It is believed to resolve “disharmony” between the liver and spleen (digestion) that results in bloating and indigestion. It reduces inflammation in the liver, regulates energy, and reduces cholesterol and liver inflammation. Emotionally, it is believed to help dredge up feelings of anger and sadness so they can be released. It has been used for moodiness and sagging spirits.

Cnidium rhizome (*Ligusticum wallichii*) is a warm and acrid remedy that moves energy and relaxes muscle spasms. According to TCM, it affects the liver and gallbladder and relieves depression. It also has pain relieving and anti-inflammatory effects.

Gambir stem (*Uncaria rhynchophylla*) is a relative of cat’s claw or uña d’gato (*Uncaria tomentosa*). It is a sedative and antispasmodic and is mainly used to relieve spasms, headache, dizziness and other disorders caused by tension. It has been used in TCM to treat nervous disorders like epilepsy, hypertension, convulsion and anxiety. It calms the liver and contains a substance that protects the liver from infection.

Hoelen (*Poris cocos*) is a sedative and diuretic, used in TCM to quiet the spirit and the heart.

Ophiopogon tuber (*Ophiopogon japonicus*) is used in TCM for the lungs, stomach and heart. It is nourishing and moistening and is used to treat insomnia and to remove “vexation” from the heart.

Mood Elevator also contains small amounts of the following herbs as balancers and catalysts. **Ginger rhizome (*Zingiber officinale*)** stimulates circulation in the abdomen and improves digestion. **Panax Ginseng (*Panax ginseng*)** is a general tonic. It is adaptogenic and has been used to treat forgetfulness, fatigue and insomnia.

Platycodon root (*Platycodon grandiflorum*) is an expectorant and lowers blood sugar and cholesterol. It opens and diffuses chi (energy). **Tang-kuei root**, better known as **dong quai (*Angelica sinensis*)** is a mild sedative, blood builder and digestive tonic. **Coptis root (*Coptis chinenses*)** normalizes liver and digestive function. **Licorice root (*Glycyrrhiza uralensis*)** supports adrenal function and helps energy and fluid balance in the body.

Suggested Use

For depression and nervous problems, the recommended dose is 4 capsules twice daily. For digestive upset, liver problems, etc., use 2-3 capsules three times daily. Many people have been able to get off anti-depressant drugs with this formula, taking the formula along with their medication, until they begin to feel better. They then gradually reduce the dose of their medication. Never discontinue anti-depressant medications abruptly. Ideally, this process should be done under professional supervision.

Selected References

- Chinese Herbal Medicine: Materia Medica* by Dan Bensky and Andrew Gamble
- Oriental Material Medica: A Concise Guide* by Hong-Yen Hsu
- The Illustrated Chinese Materia Medica* by Kun-Ying Yen
- An Illustrated Dictionary of Chinese Medicinal Herbs* by Wee Yeow and Hsuan Keng
- Nutritional Herbology* by Mark Pedersen
- The Comprehensive Guide to Nature’s Sunshine Products* by Tree of Light

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5-HTP Power

Naturally enhance your serotonin levels to improve mood and sleep

Serotonin is a neurotransmitter produced by the brain. It helps elevate mood, promote restful sleep and reduce cravings for carbohydrates. Many antidepressant drugs, such as Prozac and Zoloft, work by increasing the amount of serotonin available to the brain. However, there are more natural ways of enhancing serotonin and one of them is to use a supplement called 5-Hydroxy-tryptophan or 5-HTP for short.

In the brain, the amino acid tryptophan is converted into 5-HTP, which is then converted into serotonin. The amount of serotonin in the brain is directly linked to the level of tryptophan and 5-HTP in the brain. The seeds of a woody shrub in Africa, *Griffonia simplicifolia*, have been found to contain 5-HTP, so we have a way of naturally increasing serotonin levels using an extract of this plant.

5-HTP supplements increase production of serotonin in the brain, which can have a direct effect on depression, anxiety, insomnia and other mood disorders. 5-HTP has also been found to help some people who are suffering from fibromyalgia and chronic daily headaches. With proper diet and exercise, 5-HTP may help with weight loss by decreasing feelings of hunger. Other potential benefits of 5-HTP supplementation include feelings of relaxation, increased healthy moods and a better night's sleep.

5-HTP does not have the side effects associated with serotonin altering medications. In a study comparing 5-HTP to Imipramine, an antidepressant drug, 5-HTP performed as well as the drug but did not produce the side effects of dry mouth and tremors commonly associated with Imipramine.

The 5-HTP Power formula blends 35 mg. of 5-HTP with three adaptogenic herbs—eleuthero, ashwaganda and suma. It also includes vitamin B6 and zinc, which support the action of 5-HTP. Here is how these other ingredients enhance the action of 5-HTP in 5-HTP Power.

Eleuthero (*Eleutherococcus senticosus*), also known as Siberian ginseng, is a hardy shrub native to Asia that has been used for over 2000 years for relieving fatigue, boosting energy and to help prevent stress induced ailments. It was the first herb identified as an adaptogen, meaning it helps the body adapt to stress. It contains choline, a chemical in the brain responsible for learning and memory retention as well as mental performance, alertness and muscle reflex and coordination. A powerful antioxidant, Eleuthero helps prevent cellular damage from oxidative stress and has beneficial effects on the adrenal glands and the immune system. The root is a general tonic for anti-aging and overall health that promotes stamina and endurance mentally and physically. It also helps control appetite, digestion and metabolism; normalizes blood pressure and reduces cholesterol; enhances lung function and sexual performance.

Ashwagandha (*Withania somnifera*) has been used in Ayurvedic medicine for thousands of years for its rejuvenating properties. The root contains flavonoids that have anti-inflammatory, anti-tumor, anti-stress and antioxidant properties that enhance the immune system and boost brain functions. Studies have shown that ashwaganda helps protect brain cells from oxidative stress and damage. It is often recommended by herbalists for libido, fatigue, concentration, memory, general debility, headaches and physical or mental burnout from prescription or illegal drugs.

Suma (*Pfaffia paniculata*) is a Brazilian herb used as an energy and rejuvenating tonic for centuries. It has a tradition of supporting memory and brain function. This adaptogenic herb normalizes all the body's functions and increases oxygenation and oxygen efficiency at the cellular level. It is an immune enhancing herb that reduces inflammation and inhibits cancer. It is an anti-inflammatory and anti-cancer herb that helps to balance hormones and increases resistance to stress.

Vitamin B6 is a water-soluble vitamin necessary for maintaining a healthy nervous system. B6 helps in the production of neurotransmitters in the brain and nervous system. It is often recommended in the treatment of memory loss and attention deficit-hyperactivity disorder (ADHD).

Zinc is an essential trace mineral critical for neural processes and for regulating communication between nerve cells. Deficiencies have been linked to cognitive impairment. Neuroscientists have done studies showing that zinc can enhance learning in undernourished children. Zinc promotes healthy adrenal and brain functions and will help improve memory and concentration.

Suggested Use

For aiding sleep, take 1-2 capsules about one hour before bedtime. For mood and appetite, take 1 capsule three times daily with a meal. If taking a prescription medication, consult a health care practitioner before taking this product. Pregnant or nursing women should seek the advice of a health care practitioner before using this supplement. Do not use this product for more than three months without taking a two-week rest. In doses exceeding 100 mg. 5-HTP may produce nausea and vomiting in some individuals.

Selected References:

- The Comprehensive Guide to Nature's Sunshine Products* by Tree of Light Publishing.
- "Frontiers in Biochemical and Pharmacological Research in Depression," Costa and Greengard (1984) in *Advances in Biochemical Psychopharmacology* Vol. 39.
- "Double-blind Study of 5-Hydroxy-tryptophan Versus Placebo in the Treatment of Primary Fibromyalgia Syndrome," Caruso I, et al, in *J Int Med Res.* 1990.
- "Effect of a Serotonin Precursor and Uptake Inhibitor in Anxiety Disorders; a Double-blind Comparison of 5-Hydroxy-tryptophan, Clomipramine and Placebo," Kahn, RS, et al, in *Clin Psychopharmacol*, 1987.

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Super Algae

Algae blend to balance blood sugar, build muscle and increase energy

Algae has been a source of food for many people from the beginning of time. The Aztecs gathered algae from the great lakes of Central Mexico, dried it and made cakes from it. The Kanembu's, a group from Africa, used algae from the lake Johann as a spicy soup or bread. In times of drought, people have always turned to algae as a food source.

Today, people the world over know the nutritional value of algae. Algae is an excellent supplement for general health providing more vitamins, minerals and protein per gram than any other known food. No wonder science fiction writers often depict algae as a basic source of food in their futuristic worlds. As a food or supplement algae is considered a super food because the nutrients are bio-available, or easily assimilated soon after consuming.

The various species of algae aid all the organs of digestion such as the pancreas, spleen, liver and intestines. The nourishment that Super Algae provides encourages growth, strengthens the body, increases energy, boosts the immune system, promotes weight gain and provides concentrated nourishment, making it an excellent supplement for children or the elderly who are weak or sickly. Algae enhance and stimulates the immune system, and many studies show that because of its antiviral activities, algae could be a useful treatment for AIDS and cancer. Algae is highly recommended those having problems with memory, especially the elderly and those under extreme stress. The nutrients in Super Algae can help to heal and restore the brain synapses.

An excellent source of amino acids, algae has a stabilizing affect on blood sugar levels. It can provide a quick energy boost when blood sugar levels drop. The amino acids in algae also aid nervous function and promote the detoxification of heavy metals.

Super Algae contains three different species of algae.

Spirulina (*Spirulina platensis*) is a microalgae considered a whole, highly nutritious and easily assimilated food. It is a rich source of protein, highest per gram than most foods. It also contains chlorophyll, carotenoids, minerals and gamma-linolenic acid (GLA). The algae gets its bluish-tinged color from a group of pigments called phycobilins. Phycobilins are similar in structure to bile pigments such as bilirubin.

Studies continue to show what many traditions have benefited from and that is that Spirulina has antiviral, antioxidant, hypocholesterolemic, hepatoprotective, anti-allergic and immune-modulatory activities.

Research has shown that a unique polysaccharide, only found in Spirulina, enhances cell nucleus enzyme activity and DNA repair synthesis. Polysaccharides have been shown to improve digestion,

increase energy, and helps promote the growth of good intestinal bacteria.

Spirulina accelerates production of the immune system cells (bone marrow stem cells, antibodies, cytokines macrophages, T-cells and Natural Killer cells), increasing their numbers in organs like the liver, spleen, thymus, lymph nodes, adenoids, tonsils and bone marrow improving the body's ability to function properly in spite of stresses from environmental toxin or infectious agents.

Chlorella (*Chlorella regularis*) is a freshwater green algae noted for its chlorophyll content and as a rich source of vitamins A, E, B2 and B12. Chlorophyll has a stimulating action on the bone marrow, which produces hemoglobin. It enables the body to digest and utilize food, bowel movements become regular, nursing mothers have more milk, and healthy tissue growth is stimulated. Chlorophyll increases the function of the heart, affects the vascular system, the intestines, the uterus and the lungs.

It also stimulates the immune system and has the ability to inhibit the growth of bacteria, tumors and cancer. It has a long history of relieving chronic sinus conditions and common head colds and for cleansing open wounds and deep-lying infections. In 1994, The American Association for Cancer Research found that chlorophyll has the capability to ward off cancer-causing agents within the body and reduce the incidence of cancerous growths, with no irritating or toxic effects.

Blue Green Algae. Klamath Lake in Oregon is a pristine source of Klamath Lake blue-green algae. Klamath Lake blue-green contains chlorophyll, protein and amino acids, neuropeptides and fatty-acids. B vitamins and beta-carotene. It is one of the highest vegetable sources of B12. This commonly consumed food has antiviral properties and can help detoxify the body and improve skin condition. It benefits digestion, helps eliminate food cravings and maintains regular bowel function. It has been found to lower blood cholesterol and reduces blood clotting. It can help support better sleep in the evening and provide more energy during the day as well as having a beneficial effect on mental awareness and stress

Suggested Use

Take 2-4 capsules with a meal three times daily.

Selected References

Herbs that Heal by Michael A. Weiner and Janet Weiner.

Seaweeds by Michael Guiry.

The Alternative Health and Medicine Encyclopedia by James Marti and Andrea Hine.

The Doctors' Vitamin and Mineral Encyclopedia by Sheldon S. Henderl.

The Energetics of Western Herbs by Peter Holmes.

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