

## POWER PLANTS HELPING THE HEALING

Some of herbs have been used since early times to treat conditions from swollen arms to coughs and colds. People discovered some of them helped heal their ailments and passed the information to family and friends. Many tribal doctors used and continue to use these herbal “medicines.” We are sharing this data for your information. We do not suggest that you take these herbals unless recommended by your doctor.

### **Herbal Remedy**

Grape Seed Extract and Pine Bark Extract  
Bilberry or Blueberry Extract  
Hawthorn Extract  
Astragalus  
Peppermint Oil  
Olive Leaf Extract  
Boswellia Extract  
Milk Thistle Extract  
Maca Extract  
Black Cohosh Extract  
DGI  
Saw Palmetto Extract  
Rhodiola

### **Indication**

General Antioxidant Support  
Strengths Your Eyes  
Improves Heart Function  
Antiviral and Immune Booster  
Irritable Bowel Syndrome  
High Blood Pressure  
Joint Health  
Liver Health  
Male Sexual Health  
Menopause Symptoms  
Peptic Ulcers and GERD  
Prostate Enlargement  
Stress Relief

For more information: See “Ultimate Herb Guide” by Michael T. Murray, ND

pp. 60-61 and Additional information on pp. 62-63

Nourish & heal magazine, 2015 from Better Nutrition