



Bitter herbs best for digestion.



Recommended for:	Herbs to the rescue:
<ul style="list-style-type: none"> Bloating, excessive hiccups Gastric pain or ulcers Acid reflux (GERD) Food intolerance or allergies Loss of appetite Bad breath or body odour Frequent diarrhea or constipation Smelly & sticky stool Dull, poor skin conditions 	<p>1 Artichoke:</p> <ul style="list-style-type: none"> Activates the liver and increases bile secretion to "digest" fats and oils. Relieves symptoms of indigestion (nausea, bloated stomach and abdominal pain). <p>2 Bitter weeds:</p> <ul style="list-style-type: none"> Stimulate digestive secretions and enzymes from our mouth to intestines and glands. <p>3 Dandelion Leaf:</p> <ul style="list-style-type: none"> Reduces inflammation of liver and gall bladder to unblock and smoothen bile production and flow.



Stress free or better sleep.



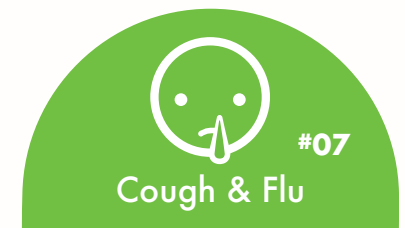
Recommended for:	Herbs to the rescue:
<ul style="list-style-type: none"> Stressful lifestyle Insomnia or poor sleep quality Mood swings PMS Weak kidneys: According to traditional Chinese medicine, stress affects the flow of "Qi", causing the weakening of kidneys, hindering them from healing, leading to extensive tiredness and fatigue. 	<p>1 Melissa:</p> <ul style="list-style-type: none"> Increases GABA in the brain, gives feeling of comfort and joyfulness. Reduces anxiety, improves focus in ADHD. <p>2 Passiflora:</p> <ul style="list-style-type: none"> Promotes deep sleep. Helps reduce menopause symptoms. <p>3 Black mulberry:</p> <ul style="list-style-type: none"> Balances the kidney "Yin", and tonifies liver and kidneys, which leads to restful sleep.



Mind your brain power.



Recommended for:	Herbs to the rescue:
<ul style="list-style-type: none"> Forgetful / weak memory Hard to focus or pay attention Attention deficit hyperactivity disorder (ADHD) Alzheimer's disease Headaches & migraines Anxiety & depression Psychiatric disorders & dementia 	<p>1 Ginkgo:</p> <ul style="list-style-type: none"> Contains flavonoid and terpene lactones, which activate brain cells and improve memory. Enhances delivery and recovery of brain cells. Enhances healing of nutrients to the brain and other parts of body, hence preventing and reducing age related degenerative conditions. <p>2 Pomegranate:</p> <ul style="list-style-type: none"> Contains punicalagin, a strong antioxidant that protects brain cells from free-radical damage and oxidative stress.



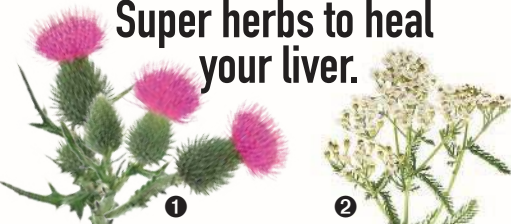
Free your lungs, Breathe Easy!



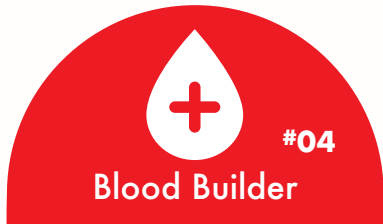
Recommended for:	Herbs to the rescue:
<ul style="list-style-type: none"> Cough & flu Weak lungs / breathing difficulty Bronchitis Asthma Headaches & migraines 	<p>1 Lungwort:</p> <ul style="list-style-type: none"> Used traditionally for lung conditions: Cold, pneumonia, bronchitis and breathing difficulties. <p>2 Thyme:</p> <ul style="list-style-type: none"> The best natural "antibiotics". Prevents bacterial growth, and boosts our "defense" by increasing white blood cells. <p>3 Fir:</p> <ul style="list-style-type: none"> Regenerates the defensive layer of our respiratory tract. <p>4 Ribwort:</p> <ul style="list-style-type: none"> Lung cleansing. Reduces mucous without drying.



Super herbs to heal your liver.



Recommended for:	Herbs to the rescue:
<ul style="list-style-type: none"> Often stay up late at night Love oily meals & late suppers Smoker or alcoholic Feel temperamental & stress On long term medications Constantly exposed to chemical pollutants Liver disorder: High liver enzymes, fatty liver, liver infections, high cholesterol and poor skin conditions. 	<p>1 Milk Thistle:</p> <ul style="list-style-type: none"> Protects and heals our liver from damages caused by daily toxins and emotional stress. Reduces inflammation of the liver. Stimulates regeneration and restores liver function. <p>2 Yarrow:</p> <ul style="list-style-type: none"> Identifies and marks injured liver cells. Directs nutrients to liver to help recovery.



Nature's blood boosting formula.



Recommended for:	Herbs to the rescue:
<ul style="list-style-type: none"> Anemia & low blood pressure Feeling constantly tired Poor sleep quality Pale & dull skin Hair loss Cold hands & feet Chest tightness & shortness of breath Menstruating ladies, pregnant and nursing mothers 	<p>1 Blood "boosting" nutrients (herb & fruit mix):</p> <ul style="list-style-type: none"> Iron: Raw material for blood building. Folate: Raw material for normal growth of blood cells. Anthocyanins: Keeping our blood healthy. <p>2 Kidney nourishing herbs:</p> <p>a) Yarrow, b) Stinging Nettle</p> <ul style="list-style-type: none"> Cleanse the blood. Support kidney function in secreting hormones that stimulate red blood cells production.



Protection filter for your eyes.



Recommended for:	Herbs to the rescue:
<ul style="list-style-type: none"> Heavy handphone or computer users Prolonged exposure to air-conditioning Eye damaging diseases (diabetes, high blood pressure) Dry eyes and glaucoma Short-sightedness Alleviate macular degeneration Cataract 	<p>1 Goji Berries (Zeaxanthin):</p> <ul style="list-style-type: none"> Natural filter for your eyes against damaging blue light from digital screens (TVs, computers, laptops, smart phones and tablets). Improves eye function and maintenance. Reduces injury and improves healing. <p>2 Carrots (Beta-carotene):</p> <ul style="list-style-type: none"> Enhances absorption and utilisation of nutrients in the eyes. Supports tear secretion to prevent dryness, excessive damage, infection and cataracts.



Immune booster for kids.



Recommended for:	Herbs to the rescue:
<ul style="list-style-type: none"> Essential for every child: Especially those that needs immune boosting, poor growth, attention and appetite. Cough, flu or fever: These conditions are common among children. This is a critical time for their bodies to build stronger immune system. Herbs with therapeutic properties are best to help them through this challenge. 	<p>1 Iron:</p> <ul style="list-style-type: none"> Builds red blood cells. Helps learning, memory and attention. <p>2 Vitamin C:</p> <ul style="list-style-type: none"> For growth of skin, bones and teeth. Boosts immune system. <p>3 Polyphenols:</p> <ul style="list-style-type: none"> Internal and external protection from toxins. Important for healthy growth of gut probiotics.