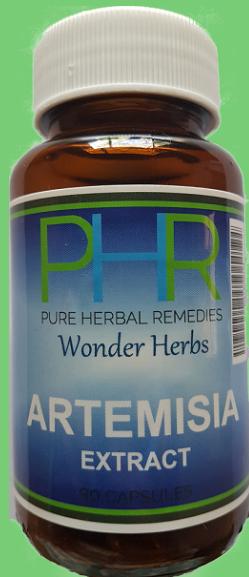




PRODUCT INFO GUIDE



WONDER HERBS RANGE



Artemisia extract 4:1

Artemisia is a well-known:

- Fighting cancer
- Killing parasites
- Fighting Malaria

The substance, artemisinin, is derived from the wormwood plant and has been used in China since ancient times to treat malaria. Work by Henry Lai and Narendra Singh, both UW bioengineers, indicated that artemisinin alone could selectively kill cancer cells while leaving normal cells unharmed.

The trick to the compound's effectiveness, according to Lai, appears to be in taking advantage of how cancer cells function. Because they multiply so rapidly, most cancer cells need more iron than normal cells to replicate DNA. To facilitate that, cancer cells have inlets on their surface, known as transferrin receptors, in greater numbers than other cells. Those receptors allow quick transport into the cell of transferrin, an iron-carrying protein found in blood. Once inside the cell, the artemisinin reacts with the iron, spawning highly reactive chemicals called "free radicals." The free radicals attack other molecules and the cell membrane, breaking it apart and killing the cell.

We, as Pure Herbal Remedies, have personally witnessed how skin cancer falls off like scabs within less than a month after starting to take this herb!

Precautions: Artemisinin is one of the safest natural herbs. Side effects mostly appear when there is hypersensitivity or a person consumes an excessive quantity. Prolonged usage of any herb or medicine is also a major reason for most of the side effects.

Prolonged usage of the herb may cause nausea, dizziness and fatigue and eventually neurotoxicity if these symptoms are ignored.

It is recommended to take the herb in small quantities and should not be taken for more than a few weeks.

Dosage: Take 1 Capsules 2 times per day



Cayenne

Cayenne is well known for:

- Aiding circulation
- Aiding digestion
- Relieving joint & nerve pain
- Supporting weight loss
- Clearing sinus congestion
- Anti-aging

Circulation - Cayenne increases circulation and helps prevent blood clots. This is also the reason why cayenne pepper is effective in preventing heart attacks. The capsaicin in cayenne pepper helps to clear away artery-narrowing lipid deposits, and dilates arteries and blood vessels to clear away clots.

Digestion - Cayenne stimulates the flow of enzyme production and gastric juices that aid the body's ability to metabolize food and toxins. It also helps the digestive system to move bacteria and toxins out of the body. The common belief is that cayenne pepper, when consumed in excessive amounts, leads to gastric ulcers because of its irritant and acid-secreting nature, however, studies have found that cayenne pepper does not stimulate, but inhibits acid secretion, stimulates alkali and mucus secretions and particularly gastric mucosal blood flow, which helps in the prevention and healing of ulcers.

Weight loss - Cayenne pepper increases body temperature and boosts metabolism. It also suppresses the appetite and burns excess fat. It keeps blood pressure levels normalized and helps the body lower LDL cholesterol and triglycerides.

Joint and Nerve Pain - Cayenne power has very powerful pain-relieving properties. It reduces the amount of substance P, a chemical that carries pain messages to the brain. When there is less substance P, the pain messages no longer reach the brain and you feel relief. Studies have found that cayenne pepper relieves pain after surgery, such as a mastectomy or an amputation. It also alleviates pain from nerve damage in the feet or legs from diabetes, lower back injuries, osteoarthritis and rheumatoid arthritis, as well as fibromyalgia symptoms like joint or muscle pain.

Fights Cold and Flu & Sinus - Cayenne pepper benefits include being full of beta carotene and antioxidants that support your immune system. It aids in breaking up and moving congested mucus, and once this mucus leaves the body, the symptoms of the flu or cold will diminish. Besides this it also raises your body temperature, which makes you sweat and increases the activity of your immune system. Because cayenne is an anti-inflammatory agent, it has the power to prevent allergies and the symptoms related to allergies too.

Anti-Fungal - Cayenne pepper has the ability to kill fungus and prevent the formation of fungal pathogens. Cayenne pepper was investigated to determine its in vitro antifungal activity, and the results found that it was active against 16 different fungal strains, including Candida.

Precautions: Cayenne is extremely irritating to the eyes, nose and throat, so be careful when using cayenne pepper on sensitive skin or around the eyes. When consumed in moderate doses, side effects can include upset stomach and irritation, sweating, flushing, and runny nose.

Although people use cayenne pepper to treat gastrointestinal problems, the substance can cause stomach irritation in some individuals. Anyone prone to heartburn should talk to a health care provider before taking cayenne pepper capsules. Individuals with irritable bowel syndrome or stomach or intestinal ulcers may not be able to safely consume cayenne pepper supplements.

Some individuals may experience an allergic reaction to cayenne pepper. This is more likely in people allergic to avocados, bananas, chestnuts, kiwi or latex. Signs include difficulty breathing, chest pain, tightness in the throat or chest, a skin rash, hives, and itchy or swollen skin. An allergic reaction to cayenne pepper capsules should be considered a medical emergency.

Consuming too much capsaicin can cause kidney and liver damage. People should not exceed recommended doses, and anyone with kidney or liver problems should not take cayenne pepper capsules.

Breast-feeding women should not eat cayenne pepper or use cayenne supplements. Some babies develop a skin condition called erythematous dermatitis after their breast-feeding mothers ate food flavored with cayenne. Erythematous dermatitis causes skin scaling and peeling.

Dosage: Take 1-3 Capsules 2 times per day



Turmeric & Black Pepper

Turmeric is a well-known:

- Anti-inflammatory
- Anti-depressant
- Anti-oxidant
- Cancer fighting
- Fighting depression
- Aiding arthritis

Turmeric is arguably the most powerful herb on the planet at fighting and potentially reversing disease.

Of the 10,000+ studies referencing curcumin, the active ingredient of turmeric, the most interesting finding is that when turmeric is compared to conventional medicine, its benefits equal that of many pharmaceutical medications. In fact, a number of studies have even reported that using curcumin is more advantageous than certain prescription drugs and has no side effects!

It has also been found that if Turmeric is taken with a bit of black pepper, the active ingredient, curcumin becomes absorbed 2000 times better than if taking Turmeric by itself!

Antidepressant – It has been discovered that curcumin is as effective as Prozac in managing depression.

Anti-inflammatory - The most powerful aspect of curcumin is its ability to control inflammation. Diseases such as cancer, ulcerative colitis, irritable bowel syndrome, arthritis, Crohn's disease and chronic pain is often the result of chronic inflammation.

The anti-inflammatory and antioxidant properties of turmeric have also proven effective in treating skin conditions. Turmeric benefits for skin include speeding up wound healing; calming the pores to decrease acne and acne scarring; and controlling psoriasis flares.

Cancer fighting - A number of laboratory studies on cancer cells have shown that curcumin does have anticancer effects. It seems to be able to kill cancer cells and prevent more from growing. It has the best effects on breast cancer, bowel cancer, stomach cancer and skin cancer cells.

Diabetes management - Curcumin in turmeric is literally 400 times more potent than Metformin (a common diabetes drug) in activating AMPK which improves insulin sensitivity which can help reverse Type 2 Diabetes.

In addition to correcting the causes of diabetes, curcumin has also been proven to help reverse many of the issues related to insulin resistance and hyperglycaemia.

Cholesterol - One of the reasons heart disease is such a problem is that people are developing pre-diabetes (high blood sugar) at an alarming rate.

In turn, diabetics and non-diabetics alike are suffering from a common complication called oxidative stress, which damages the inside of blood vessels. Because of this damage to the arteries, cholesterol begins to build up to patch up the damaged areas, which leads to high levels of LDL cholesterol.

Traditionally, statin drugs (like Lipitor) are widely known to harm the kidneys and liver and cause a number of deadly side effects. They do bring cholesterol down, but they never address the actual cause, which is oxidative stress that is caused by high blood sugar levels and inflammation.

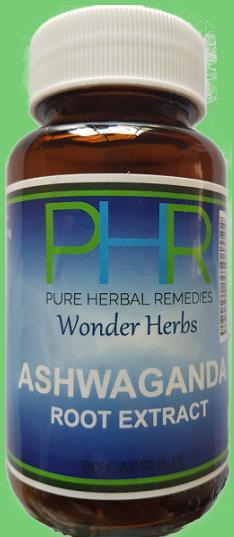
A study found that curcumin was equal to, or more effective than, diabetes medications at reducing oxidative stress and inflammation in the treatment of high cholesterol.

Precautions: High doses of turmeric have been observed to cause:

- Nausea
- Diarrhoea
- Increased risk of bleeding
- Increased liver function tests
- Hyperactive gallbladder contractions
- Hypotension (lowered blood pressure)
- Uterine contractions in pregnant women
- Increased menstrual flow

People taking certain medications should also be careful when using turmeric in their food or supplementing with it. Turmeric may interfere with anti-coagulants like aspirin, clopidogrel and warfarin. It also can affect medications such as non-steroidal, anti-inflammatory drugs. As with any herb or supplement, use as directed.

Dosage: Take 1-3 Capsules 2 times per day



Ashwaganda Extract 15:1

Ashwaganda is a well-known:

- Fighting cancer
- Stress management
- Fighting anxiety
- Fighting depression
- Stabalizing blood sugar
- Boosting brain function
- Lowering cholesterol

Fighting cancer – The extract has been shown to help inhibit the proliferation of cancer cells – specifically breast, lung, stomach, and colon cancer cells which are among some of the leading types of cancers in the world. It's believed that ashwagandha helps to prevent the growth of cancer cells mostly due to its immune boosting and antioxidant abilities. Supplementing with ashwagandha is correlated with an increase in white blood cells within the body, which indicate that the immune system is better able to protect the body from disease and harmful invaders. Another way that ashwagnadha helps prevent cancer is due to its ability to stop blood vessels around cancer cells from feeding into the growth of cancerous tumours. In addition to preventing cancer cells from growing, studies have shown that ashwagandha can be a very useful addition to chemotherapy in treating existing cancer. Taking the extract seems to be effective in halting the immune system from becoming suppressed during chemotherapy.

Stress management – Ashwagandha has been proven effective in supporting adrenal function helping you overcome adrenal fatigue and chronic stress.

Fighting anxiety & depression – ashwagandha is effective at treating both anxiety and depression. In fact, in a recent study its results were comparable to common pharmaceutical drugs lorazepam and imipramine without the side effects. In the 12-week controlled study, 87 participants with anxiety were given 300mg of ashwagandha two times a day or two placebo pills two times per day. The group treated with ashwagandha resulted in much greater improvements in anxiety as well as focus, reduced stress, and decreased fatigue than the placebo group. The other major benefit of ashwagandha is that there are no adverse reactions by taking it compared to anti-depressant and anti-anxiety medications which can have terrible side effects.

Stabilizing blood sugar – Medical studies have shown that ashwagandha improves cortisol levels, improves insulin sensitivity and naturally balances hormones.

Boosting brain function – Emotional, physical, and chemical stress can all have damaging effects to the brain and nervous system. Recent research has proven ashwagandha is more than a stress reliever, it also protects the brain from degeneration and improves symptoms of alzheimer's, depression, and anxiety. One of the main reasons ashwagandha is so effective at healing the brain has to do with its powerful antioxidants that destroy free radicals that cause aging. Studies have shown that ahswagandha can boost endurance during physical activity by sharpening brain function and reducing bodily pain. Due to its positive calming, yet energizing, effects on the brain and ability to lower stress hormones, ashwaganha showed improvements in concentration, motivation, and stamina in conducted studies.

Lowering cholesterol – Ashwaganda, being anti-clotting, anti-stress, and anti-inflammatory, protects the heart and spurs muscle action from adverse effects. It's antioxidant flavonoids lower LDL levels, stop them from rising because of oxidation and stops free radical damage that causes plaque formation.

Thyroid balancing - One of the most incredible aspects about adaptogenic herbs like ashwagandha is that it can help people with both hypo and hyper thyroid issues. It has been shown to support a sluggish thyroid for people diagnosed with Hashimotos, and has been shown to improve the health of those with an overactive thyroid or Grave's disease.

Adaptogenic herbs work with your body to bring you back into balance whether your levels are high or low.

Precautions: Ashwagandha is relatively safe, although taking too much may cause side effects such as upset stomach, nausea, vomiting, or diarrhoea.

Individuals diagnosed with certain conditions should use precautions and avoid Ashwagandha. These situations include pregnant or breast-feeding women, or if you have been diagnosed with stomach ulcers. In such situations, the herb is believed to irritate the stomach and intestinal tract.

Interactions of Ashwagandha with prescription medication are also possible. For example, individuals with diabetes should avoid use of this herb because it may lower levels of blood sugar (glucose) in the blood.

The herb may also decrease blood pressure due to sedative effects. Therefore, Ashwagandha in any form should not be taken if you are already taking medications to treat high or low blood pressure.

Avoid use of Ashwagandha if you have a thyroid disorder, as it may increase levels of hormones produced by the thyroid gland. This increase in hormones may interact negatively with prescription medications.

The same goes for diseases of the autoimmune system that include systemic lupus erythematosus, multiple sclerosis, or rheumatoid arthritis because it may increase activities of the immune system, which can in turn exacerbate symptoms of those conditions.

Finally, avoid taking Ashwagandha if you are taking any type of immunosuppressant medication. The same applies to sedatives including Valium, Klonopin, and Ativan. Ativan may also interact with over-the-counter as well as prescription sleep aids, including Ambien.

When taken correctly and in conjunction with your doctor or health practitioner's knowledge and advice, Ashwagandha side effects are rare.



Rhodiola

Rhodiola is well-known for:

- Fat burning
- Energy enhancing
- Brain boosting
- Lifting depression
- Stress elimination
- Improving hearing
- Strengthening nerves
- Increasing sexual function
- Aiding muscle recovery
- Improving Memory
- Aiding cardiac problems

Depression - Extracts of rhodiola seem to enhance the transport of serotonin precursors, tryptophan, and 5-hydroxytryptophan into the brain. Serotonin is a widely studied brain neurotransmitter chemical that is involved in many functions including, smooth muscle contraction, temperature regulation, appetite, pain perception, behaviour, blood pressure and respiration. When balanced, it imparts a sense of contentment and mental ease. Either too much or too little serotonin on the other hand has been linked to various abnormal mental states such as clinical depression.

Stress - Rhodiola has long been known as a potent adaptogen. Adaptogens are natural plant substances that increase the body's non-specific resistance and normalise the functions of the body. When a stressful situation occurs, consuming adaptogens generates a degree of generalised adaptation (or non-specific resistance) that allows our physiology to handle the stressful situation in a more resourceful manner. It is believed that adaptogens work by increasing the ability of cells to manufacture and use cell fuel more efficiently. There have also been claims that this plant has great utility as a therapy in asthenic conditions (decline in work performance, sleep disturbances, poor appetite, irritability, hypertension, headaches, and fatigue) developing subsequent to intense physical or intellectual strain, influenza and other viral exposures, and other illness.



Moringa

Moringa is well-known for:

- Being very nutritional
- Increasing energy
- Increasing wellbeing
- Reducing inflammation
- Regulating Blood sugar

Moringa is the most potent superfood ever. Moringa capsules provide an easily digestible abundance of nutrition that is safe for the entire family to consume. Moringa is a true nutritional powerhouse that is packed with 25 bio-available vitamins and minerals, 47 active antioxidants, 36 anti-inflammatories, 30% vegetable protein and all eight (8) essential amino acids. In addition, when compared pound-for-pound, it contains 7x the Vitamin C found in oranges, 4x the Vitamin A of carrots, 4x the calcium of milk, 3x the potassium of bananas, and essential minerals such as zinc and iron. Moringa capsules are an ideal way to get your daily serving of this superfood.

Precautions: Pregnancy and breast-feeding: It's LIKELY UNSAFE to use the root, bark or flowers of moringa if you are pregnant. Chemicals in the root, bark, and flowers can make the uterus contract, and this might cause a miscarriage. There is not enough information available about the safety of using other parts of moringa during pregnancy. Stay on the safe side and avoid use. Moringa is sometimes used to increase breast milk production. Some research suggests it might do this, however, there isn't enough information to know if it is safe for the nursing infant. Therefore, it is best to avoid moringa if you are breast-feeding.

Dosage: Take 1-3 Capsules 2 times per day