

***Gynostemma Pentaphyllum*** (botanical name) or Jiaogulan (Chinese name) is known as the immortality herb because of its adaptogenic ability to restore balance and equilibrium to the body and mind.

### **Rebalance and rejuvenate the body and mind, naturally !**

Gynostemma is a powerful adaptogen with the special ability of being able to restore homeostasis (balance and equilibrium) to the different body systems. The body systems include the cardiovascular, digestive, immune, nervous and reproductive systems. By restoring balance and equilibrium to these systems the body and mind become more harmonious.

#### **"Ginseng at tea price"**

The chemical constituents responsible for the adaptogenic characteristic of Gynostemma are saponins (triterpene glycosides or gypenosides). Gynostemma contains the widest range of saponins from all the plants in nature. For example there are approximately four times as many saponins in Gynostemma Pentaphyllum as there are in ginseng. There are more than 100 different gypenosides in Gynostemma, all very similar to the ginsenosides of Panax Ginseng and Siberian Ginseng. Four of Gynostemma's saponins share the identical chemical structure as the saponins found in Ginseng and eleven more are nearly identical. There is a saying that Gynostemma is "Ginseng at tea price"

#### **Weight control**

Gynostemma has developed a huge following in Asia in weight control programs. It has a double direction efficacy regarding body weight. It will help reduce weight in overweight people and help slim people and athletes to gain weight. It helps adjust blood sugar levels and reduce blood fat (hyperlipidemia) which are vital steps in attaining healthy metabolic function, whether one wants to gain or lose weight. Gynostemma helps maintain healthy bowels. It acts as a cleanser in the stomach and intestines, eliminating the body of toxins and waste.

#### **Antioxidant**

As an antioxidant, gynostemma boosts the immune system by increasing the number and activity level of white blood cells. It strengthens the digestive system by assisting in liver function. It helps relieve stress by soothing and relaxing the central nervous system. It is calming when one is overexcited and stimulating when one is depressed.

**Studies have shown** that Gynostemma is useful in a number of neurological conditions, including depression, anxiety or stress and schizophrenia.

**Anti cancer** - Studies into the anti cancer activity of Gynostemma have shown a significant inhibition rate on a broad cross section of cancer cells. Intensive studies are being conducted into both its anti cancer activity and its potential as an immune protection / prophylactic agent for HIV infected patients. There is research indicating that Gynostemma may prevent cells from becoming cancerous in the first place and may disrupt cell division in existing cancer cells.

#### **The locals call it 'Miracle Grass'**

Gynostemma contains many amino acids, vitamins and minerals that are healthy to the human body, including calcium, iron, magnesium, phosphorus, potassium, selenium, zinc and more. The locals who cultivate & consume Gynostemma call it 'miracle grass'

#### **Tea for Emperors & Kings.**

The first emperor of the Qin Dynasty, Qin Shi Huang who conquered all the independent states in China and established the first Chinese empire had to endure long hours of work during which he enjoyed drinking a very special tea. He had ordered this special tea to be prepared for him from a herb authorised only for the use of the Emperor. The herb was, and still is,

Gynostemma Pentaphyllum.

### **Gynostemma Pentaphyllum 'Cure All' list**

acne, aging, arthritis, asthma, athlete's foot, cancer, cholelithiasis (gallstones), cholangitis, chronic headache, common cold, constipation, coronary heart disease, cough, diabetes, excessive phlegm, frostbite, gastric ulcer, gastritis, gastroparesis, gout, gum inflammation, haemorrhoids, hair loss, halitosis, hangover \* (see note)

high blood fat. high cholesterol (hyperlipidemia)\*, hunger, hypertension, hypertrophy of the prostate, impotence

insomnia, leg and foot cramps, liver diseases, loss of appetite, loss of concentration, low vigour, lumbago

neuralgia, obesity, oral cavity inflammation, otitis media (inflammation of middle ear), plaque, premature ejaculation, rheumatism, rough skin, scars, schizophrenia, shoulder ache, slow in movement, spasms,

speckles on skin, stress, swelling pain, thirst, tumour, warts, weariness, white hair,

**high cholesterol** (hyperlipidemia)\* Gynostemma Pentaphyllum is known to be very effective in regulating cholesterol..

**Hangover** \* If you do ever suffer a hangover, we suggest trying Gynostemma Pentaphyllum tea as a remedy.